

Nutrition Statement:

Caloric and nutritional information is valid for the United States and may vary slightly due to food assembly and portioning. Information 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 information 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, sea shellfish, soy, tree nuts, and wheat. We take care to keep allergy-causing food separate from food not known to, or that may 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 us 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 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 (whole grain), Wheat Flakes (whole grain), Oat Flakes (whole grain), Flax Seeds, Millet (whole grain), Sesame Seeds), Brown 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 health effects.](http://www.foodallergy.org)

Bowls

Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy
Bowl, Adobo Chili Chicken						X	X
Bowl, Brazilian Steak Bowl					X	X	X
Bowl, Thai Curry Chicken					X	X	X
Bowl, Thai Curry Tofu					X	X	X

Bread, Squagel & Pastry

Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy
Bread Slice, Original						X	X
Bread Slice, Multi Grain						X	X
Croissant, Butter						X	X
Crumb Cake, Butter*					X	X	X
Loaf, Lemon Pound Cake*				X	X	X	X
Loaf, Marble Pound Cake*				X	X	X	X
Muffin, Banana Nut*				X	X	X	X
Muffin, Blueberry*					X	X	X
Muffin, Double Chocolate Delight*					X	X	X
Scone, Blueberry*					X	X	X
Scone, Orange Cranberry*					X	X	X
Squagel, Asiago Cheese					X	X	X
Squagel, Cinnamon Raisin					X	X	X
Squagel, Cranberry Orange					X	X	X
Squagel, Everything					X	X	X
Squagel, Jalapeno Cheddar					X	X	X
Squagel, Plain					X	X	X
Squagel, Sesame					X	X	X
Squagel, Multi-Grain					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
Cosi® Break Bar				X		X	X
Cream Cheese, Lite						X	
Cream Cheese, Plain						X	
Cream Cheese, Veg Lite						X	
Croissant Sandwich, Western Omelette					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	
Parfait, Strawberry				X		X	
Parfait, Blueberry				X		X	
Squagel (Plain) Sandwich, Club Omelette					X	X	X
Squagel (Plain) Sandwich, TBM Omelette					X	X	X
Tofu (Plain)							X
Wrap, Sante Fe (or w/Egg White)					X	X	X
Wrap, Spinach Florentine (or w/Egg White)					X	X	X
Wrap, Steak & Egg (or w/Egg White)					X	X	X
Dessert & Shareables							
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy
Brownie Bites, Blondie				X	X	X	X
Brownie Bites, Chocolate Chunk*					X	X	X
Brownie, Blondie*				X	X	X	X
Brownie, Chocolate Chunk*					X	X	X
Cookie, Chocolate Chip*					X	X	X
Cookie, Oatmeal Raisin*					X	X	
Cookie, Black and White*					X	X	X
S'mores (graham crackers)						X	X

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Cold Beverages							
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy
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
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
Cheese						X	X
Margherita Chicken						X	X
Margherita						X	X
Pepperoni						X	X
Smokey BBQ Chicken						X	X
Kids Menu							
Menu Item	Shell-fish	Fish	Pea-nuts	Tree Nuts	Eggs	Milk	Soy
Kids Flatbread Cheese Pizza						X	X
Kids Flatbread Pepperoni Pizza						X	X
Kids Fruit Salad							
Kids Goopy Grilled Cheese						X	X
Kids Goopy Grilled Ham & Cheese						X	X
Kids Mac & Cheese					X		
Kids Peanut Butter & Jelly			X			X	X
Kids Tuna Sandwich		X			X	X	X
Kids Turkey Sandwich						X	X

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

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Bowls

Menu Item	COSI®		Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
	Bowl, Adobo Chili Chicken	16.6 oz	1	556	189	21g	32%	4g	19%	0g	58mg	19%	1028mg	43%	67g	22%	12g	52%	5g	27g	40%	80%	8%	27%	soy, milk	
Bowl, Brazilian Steak Bowl	14 oz	1	540	240	27g	40%	8g	35%	0g	60mg	20%	1210mg	50%	52g	17%	7g	31%	6g	26g	40%	30%	15%	20%	eggs, milk, wheat, soy, gluten		
Bowl, Thai Curry Chicken	16.5 oz	1	540	150	17g	25%	14g	63%	0g	60mg	20%	450mg	19%	65g	22%	5g	20%	0g	33g	4%	90%	8%	40%	eggs, milk, soy, wheat		
Bowl, Thai Curry Tofu	16.5 oz	1	510	150	17g	25%	14g	63%	0g	60mg	20%	450mg	19%	64g	21%	5g	20%	0g	18g	4%	90%	20%	40%	eggs, milk, soy, wheat		

