

Nutrition Statement:

Caloric and nutritional information is valid for the United States and may vary slightly due to food assembly and portioning. Items referenced in this Ingredient Information Guide may be seasonal and/or not available at all Cosi® locations. Cosi, Inc. reserves the right to modify its nutritional statements and/or discontinue any item at any time.

We encourage you to check these ingredient statements regularly for updates. This information is derived from published resources or from information provided by our suppliers. Variation in serving sizes, preparation techniques, sources of supply, ingredient substitutions, order customization, product testing, and new recipe testing, as well as regional and seasonal differences, may affect the nutrition values for each product. We may also change our menu items, recipes, or product formulations, and our suppliers may change ingredients. You should expect some variation in the nutrient content of the products purchased in our restaurants.

Allergen Statement:

In ALL Cosi® restaurants, we prepare and serve food that may contain allergens, including eggs, milk and dairy, peanuts, seafood, shellfish, soy, tree nuts, and wheat. We take care to keep allergy-causing food separate from food not known to, or that may rarely cause, allergies but we cannot guarantee any of our food is “allergen-free”. If you KNOW or SUSPECT you have a specific food allergy or sensitivity or special dietary needs, please notify the Cosi® Manager BEFORE ORDERING. You may also ask the Cosi® Manager to show you the product case labels, if available, or you may contact using our TTU feedback system on our website for more information on specific products.

BEWARE! There is a risk of cross contamination or error during preparation, cooking, assembly, production and handling of our products, which may cause products to contain allergens that are not contained in the ingredient statements. Ingredients may change from time to time so please check these ingredient statements regularly.

Original (Rustic) Bread

(Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, (Yeast, Salt, Dried Milk Powder, Soybean Oil), Canola/Olive Oil Blend

Multigrain Bread

(Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Mixed Grains (Rye Flakes (whole grain), Wheat Flakes (whole grain), Oat Flakes (whole grain), Flax Seeds, Millet (whole grain), Sesame Seeds), Brown Sugar (Sugar, Cane Molasses), (Yeast, Salt, Dried Milk Powder, Soybean Oil), Canola/Olive Oil

[To learn more about food allergies, we suggest you visit The Food Allergy and Anaphylaxis Network website at www.foodallergy.org. We also recommend you consult your physician BEFORE dining with us if you are concerned any of our food may cause you adverse health effects.](http://www.foodallergy.org)

Bowls								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Bowl, Adobo Chili Chicken						X	X	
Bowl, Brazilian Steak Bowl					X	X	X	X
Bowl, Thai Curry Chicken					X	X	X	X
Bowl, Thai Curry Tofu					X	X	X	X
Bread, Squagel & Pastry								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Bread Slice, Original						X	X	X
Bread Slice, Multi Grain						X	X	X
Croissant, Butter						X	X	X
Crumb Cake, Butter*					X	X	X	X
Loaf, Lemon Pound Cake*				X	X	X	X	X
Loaf, Marble Pound Cake*				X	X	X	X	X
Muffin, Banana Nut*				X	X	X	X	X
Muffin, Blueberry*					X	X	X	X
Muffin, Double Chocolate Delight*					X	X	X	X
Scone, Blueberry*					X	X	X	X
Scone, Orange Cranberry*					X	X	X	X
Squagel, Asiago Cheese					X	X	X	X
Squagel, Cinnamon Raisin					X	X	X	X
Squagel, Cranberry Orange					X	X	X	X
Squagel, Everything					X	X	X	X
Squagel, Jalapeno Cheddar					X	X	X	X
Squagel, Plain					X	X	X	X
Squagel, Sesame					X	X	X	X
Squagel, Multi-Grain					X	X	X	X

***Disclaimer:** Manufacturers of our baked products cannot guarantee items have not come into contact with nuts or nut products.