Bread, Squagel & Pastry

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Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens	
Biscotti, Amaretto	2 oz	1	240	70	8g	11%	3g	17%	0g	30mg	10%	70mg	3%	34g	12%	0g	0%	12g	5g	0%	0%	0%	0%	0%	milk, wheat, eggs, tree nuts (almonds)
Biscotti, Chocolate	2.5 oz	1	280	117	13g	20%	4g	18%	0g	30mg	10%	75mg	3%	38g	13%	2g	11%	18g	5g	0%	0%	0%	0%	0%	milk, wheat, eggs
Bread Slice, Original	3.2 oz	1	214	6	1g	1%	0g	0%	0g	0mg	0%	82mg	3%	43g	14%	2g	8%	1g	8g	0%	0%	0%	15%	0%	milk, wheat
Bread Slice, Multi Grain	3.2 oz	1	235	19	2g	3%	0g	0%	0g	0mg	0%	72mg	3%	46g	15%	3g	12%	1g	9g	0%	0%	1%	16%	0%	milk, wheat
Bread, Cosi Corners	6 oz	2	200	6	1g	1%	0g	0%	0	0mg	0%	76mg	13%	40g	13%	2g	7%	1g	8g	0%	0%	4%	14%	0%	milk, wheat
Croissant, Butter	3 oz	1	330	140	15g	23%	9g	45%	0g	40mg	13%	390mg	16%	41g	14%	1g	4%	6g	7g	10%	0%	2%	10%	0%	milk, wheat, soy
Croissant, Chocolate	3 oz	1	360g	150	16g	25%	10g	50%	0g	30mg	10%	320mg	13%	46g	15%	2g	8%	18g	8g	8%	0%	10%	15%	0%	milk, wheat, soy
Crumb Cake, Classic	2.75 oz	2	320	140	15g	24%	7g	36%	0g	80mg	27%	230mg	9%	42g	14%	1g	3%	21g	4g	10%	0%	2%	6%	0%	milk, eggs, wheat, soy
Loaf, Lemon Pound Cake	4.5 oz	1	470	190	21g	32%	11g	57%	0g	140mg	46%	510	21%	66g	22%	1g	3%	41g	6g	10%	4%	4%	8%	0%	wheat, milk, egg, soy
Loaf, Marble Pound Cake	4 oz	1	450	210	24g	36%	13g	66%	0g	150mg	50%	560mg	23%	54g	18%	1g	4%	30g	7g	15%	0%	4%	10%	0%	wheat, milk, egg, soy
Muffin, Banana Nut	4 oz	1	500	280	31g	48%	4g	20%	0g	50mg	17%	490mg	20%	47g	16%	2g	8%	21g	7g	2%	4%	2%	4%	0%	egg, wheat, milk, soy, tree nuts (walnuts)
Muffin, Better Morning	4 oz	1	460	210	23g	35%	5g	25%	0g	40mg	13%	390mg	16%	57g	19%	2g	8%	32g	7g	20%	4%	4%	4%	0%	tree nuts, eggs, soy, wheat
Muffin, Blueberry	4 oz	1	310	110	12g	18%	2g	10%	0g	30mg	10%	250mg	10%	43g	14%	1	4%	22g	5g	2%	2%	4%	6%	0%	egg, soy, wheat, milk
Muffin, Double Chocolate	4 oz	1	390	170	19g	29%	4.5g	23%	0g	25mg	8%	200mg	8%	51g	17%	3g	12%	34g	5g	2%	0%	4%	6%	0%	egg, soy, wheat, milk
Muffin, Corn	4 oz	1	430	190	22g	34%	4g	20%	0g	85mg	28%	380mg	16%	52g	17%	1g	4%	19g	7g	2%	0%	6%	4%	0%	egg, wheat, milk, soy
Muffin, Raisin Bran	4 oz	1	370	110	12g	18%	2g	10%	0g	40mg	13%	370mg	15%	64g	21%	1	4%	39g	7	2%	0%	10%	15%	0%	egg, soy, wheat, milk
Squagel, Asiago Cheese	6.25 oz	1	453	69	8g	11%	4g	18%	0g	38mg	13%	513mg	21%	75g	25%	3g	12%	2g	20g	4%	0%	16%	26%	0%	milk, eggs, wheat
Squagel, Basil Parmesan	5 oz	1	333	25	3g	4%	1g	5%	0g	15mg	5%	277mg	12%	62g	21%	4g	16%	2g	14g	23%	9%	10%	26%	0%	wheat, milk, egg
Squagel, Cinnamon Raisin	6.83 oz	1	447	14	2g	2%	0g	0%	0g	19mg	6%	239mg	10%	95g	32%	5g	20%	17g	14g	1%	2%	3%	29%	0%	milk, eggs, wheat
Squagel, Cranberry Orange	6 oz	1	418	13	1g	2%	0g	0%	0g	19mg	6%	238mg	10%	87g	29%	3g	15%	19g	13g	1%	0%	1%	24%	0%	milk, eggs, wheat
Squagel, Everything	5.3	1	351	37	4g	6%	1g	3%	0g	19mg	6%	321mg	13%	65	22%	4g	18%	2g	13g	1%	1%	6%	25%	0%	milk, eggs, wheat
Squagel, Jalapeno Cheddar	5 oz	1	397	81	9g	13%	5g	21%	0g	40mg	13%	469mg	20%	61g	20%	3g	11%	2g	19g	8%	1%	17%	22%	0%	wheat, milk, egg
Squagel, Plain	5 oz	1	309	12	1g	2%	0g	0%	0g	19mg	6%	228mg	10%	61g	20%	2g	11%	2g	12g	1%	0%	0%	21%	0%	milk, eggs, wheat
Squagel Sesame	5.50 oz	1	363	29	3g	5%	1g	2%	0g	19mg	6%	241mg	10%	69g	23%	3g	14%	2	14g	1%	0%	4%	26%	0%	milk, eggs, wheat
Squagel, Multi Grain	5 oz	1	339	30	3g	5%	0g	0%	0g	19mg	6%	215mg	9%	65g	22%	4g	18%	2g	13g	1%	0%	2%	22%	0%	milk, eggs, wheat
Scone, Blueberry	2.5 oz	2	320	150	17g	26%	10g	51%	0g	80mg	26%	350mg	14%	37g	12%	1g	5%	10g	6g	10%	2%	6%	10%	0%	milk, soy, wheat, eggs
Scone, Cranberry Orange	2.9 oz	2	310	150	16g	25%	10g	50%	0g	75mg	25%	340mg	14%	36g	12%	2g	6%	9g	5g	10%	4%	6%	10%	0%	milk, wheat, eggs, soy

Breakfast & Snack & Tofu

COSI[®]

Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Chia, Espresso	4 oz	1	200	130	14g	20%	8g	34%	0g	0mg	1%	35mg	1%	14g	5%	4g	16%	na	4g	0%	0%	10%	8%	milk, tree nuts (coconut)
Chia, Guava	4 oz	1	190	110	12g	18%	7g	33%	0g	0mg	0%	20mg	1%	15g	5%	3g	14%	na	3g	0%	60%	8%	8%	milk, tree nuts (coconut)
Chia, Nutella	4 oz	1	240	120	13g	20%	5g	24%	0g	5mg	1%	45mg	2%	25g	8%	5g	20%	na	6g	2%	0%	15%	8%	milk, soy, tree nuts (coconut) tree nuts (pistachios)
Cosi Break Bar	2.5 oz	1	359	166	18g	28%	4g	17%	0g	0mg	0%	18mg	1%	44g	15%	4g	16%	30g	8g	0%	0%	4%	14%	soy, milk, wheat
Cream Cheese, Lite	2 oz	1	106	72	8g	12%	5g	24%	0g	27mg	9%	266mg	11%	4g	1%	0g	0%	4g	5g	14%	0%	7%	0%	milk
Cream Cheese, Plain	2 oz	1	189	170	19g	28%	12g	55%	0g	67mg	22%	229mg	10%	0g	0%	0g	0%	0g	3g	11%	0%	5%	0%	milk
Cream Cheese, Veg Lite	2 oz	1	113	85	9g	14%	6g	26%	0g	28mg	9%	246mg	10%	2g	1%	0g	0%	2g	4g	19%	4%	4%	0%	milk
Croissant Sandwich, Western Omelette	8.5 oz	1	556	290	32g	48%	16g	71%	0g	320mg	107%	1150mg	48%	44g	15%	1g	5%	10g	26g	26%	15%	29%	19%	milk, wheat, eggs,soy
Egg, Hardboiled	8.9oz	1	200	45	5g	8%	.5g	3%	0	0mg	0%	210mg	9%	34g	11%	6g	24%	7g	6g	0%	0%	6%	10%	egg
Egg White Cup, Florentine	7.1 oz	1	150	50	6g	9%	4g	18%	0	20mg	7%	400mg	17%	8g	3%	0	0%	0	24g	15%	2%	10%	2%	eggs, milk(dairy)
Egg White Cup, Pico de Gallo	7.5 oz	1	90	0	0	0%	0	0%	0	0	0%	290mg	12%	9g	3%	1g	2%	0	21g	8%	10%	2%	2%	eggs
Egg White Portion Only	2.5 oz	1	36	0	0g	0%	0g	0%	0g	0mg	0%	259mg	11%	1g	0%	0g	0%	1g	9g	0%	0%	0%	0%	eggs
Fruit Salad	8 oz	1	84	5	1g	1%	0g	1%	0g	0mg	0%	18mg	1%	21g	7%	2g	9%	0g	2g	73%	128%	2%	2%	tree nuts (almonds & pistachios)
Harvest Mix	3 oz	1	388	181	20g	30%	2g	10%	0g	0mg	0%	23mg	1%	47g	16%	7g	31%	17g	9g	2%	4%	11%	15%	tree nuts (almonds & pistachios)
Oatmeal Ancient Grains, large (no toppings)	10 oz	1	363	56	6g	10%	.6g	4%	0	0	0%	263mg	11%	43g	14%	7.5g	30%	9g	7.5g	0%	0%	8%	13%	wheat
Oatmeal Ancient Grains, small (no toppings)	8 oz	1	226	45	5g	8%	.5g	3%	0	0mg	0%	210mg	9%	34g	11%	6g	24%	7g	6g	0%	0%	6%	10%	wheat
Oatmeal Seat Cut, large (no toppings)	10 oz	1	198	36	4g	6%	0g	0%	0g	0mg	0%	63mg	3%	36g	12%	5g	23%	1g	7g	0%	0%	0%	13%	
Oatmeal Steal Cut, small (no toppings)	7.5 oz	1	149	27	3g	4%	0g	0%	0g	0mg	0%	47mg	2%	27g	9%	4g	17%	1g	5g	0%	0%	0%	10%	
Parfait, Bananas Foster	12.3	1	419	50	6g	8%	2g	8%	0g	11mg	4%	238mg	10%	84g	28%	4g	16%	59g	11g	3%	14%	28%	5%	soy, milk
Parfait, Strawberry	11.5 oz	1	345	46	5g	8%	2g	7%	0g	11mg	4%	229mg	10%	66g	22%	3g	14%	46g	11g	2%	68%	28%	5%	milk
Squagel Sandwich, Club Omelette on Plain Bagel	9.24 oz	1	561	185	21g	31%	8g	38%	0g	278mg	93%	605mg	25%	64g	21%	3g	12%	3g	28g	12%	6%	9%	29%	milk, wheat, eggs
Squagel Sandwich, TBM Omelette on Plain Bagel	7.1 oz	1	600	140	15g	22%	5g	23%	0g	280mg	94%	680mg	28%	73g	24%	4g	17%	5g	29g	20%	10%	15%	35%	milk, wheat, eggs
Tofu - Plain	3 oz	1	150	110	12g	18%	1.5g	6%	0	0mg	0%	310mg	13%	1g	0%	0	0%	7g	10g	0%	0%	15g%	8%	soy
Wrap, Sante Fe	8.8 oz	1	470	258	29g	43%	12g	55%	0g	303mg	101%	1005mg	42%	30g	10%	3g	12%	3g	24g	20%	19%	35%	14%	milk, wheat, eggs
Wrap, Sante Fe (Egg Wh)	8.3 oz	1	378	174	19g	29%	10g	43%	0g	57mg	19%	941mg	39%	29g	10%	3g	12%	2g	25g	15%	19%	30%	7%	milk, wheat, eggs
Wrap, Spinach Florentine	7.3 oz	1	380	201	22g	34%	9g	40%	0g	276mg	92%	646mg	27%	28g	9%	2g	11%	2g	19g	45%	8%	37%	17%	milk, wheat, eggs
Wrap, Spin Floren (Egg Wh)	6.8 oz	1	289	117	13g	20%	6g	29%	0g	29mg	10%	582mg	24%	27g	9%	2g	11%	1g	20g	40%	8%	32%	10%	milk, wheat, eggs
Wrap, Steak & Egg	7.8 oz	1	508	297	33g	50%	13g	58%	0g	291mg	97%	850mg	35%	27g	9%	2g	8%	2g	25g	12%	2%	35%	18%	wheat, milk, eggs
Wrap, Egg White Veggie	8.43 oz	1	265	104	12g	17%	4g	18%	0g	18mg	6%	683mg	28%	22g	7%	11g	48%	3g	26g	35%	26%	19%	24%	milk, wheat, eggs, soy