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Breakfast & Snack & Tofu								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Cosi® Break Bar				X		X	X	X
Cream Cheese, Lite						X		
Cream Cheese, Plain						X		
Cream Cheese, Veg Lite						X		
Croissant Sandwich, Western Omelette					X	X	X	X
Egg, Hard Boiled					X			
Egg White Portion Only					X			
Egg White Cup, Florentine					X	X		
Egg White Cup, Pico de Gallo					X			
Fruit Salad								
Harvest Mix				X				
Oatmeal, Steal Cut								
Parfait, Banana				X		X		X
Parfait, Strawberry				X		X		X
Parfait, Blueberry				X		X		X
Squagel (Plain) Sandwich, Club Omelette					X	X	X	X
Squagel (Plain) Sandwich, TBM Omelette					X	X	X	X
Tofu (Plain)							X	
Wrap, Sante Fe (or w/Egg White)					X	X	X	X
Wrap, Spinach Florentine (or w/Egg White)					X	X	X	X
Wrap, Steak & Egg (or w/Egg White)					X	X	X	X
Dessert & Shareables								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Brownie Bites, Blondie				X	X	X	X	X
Brownie Bites, Chocolate Chunk*					X	X	X	X
Brownie, Blondie*				X	X	X	X	X
Brownie, Chocolate Chunk*					X	X	X	X
Cookie, Chocolate Chip*					X	X	X	
Cookie, Oatmeal Raisin*					X	X		X
Cookie, Black and White*					X	X	X	X
S'mores (graham crackers)						X	X	X

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Cold Beverages								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Iced Tea								
Iced Tea, Raspberry								
Lemonade								
Mojito Lemonade								
Mojito Lemonade, Raspberry								
Orange Juice								
Hot Beverages								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Café Americano								
Cappuccino						X		
Caramel Latte						X	X	
Chai Tea Latte						X		
Coffee								
Espresso								
Hot Chocolate						X		
Latte						X		
Mocha						X		
Shot in the Dark								
Vanilla Latte						X		
White Hot Chocolate						X	X	
Flatbread Pizza								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Cheese						X	X	X
Margherita Chicken						X	X	X
Margherita						X	X	X
Pepperoni						X	X	X
Smokey BBQ Chicken						X	X	X
Kids Menu								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Kids Flatbread Cheese Pizza						X	X	X
Kids Flatbread Pepperoni Pizza						X	X	X
Kids Fruit Salad								
Kids Goopy Grilled Cheese						X	X	X
Kids Goopy Grilled Ham & Cheese						X	X	X
Kids Mac & Cheese					X			
Kids Peanut Butter & Jelly			X			X	X	X
Kids Tuna Sandwich		X			X	X	X	X
Kids Turkey Sandwich						X	X	X

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Protein Add-Ons								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Grilled Chicken								
Grilled Turkey								
Steak								
Salmon		X						
Tofu							X	
Salads (include Dressings)								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Caesar Salad, Chicken		X			X	X	X	X
Adobo Lime Chicken Salad							X	
Cosi® Cobb Salad					X	X	X	
Greek Salad						X	X	
Shanghai Chicken Salad							X	X
Signature Salad				X		X	X	
Smart Fit Salad						X	X	
Tandoori Chicken Salad					X	X		
Salad Dressing (Portion Only)								
Dressing - Chipotle Lime						X	X	
Dressing - Cosi® Caesar		X			X	X	X	
Dressing - Cosi® Oriental							X	X
Dressing - Cosi® Vinaigrette								
Dressing - Italian						X	X	
Dressing - Reduced Fat Sherry Shallot							X	
Dressing - Sherry Shallot							X	
Sandwich								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Bacon, Turkey, Cheddar						X	X	X
Buffalo Blue					X	X	X	X
Roasted Turkey Club					X	X	X	X
Grilled Chicken TBM						X	X	X
Hummus & Veggie						X	X	X
Pesto Chicken						X	X	X
Tandoori						X	X	X
TBM						X	X	X
Tuna		X			X	X	X	X
Turkey & Avocado					X	X	X	X
Turkey & Brie						X	X	X
Soup/Macaroni & Cheese								
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Broccoli & Cheddar						X		
Smart Fit Chicken Noodle					X			X
Italian Wedding Soup					X	X		X
Macaroni & Cheese					X	X		X
Mediterranean Lentil							X	
Turkey Chili							X	X
Tomato Basil						X		