Dessert																								
Menu Item	COSI®																							
	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Brownie Bite, Blondie	1.67 oz	1	187	87	9.3g	15%	5g	15%	0g	27mg	8%	70mg	3%	24g	8%	1g	3%	14g	2g	0%	0%	0%	17%	milk, eggs, tree nuts (walnuts), soy, wheat
Brownie Bite, Chocolate Chunk	1.67 oz	1	200	93	11g	16%	7g	32%	0g	37mg	13%	120mg	5%	26g	9%	1g	3%	17g	2g	4%	0%	0%	3%	wheat, milk, egg, soy
Brownie, Blondie	2.25 oz	2	280	130	14g	22%	7g	22%	0g	40mg	13%	105mg	4%	36g	12%	1g	5%	21g	3g	0%	0%	0%	25%	milk, eggs, tree nuts (walnuts), soy, wheat
Brownie, Chocolate Chunk	2.25 oz	2	300	140	16g	24%	10g	48%	0g	55mg	19%	180mg	8%	39g	13%	2g	6%	25g	3g	6%	0%	0%	4%	wheat, milk, egg, soy
Cookie, Black and White	3.6 oz	1	398	140	16g	24%	2.5g	12%	0g	45mg	16%	340mg	14%	61g	20%	3g	11%	44g	5g	0%	0%	0%	10%	wheat, milk, egg, soy
Cookie, Chocolate Chip	4 oz	1	520	210	24g	37%	13g	66%	0g	65mg	22%	180mg	7%	72g	24%	5g	19%	42g	7g	10%	0%	6%	10%	milk, soy, egg
Cookie, Oatmeal Raisin	4.8 oz	1	650	170	19g	29%	10g	52%	0g	125mg	42%	114g	22%	114g	38%	4g	18%	63g	9g	10%	0%	6%	15%	milk, wheat, egg
S'mores for Four (graham crackers)	2.95 oz	4	361	89	10g	15%	5g	22%	0g	5mg	2%	234mg	10%	61g	20%	2g	7%	39g	5g	0%	0%	5%	8%	milk, wheat, soy
S'mores for Two (graham crackers)	2.95 oz	2	361	89	10g	15%	5g	22%	0g	5mg	2%	234mg	10%	61g	20%	2g	7%	39g	5g	0%	0%	5%	8%	milk, wheat, soy

Disclaimer: The Manufacturer of our dessert products cannot guarantee items have not come into contact with nuts or nut products.

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Drinks - Cold & Blended																								
COSI®																								
Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Iced Tea, Large	20 oz	1	5	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	2	1%	0g	1%	0g	0g	0%	1%	10%	2%	
Iced Tea, Raspberry - Large	20 oz	1	150	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	39g	13%	0g	1%	36g	0g	0%	0%	10%	2%	
Lemonade, Large	20 oz	1	170	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	45g	15%	0g	1%	42g	0g	0%	35%	2%	2%	
Mocha, Large	19 oz	1	540	118	13g	20%	8g	37%	0g	57mg	19%	244mg	11%	90g	30%	3g	13%	78g	16g	10%	3%	49%	0%	milk
Mocha, Medium	15 oz	1	411	91	10g	15%	6g	28%	0g	44mg	15%	197mg	8%	68g	23%	2g	9%	59g	12g	8%	3%	38%	0%	milk
Mocha, Small	11 oz	1	298	72	8g	12%	5g	22%	0g	35mg	12%	151mg	6%	47g	16%	1g	6%	41g	9g	6%	2%	30%	0%	milk
Mojito Lemonade - Large	20 oz	1	260	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	68g	23%	1g	3%	64g	0g	0%	40%	2%	2%	
Orange Juice - Small	12 oz	1	151	0	0g	0%	0g	0%	0g	0mg	0%	0mg	0%	36g	12%	0g	0%	36g	3g	14%	289%	3%	3%	
Spa Water - Large	20 oz	1	20	0	0g	0%	0g	0%	0g	0mg	0%	15mg	1%	5g	2%	2g	7%	1g	1g	2%	35%	4%	4%	
Optional Beverages																								
Country Club Tea, Large	20 oz	1	90	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	24g	8%	0g	2%	21g	0g	0%	30%	2%	2%	
Iced Tea, Green - Large	20 oz	1	80	0	0g	0%	0g	0%	0g	0mg	0%	0mg	0%	2g	0%	0g	0%	0g	0g	0%	1%	0%	1%	
Raspberry Lemonade, Large	20 oz	1	238	0	0g	0%	0g	0%	0g	0mg	0%	30mg	1%	58g	19%	0g	0%	57g	0g	0%	24%	0%	0%	
Raspberry Mojito Lemonade - Large	20 oz	1	310	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	81g	27%	1g	4%	76g	0g	0%	45%	2%	2%	
Smoothie, Mango - Large	20 oz	1	400	0	0g	0%	0g	0%	0g	0mg	0%	12mg	1%	105g	35%	5g	22%	98g	0g	25%	250%	0%	0%	
Smoothie, Mango - Medium	16 oz	1	280	0	0g	0%	0g	0%	0g	0mg	0%	9mg	0%	74g	24%	4g	15%	68g	0g	18%	175%	0%	0%	
Smoothie, Mango - Small	12 oz	1	200	0	0g	0%	0g	0%	0g	0mg	0%	6mg	0%	52g	18%	2g	11%	49g	0g	12%	125%	0%	0%	
Smoothie, Strawberry - Large	20 oz	1	375	0	0g	0%	0g	0%	0g	0mg	0%	0mg	0%	100g	33%	5g	22%	90g	0g	0%	250%	0%	0%	
Smoothie, Strawberry - Medium	16 oz	1	262	0	0g	0%	0g	0%	0g	0mg	0%	0mg	0%	70g	23%	4g	15%	63g	0g	0%	175%	0%	0%	
Smoothie, Strawberry - Small	12 oz	1	188	0	0g	0%	0g	0%	0g	0mg	0%	0mg	0%	50g	17%	2g	11%	45g	0g	0%	125%	0%	0%	

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Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Caffe Americano, Large	19 oz	1	10	2	0g	0%	0g	0%	0g	0mg	0%	29mg	1%	2g	1%	0g	0%	0g	0g	0%	0%	1%	1%	
Caffe Americano, Medium	15 oz	1	8	1	0g	0%	0g	0%	0g	0mg	0%	22mg	1%	1g	0%	0g	0%	0h	0g	0%	0%	1%	1%	
Caffe Americano, Small	11 oz	1	5	1	0g	0%	0g	0%	0g	0mg	0%	16mg	1%	1g	0%	0g	0%	0g	0g	0%	0%	1%	1%	
Caffe con Panna, Large	19.6 oz	1	69	55	6g	9%	4g	17%	0g	22mg	7%	17mg	1%	3g	1%	0g	0%	0g	1g	5%	0%	2%	2%	milk
Caffe con Panna, Medium	15.6 oz	1	66	55	6g	9%	4g	17%	0g	22mg	7%	15mg	1%	2g	1%	0g	0%	0g	1g	5%	0%	2%	1%	milk
Caffe con Panna, Small	11.6 oz	1	64	55	6g	9%	4g	17%	0g	22mg	7%	12mg	1%	2g	1%	0g	0%	0g	1g	5%	0%	2%	1%	milk
Caramel Spice Latte, Large	21.2 oz	1	680	190	21g	31%	6g	31%	0g	35mg	11%	350mg	14%	107g	36%	0g	0%	74g	10g	10%	0%	40%	2%	milk, soy
Caramel Spice Latte, Medium	17.3 oz	1	540	150	17g	25%	5g	23%	0g	25mg	16%	280mg	12%	83g	28%	0g	0%	56g	9g	10%	0%	30%	2%	milk, soy
Caramel Spice Latte, Small	12.3 oz	1	410	120	13g	19%	4g	18%	0g	20mg	12%	210mg	7%	64g	21%	0g	0%	44g	7g	8%	0%	25%	2%	milk, soy
Cappuccino, Large	12 oz	1	179	85	9g	14%	6g	26%	0g	41mg	14%	153mg	6%	15g	5%	0g	0%	14g	9g	7%	3%	35%	0%	milk
Cappuccino, Medium	10 oz	1	145	68	8g	11%	5g	21%	0g	33mg	11%	124mg	4%	12g	4%	0g	0%	11g	7g	6%	2%	28%	0%	milk
Cappuccino, Small	7 oz	1	107	51	6g	8%	3g	16%	0g	24mg	8%	91mg	4%	9g	3%	0g	0%	8g	6g	4%	1%	21%	0%	milk
Chai Tea Latte, Large	19 oz	1	379	79	9g	13%	6g	25%	0g	39mg	13%	209mg	9%	65g	22%	0g	0%	58g	9g	7%	2%	33%	0%	milk
Chai Tea Latte, Medium	15 oz	1	299	63	7g	10%	4g	20%	0g	30mg	10%	165mg	7%	52g	17%	0g	0%	46g	7g	5%	2%	26%	0%	milk
Chai Tea Latte, Small	11 oz	1	220	46	5g	8%	3g	14%	0g	22mg	7%	121mg	5%	38g	13%	0g	0%	38g	5g	4%	1%	19%	0%	milk
Coffee, Large	19 oz	1	11	0	0g	0%	0g	0%	0g	0mg	0%	11mg	0%	2g	1%	0g	0%	0g	1g	0%	0%	1%	1%	
Coffee, Medium	15 oz	1	9	0	0g	0%	0g	0%	0g	0mg	0%	9mg	0%	2g	1%	0g	0%	0g	0g	0%	0%	1%	1%	
Coffee, Small	11 oz	1	6	0	0g	0%	0g	0%	0g	0mg	0%	6mg	0%	1g	0%	0g	0%	0g	0g	0%	0%	1%	1%	
Espresso Macchiato, Double	2.5 oz	1	14	5	1g	1%	0g	1%	0g	2mg	1%	15mg	1%	2g	1%	0g	0%	1g	0g	0%	0%	2%	0%	milk
Espresso Macchiato, Single	1.3 oz	1	7	3	0g	0%	0g	1%	0g	1mg	0%	8mg	0%	1g	0%	0g	0%	0g	0g	0%	0%	1%	0%	milk

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Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Hot Chocolate, Large	17.7 oz	1	600	160	18g	27%	11g	47%	0g	60mg	19%	210mg	9%	98g	33%	0g	0%	92g	15g	15%	0%	40%	0%	milk
Hot Chocolate, Medium	15.7 oz	1	490	140	15g	23%	9g	40%	0g	50mg	16%	160mg	7%	81g	27%	0g	0%	76g	11g	15%	0%	30%	0%	milk
Hot Chocolate, Small	11.7 oz	1	410	120	13g	20%	8g	35%	0g	45mg	14%	130mg	5%	66g	22%	0g	0%	61g	9g	10%	0%	25%	0%	milk
Latte, Large	19 oz	1	301	143	16g	24%	10g	44%	0g	69mg	23%	255mg	11%	25g	8%	0g	0%	24g	16g	12%	4%	59%	0%	milk
Latte, Medium	15 oz	1	232	110	12g	18%	8g	34%	0g	53mg	18%	197mg	8%	19g	6%	0g	0%	18g	12g	9%	3%	45%	0%	milk
Latte, Small	11 oz	1	177	84	9g	14%	6g	26%	0g	41mg	14%	149mg	6%	14g	5%	0g	0%	14g	9g	7%	2%	35%	0%	milk
Mocha, Large	19.6 oz	1	588	164	18g	27%	11g	51%	0g	75mg	25%	248mg	10%	91g	30%	3g	13%	78g	15g	14%	3%	46%	0%	milk
Mocha, Medium	15.6 oz	1	463	139	15g	23%	10g	43%	0g	63mg	21%	0mg	8%	2g	23%	2g	10%	59g	12g	12%	3%	36%	0%	milk
Mocha, Small	11.6 oz	1	352	122	14g	20%	8g	38%	0g	55mg	18%	0mg	6%	49g	16%	2g	7%	42g	9g	10%	2%	29%	0%	milk
Shot in the Dark, Large	19 oz	1	15	1	0g	0%	0g	0%	0g	0mg	0%	18mg	1%	3g	1%	0g	0%	0g	0g	0%	0%	1%	2%	
Shot in the Dark, Medium	15 oz	1	12	1	0g	0%	0g	0%	0g	0mg	0%	15mg	1%	2g	1%	0g	0%	0g	0g	0%	0%	1%	1%	
Shot in the Dark, Small	11 oz	1	8	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	2g	1%	0g	0%	0g	0g	0%	0%	1%	1%	
Spiced Apple Chai Latte, Large	20 oz	1	320	0	0g	0%	0g	0%	0g	0mg	0%	140mg	6%	80g	27%	5g	23%	69g	0g	0%	90%	0%	0%	
Spiced Apple Chai Latte, Medium	15 oz	1	250	0	0g	0%	0g	0%	0g	0mg	0%	115mg	5%	63g	21%	4g	18%	54g	0g	0%	70%	0%	0%	
Spiced Apple Chai Latte, Small	11 oz	1	190	0	0	0%	0	0%	0	0mg	0%	85mg	3%	46g	15%	3g	13%	40g	0	0%	50%	0%	0%	
Spiced Pumpkin Latte, Large	20 oz	1	600	130	14g	21%	8g	36%	0	40mg	14%	320mg	13%	101g	34%	0g	0%	94g	16g	15%	0%	50%	0%	milk
Spiced Pumpkin Latte, Medium	16 oz	1	470	100	11g	17%	6g	29%	0	35mg	11%	250mg	11%	79g	26%	0	0%	74g	13g	10%	0%	40%	0%	milk
Spiced Pumpkin Latte, Small	12 oz	1	430	80	9g	13%	5g	22%	0	25mg	8%	190mg	8%	57g	19%	0	0%	53g	9g	8%	0%	30%	0%	milk
Vanilla Latte, Large	20 oz	1	377	154	17g	26%	11g	48%	0g	74mg	25%	276mg	11%	39g	13%	0g	0%	37g	17g	13%	4%	64%	0%	milk
Vanilla Latte, Medium	16 oz	1	289	118	13g	20%	8g	37%	0g	57mg	19%	213mg	9%	30g	10%	0g	0%	28g	13g	10%	3%	49%	0%	milk
Vanilla Latte, Small	12 oz	1	203	84	9g	14%	6g	26%	0g	41mg	14%	150mg	6%	21g	7%	0g	0%	20g	9g	7%	2%	35%	0%	milk
White Hot Chocolate, Large	19.9 oz	1	612	188	21g	31%	13g	59%	0g	88mg	29%	414mg	17%	86g	29%	0g	0%	78g	18g	16%	4%	57%	0%	milk, soy
White Hot Chocolate, Medium	16.2 oz	1	504	163	18g	27%	11g	51%	0g	75mg	25%	335mg	14%	69g	23%	0g	0%	62g	14g	14%	3%	46%	0%	milk, soy
White Hot Chocolate, Small	12.6 oz	1	397	138	15g	23%	10g	43%	0g	63mg	21%	256mg	11%	52g	17%	0g	0%	47g	11g	12%	2%	36%	0%	milk, soy

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Flatbread Pizza

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Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Original, Cheese, Lunch	12.1 oz	1	460	140	16g	24%	9g	40%	0g	55mg	19%	980mg	41%	93g	31%	6g	26%	8g	36g	8%	0%	70%	30%	wheat, milk
Original, Margherita, Lunch	12.9 oz	1	520	200	22g	34%	12g	54%	0g	70mg	23%	720mg	30%	91g	30%	6g	26%	7g	37g	20%	2%	45%	30%	wheat, milk
Original, Pepperoni	13.1 oz	1	680	360	40g	60%	19g	85%	0g	125mg	42%	3310	138%	29g	10%	5g	24%	20g	47g	8%	0%	100%	6%	wheat, milk
Original, Smokey BBQ Chicken, Lunch	14.5 oz	1	800	160	18g	27%	11g	50%	0g	105mg	34%	1860mg	77%	110g	37%	4g	18%	0	46g	20%	10%	40%	40%	wheat, milk
Topping - Grilled Chicken	2.25 oz	1	70	10	1g	1%	1g	3%	0g	35mg	11%	180mg	8%	1g	0%	0g	0%	0g	14g	0%	0%	0%	6%	

Kids																										
Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens		
Kids Flatbread Cheese Pizza	4.5 oz	1	250	90	10g	15%	5g	21%	0g	28mg	9%	395mg	16%	25g	8%	2g	7%	2g	15g	18%	10%	33%	9%	milk, wheat		
Kids Flatbread Pepperoni Pizza	5 oz	1	321	145	16g	24%	7g	32%	0g	43mg	14%	663mg	28%	25g	8%	2g	7%	2g	18g	18%	10%	33%	9%	milk, wheat		
Kids Fruit Salad	2.5 oz	1	27	2	0g	0%	0g	0%	0g	0mg	0%	6mg	0%	7g	2%	1g	3%	0g	0g	24%	38%	1%	1%			
Kids Goopy Grilled Cheese Sandwich	3 oz	1	269	131	15g	22%	8g	37%	0g	40mg	13%	314mg	13%	22g	7%	1g	4%	0g	16g	10%	0%	30%	7%	milk, wheat		
Kids Goopy Grilled Ham and Cheese	4.1 oz	1	320	158	18g	26%	9g	41%	0g	57mg	19%	688mg	29%	22g	7%	1g	4%	0g	21g	10%	0%	31%	9%	milk, wheat		
Kids Peanut Butter & Jelly	3.6 oz	1	342	132	15g	22%	3g	14%	0g	0mg	0%	182mg	8%	45g	15%	3g	13%	17g	11g	0%	4%	2%	11%	nuts (peanuts), wheat, milk		
Kids Tuna Sandwich	4.6 oz	1	260	80	9g	13%	1g	5%	0g	30mg	9%	300mg	12%	25g	8%	2g	7%	0g	19g	10%	4%	2%	15%	milk, wheat, eggs, fish (tuna)		
Kids Turkey Sandwich	3.1 oz	1	151	11	1g	2%	0g	2%	0g	18mg	6%	262mg	11%	22g	7%	1g	4%	0g	13g	0%	0%	0%	11%	wheat, milk		

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Salad & Dressing																								
Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Adobo Lime Chicken Salad	13.86 oz	1	420	168	18g	28%	3g	15%	0g	40mg	13%	746mg	31%	41g	14%	7g	28%	11g	20g	290%	78%	8%	23%	wheat, milk, eggs, soy, fish (anchovy)
Caesar Salad	10.4 oz	1	534	318	35g	54%	8g	40%	0g	78mg	26%	1404mg	59%	26g	9%	3g	12%	4g	31g	279%	10%	38%	22%	eggs, wheat, milk, soy, fish (anchovy)
Caesar Salad, Chicken	11.6 oz	1	550	350	39g	58%	10g	44%	0g	80mg	26%	1520mg	63%	26g	9%	3g	14%	0g	33g	280%	10%	45%	20%	eggs, wheat, milk, soy, fish (anchovy)
Cosi Cobb Salad	13.6 oz	1	739	509	56g	86%	16g	82%	0g	282mg	94%	1316mg	55%	20g	7%	3g	13%	9.4g	39g	175%	33%	26%	16%	milk, egg
Greek Salad	13.75 oz	1	533	434	47g	73%	9g	45%	0g	27mg	9%	1502mg	63%	20g	7%	3g	12%	7g	11g	280%	29%	28%	12%	milk
Shanghai Chicken Salad	11.5 oz	1	265	88	10g	15%	2g	10%	0g	40mg	13%	788mg	9%	28g	9%	4g	14%	8g	18g	171%	17%	6%	15%	soy, wheat
Signature Salad	13.5 oz	1	618	419	45g	70%	11g	57%	0g	35mg	12%	565mg	24%	40g	13%	7g	29%	26g	13g	166%	23%	27%	11%	nuts (pistachio), milk
Smart Fit Salad	15.2 oz	1	381	131	15g	23%	2g	10%	0g	0mg	0%	489mg	20%	57g	19%	10g	41%	21g	10g	313%	214%	24%	19%	
Dressing - Bleu Cheese	2 oz	1	248	221	25g	37%	4g	17%	0g	28mg	9%	400mg	17%	2g	1%	0g	0%	2g	4g	4%	3%	9%	3%	milk, eggs, soy
Dressing - Chipotle Lime	2 oz	1	139	107	12g	18%	2g	9%	0g	0mg	0%	337mg	14%	8g	3%	0g	0%	6g	0g	4%	40%	0%	0%	
Dressing - Cosi Caesar	2 oz	1	265	255	28g	43%	5g	21%	0g	28mg	9%	794mg	33%	4g	1%	0g	0%	2g	4g	0%	0%	11%	0%	eggs, milk, fish (anchovy)
Dressing - Cosi Oriental	2 oz	1	76	43	5g	7%	0g	0%	0g	0mg	0%	491mg	20%	11g	4%	0g	0%	6g	0g	0%	0%	0%	0%	soy, wheat
Dressing - Cosi Vinaigrette	2 oz	1	343	339	38g	57%	3g	12%	0g	0mg	0%	162mg	7%	2g	1%	0g	2%	0g	0g	0%	0%	1%	1%	
Dressing - Italian	2 oz	1	246	238	26g	40%	5g	21%	0g	0mg	0%	378mg	16%	2g	1%	0g	0%	2g	2g	0%	0%	4%	0%	milk
Dressing - Sherry Shallot	2 oz	1	283	238	26g	40%	4g	17%	0g	0mg	0%	151mg	6%	9g	3%	0g	0%	8g	0g	0%	4%	0%	0%	
Dressing - Sherry Shallot (Reduced Fat)	2 oz	1	94	51	6g	9%	0g	0%	0g	0mg	0%	170mg	7%	11g	4%	0g	0%	9g	0g	0%	4%	0%	0%	

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Sandwich & Melts

Menu Item	COSI®																						Allergens	
	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %		Iron %
Bacon, Turkey, Cheddar Melt	12.2 oz	1	642	241	26g	41%	9g	47%	0g	98mg	33%	929mg	39%	58g	19%	2g	8%	12g	39g	12%	12%	6%	21%	wheat, milk
Buffalo Blue Sandwich	10.2 oz	1	510	180	20g	31%	4g	19%	0g	70mg	24%	1080mg	45%	47g	16%	2g	8%	0g	33g	50%	8%	6%	25%	egg, soy, wheat, milk
Cosi Club Sandwich	10.25 oz	1	438	118	14g	21%	2g	11%	0g	64mg	21%	791mg	33%	50g	17%	2g	8%	3g	29g	41%	13%	1%	20%	egg, wheat, milk
Grilled Cheese (Adult)	6.2 oz	1	538	261	29g	44%	16g	73%	0g	81mg	27%	628mg	26%	43g	14%	2g	8%	1g	33g	20%	0%	61%	15%	milk, wheat
Grilled Chicken TBM Melt	11.75 oz	1	650	290	32g	48%	10g	43%	0g	95mg	31%	570mg	24%	46g	15%	2g	9%	1g	42g	15%	10%	20%	25%	milk, wheat
Grilled Chicken TBM Sandwich	11.2 oz	1	650	180	20g	30%	2.5g	12%	0g	95mg	31%	570mg	24%	46g	15%	2g	9%	1g	42g	15%	10%	20%	25%	milk, wheat
Grilled Chicken TBM Sandwich, Lighter	11.25 oz	1	520	140	15g	23%	9g	41%	0g	95mg	32%	670mg	28%	50g	17%	2g	9%	4g	43g	20%	10%	20%	25%	milk, wheat
Hummus & Veggie Sandwich	10.2 oz	1	417	63	7g	10%	0g	0%	0g	0mg	0%	553mg	23%	73g	24%	6g	25%	6g	17g	7%	34%	1%	31%	milk, wheat
Peanut Butter & Jelly (Adult)	7.2 oz	1	684	264	29g	44%	6g	27%	0g	0mg	0%	364mg	15%	91g	30%	6g	25%	34g	23g	0%	8%	4%	22%	nuts (peanuts), wheat, milk
Pesto Chicken Melt	10.95 oz	1	580	150	17g	25%	13g	58%	0g	115mg	39%	1030mg	43%	49g	16%	3g	13%	4g	50g	10%	4%	50%	25%	milk, wheat
TBM Melt	10.05 oz	1	600	260	29g	43%	17g	75%	0	95mg	32%	600mg	25%	49g	16%	3g	15%	3g	35g	35%	20%	50%	20%	milk, wheat
TBM Sandwich	9.6 oz	1	390	390	43g	65%	15g	69%	0g	80mg	27%	390mg	16%	47g	16%	3g	11%	1g	33g	35%	25%	40%	15%	milk, wheat
TBM Sandwich, Lighter	9.6 oz	1	510	190	21g	31%	12g	53%	0g	65mg	22%	440mg	18%	49g	16%	2g	10%	4g	29g	30%	20%	35%	15%	milk, wheat
Tuna Melt	13.28 oz	1	790	380	42g	63%	12g	54%	0g	100mg	34%	940mg	39%	54g	18%	4g	18%	0g	51g	80%	25%	10%	30%	wheat, milk, fish (tuna), egg
Tuna Sandwich	11.2 oz	1	526	56	6g	9%	2g	10%	0g	83mg	28%	1099mg	46%	52g	17%	3g	14%	8g	53g	261%	16%	5%	28%	egg, wheat, milk, fish (tuna)
Turkey & Avocado Sandwich	11.6 oz	1	446	121	13g	20%	2g	9%	0g	49mg	16%	820mg	34%	55g	18%	5g	23%	3g	30g	13%	31%	7%	24%	milk, eggs, wheat
Turkey & Brie Sandwich	9.7 oz	1	470	200	22g	33%	7g	31%	0g	75mg	25%	820mg	34%	57g	19%	3g	14%	0g	32g	20%	6%	20%	25%	milk, wheat
Turkey Light Sandwich	8.5 oz	1	420	70	8g	12%	1g	5%	0g	45mg	15%	640mg	27%	57g	19%	2g	9%	0g	26g	10%	6%	4%	25%	milk, wheat
Tuscan Pesto Chicken Sand	9.45 oz	1	420	60	7g	10%	7g	30%	0g	75mg	25%	640mg	27%	48g	16%	3g	14%	3g	35g	40%	6%	2%	30%	milk, wheat

Soup																											
COSI®																											
Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat F %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens			
Broccoli & Cheddar (8 oz)	8	1	330	230	25	38%	16	80%	0	75	25%	780	33%	15	5%	1	4%	1	11	15%	2%	30%	2%	milk			
Large (15 oz)	15	1	619	431	47	71%	30	150%	0	141	47%	1463	62%	28.1	9%	2	8%	2	20.6	28%	4%	56%	4%				
Side (5.5 oz)	5.5	1	227	158	17	26%	11	55%	0	52	17%	537	23%	10.3	3%	1	3%	1	7.6	10%	1%	21%	1%				
Reg (10 oz)	10	1	413	288	31	48%	20	100%	0	94	31%	975	41%	18.8	6%	1	5%	1	13.8	19%	3%	38%	3%				
Smart Fit Chicken Noodle (8 oz)	8	1	100	20	3	4%	1	3%	0	20	7%	640	27%	10	3%	1	4%	2	10	20%	0%	4%	4%	egg, wheat			
Large (15 oz)	15	1	188	38	5	8%	1	6%	0	38	13%	1200	51%	18.8	6%	2	8%	4	18.8	38%	0%	8%	8%				
Side (5.5 oz)	5.5	1	69	14	2	3%	0	2%	0	14	5%	441	19%	6.9	2%	1	3%	1	6.9	14%	0%	3%	3%				
Reg (10 oz)	10	1	125	25	3	5%	1	4%	0	25	9%	800	34%	12.5	4%	1	5%	3	12.5	25%	0%	5%	5%				
Italian Wedding Soup (8 oz)	8	1	170	60	6	9%	3	13%	0	15	5%	660	28%	16	5%	1	4%	2	11	4%	0%	2%	4%	eggs, milk, wheat			
Large (15 oz)	15	1	319	113	11	17%	5	24%	0	28	9%	1238	53%	30.0	9%	2	8%	4	20.6	8%	0%	4%	8%				
Side (5.5 oz)	5.5	1	117	41	4	6%	2	9%	0	10	3%	455	19%	11.0	3%	1	3%	1	7.6	3%	0%	1%	3%				
Reg (10 oz)	10	1	213	75	8	11%	3	16%	0	19	6%	825	35%	20.0	6%	1	5%	3	13.8	5%	0%	3%	5%				
Macaroni & Cheese	11.5 oz	1	650	330	37g	56%	24g	108%	0	105mg	35%	1700mg	73%	56g	19%	1g	5%	3g	21g	15%	0%	40%	10%	eggs, milk, wheat			
Mediterranean Lentil (8 oz)	8	1	290	100	12	18%	2	8%	0	0	0%	640	27%	35	12%	15	60%	4	12	20%	2%	6%	20%				
Large (15 oz)	15	1	544	188	23	34%	3	15%	0	0	0%	1200	51%	65.6	23%	28	113%	8	22.5	38%	4%	11%	38%				
Side (5.5 oz)	5.5	1	200	69	8	12%	1	6%	0	0	0%	441	19%	24.1	8%	10	41%	3	8.3	14%	1%	4%	14%	none			
Reg (10 oz)	10	1	363	125	15	23%	2	10%	0	0	0%	800	34%	43.8	15%	19	75%	5	15.0	25%	3%	8%	25%				
Southwest Turkey Chili (15 oz)	15 oz	1	443	188	21g	31%	5g	23%	0g	52mg	17%	1321mg	55%	42g	14%	9g	38%	3g	25g	17%	43%	11%	18%	soy, wheat, egg			
Southwest Turkey Chili (5.5 oz)	5.5 oz	1	168	69	8g	12%	2g	9%	0g	19mg	6%	497mg	21%	16g	5%	3g	14%	1g	9g	6%	16%	4%	7%				
Southwest Turkey Chili (10 oz)	10 oz	1	298	125	14g	21%	3g	16%	0g	35mg	12%	887mg	37%	28g	9%	6g	26%	2g	17g	12%	29%	8%	12%				
Tomato Basil (8 oz)	8	1	320	230	25	38%	17	85%	0	95	32%	410	17%	16	5%	0	0%	9	2	25%	8%	6%	6%				
Large (15 oz)	15	1	600	431	47	71%	32	159%	0	178	60%	769	32%	30.0	9%	0	0%	17	3.8	47%	15%	11%	11%	milk			
Side (5.5 oz)	5.5	1	220	158	17	26%	12	59%	0	65	22%	282	12%	11.0	3%	0	0%	6	1.4	17%	6%	4%	4%				
Reg (10 oz)	10	1	400	288	31	48%	21	106%	0	119	40%	513	21%	20.0	6%	0	0%	11	2.5	31%	10%	8%	8%				