

PROTEINHOUSE
HEALTHY • FIT • KITCHEN

NUTRITIONAL FACTS

SHAKES

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) |
|---|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Apple Butter (1 serving) | 463 | 105 | 12 | 2 | 0 | 66 | 118 | 54 | 7 | 28 | 31 |
| Chocolate PB Crush Smoothie (1 serving) | 478 | 162 | 18 | 4 | 0 | 65 | 337 | 36 | 4 | 21 | 35 |
| Green Beast (1 serving) | 441 | 251 | 29 | 15 | 0 | 65 | 245 | 17 | 5 | 9 | 31 |
| Hulk (1 serving) | 425 | 99 | 11 | 2 | 0 | 65 | 98 | 56 | 7 | 41 | 31 |
| Muscle Freak (1 serving) | 619 | 245 | 28 | 9 | 0 | 130 | 218 | 40 | 7 | 22 | 56 |
| PB and J (1 serving) | 527 | 148 | 17 | 4 | 0 | 70 | 231 | 55 | 7 | 31 | 42 |
| Peanut Butter Dream (1 serving) | 521 | 137 | 15 | 4 | 0 | 70 | 287 | 47 | 4 | 31 | 41 |
| Skinny Bitch (1 serving) | 395 | 162 | 19 | 15 | 0 | 65 | 12 | 34 | 5 | 22 | 26 |
| Swole Man Smoothie (1 serving) | 591 | 73 | 8 | 6 | 0 | 96 | 28 | 92 | 6 | 26 | 39 |
| Tropical Tease (1 serving) | 517 | 162 | 19 | 15 | 0 | 65 | 69 | 55 | 5 | 35 | 28 |

JUICES

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) |
|---------------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Dark Baby, 16 oz (1 drink) | 233 | 21 | 2 | 0 | 0 | 0 | 540 | 52 | 13 | 27 | 5 |
| Dark Baby, 24 oz (1 drink) | 338 | 10 | 1 | 0 | 0 | 0 | 419 | 73 | 20 | 52 | 9 |
| Detox, 16 oz (1 serving) | 471 | 26 | 3 | 0 | 0 | 0 | 740 | 105 | 28 | 56 | 14 |
| Detox, 24 oz (1 drink) | 409 | 15 | 2 | 0 | 0 | 0 | 398 | 88 | 23 | 58 | 10 |
| Green Monster, 16 oz (1 drink) | 195 | 5 | 1 | 0 | 0 | 0 | 203 | 45 | 7 | 34 | 6 |
| Green Monster, 24 oz (1 drink) | 179 | 6 | 1 | 0 | 0 | 0 | 196 | 39 | 3 | 25 | 4 |
| High C, 16 oz (1 drink) | 340 | 0 | 7 | 7 | 0 | 0 | 32 | 70 | 15 | 52 | 7 |
| High C, 24 oz (1 drink) | 511 | 15 | 2 | 0 | 0 | 0 | 33 | 115 | 22 | 87 | 9 |
| Lean Machine, 16 oz (1 drink) | 344 | 23 | 2 | 0 | 0 | 0 | 533 | 79 | 21 | 44 | 9 |
| Lean Machine, 24 oz (1 drink) | 252 | 10 | 1 | 0 | 0 | 0 | 240 | 56 | 14 | 38 | 4 |
| Roots, 16 oz (1 drink) | 424 | 26 | 2 | 0 | 0 | 0 | 640 | 101 | 23 | 57 | 7 |
| Roots, 24 oz (1 drink) | 351 | 10 | 1 | 0 | 0 | 0 | 331 | 79 | 19 | 55 | 6 |
| Summer Tryst, 16 oz (1 serving) | 342 | 6 | 1 | 0 | 0 | 0 | 0 | 88 | 14 | 63 | 4 |
| Summer Tryst, 24 oz (1 serving) | 342 | 10 | 1 | 0 | 0 | 0 | 2 | 72 | 12 | 56 | 3 |
| Sweet Greens, 16 oz (1 drink) | 299 | 9 | 1 | 0 | 0 | 0 | 94 | 75 | 15 | 47 | 7 |
| Sweet Greens, 24 oz (1 drink) | 454 | 14 | 2 | 0 | 0 | 0 | 61 | 104 | 20 | 70 | 6 |

BURGERS

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) |
|---|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Aloha (1 serving) No bun | 250 | 42 | 5 | 1 | 0 | 101 | 118 | 14 | 3 | 9 | 38 |
| Aloha (1 serving) with Gluten Free Bun | 443 | 88 | 10 | 1 | 0 | 101 | 482 | 46 | 7 | 14 | 43 |
| Aloha (1 serving) with Collard Greens | 271 | 42 | 5 | 1 | 0 | 101 | 164 | 17 | 4 | 10 | 39 |
| Aloha (1 serving) with Toasted Ezekiel Bread | 409 | 42 | 6 | 1 | 0 | 101 | 278 | 44 | 9 | 9 | 46 |
| Aloha (1 serving) with Toasted Whole Wheat Bun | 401 | 46 | 7 | 2 | 0 | 101 | 659 | 42 | 6 | 12 | 46 |
| BBQ Turkey (1 serving) No Bun | 382 | 160 | 18 | 7 | 0 | 142 | 498 | 16 | 2 | 7 | 42 |
| BBQ Turkey (1 serving) with Gluten Free Bun | 456 | 167 | 19 | 7 | 0 | 142 | 511 | 27 | 6 | 11 | 47 |
| BBQ Turkey (1 serving) with Collard Greens | 388 | 161 | 18 | 7 | 0 | 142 | 498 | 17 | 3 | 7 | 42 |
| BBQ Turkey (1 serving) with Toasted Ezekiel Bread | 542 | 169 | 19 | 7 | 0 | 142 | 648 | 46 | 8 | 7 | 50 |
| BBQ Turkey (1 serving) with Toasted Whole Wheat Bun | 572 | 178 | 20 | 8 | 0 | 147 | 748 | 54 | 7 | 13 | 51 |
| Muscle Builder (1 serving) No Bun | 593 | 256 | 29 | 17 | 0 | 201 | 647 | 6 | 1 | 3 | 77 |
| Muscle Builder (1 serving) with Gluten Free Bun | 785 | 302 | 34 | 17 | 0 | 201 | 693 | 9 | 2 | 4 | 79 |
| Muscle Builder (1 serving) with Collard Greens | 613 | 256 | 29 | 17 | 0 | 201 | 693 | 9 | 2 | 4 | 79 |
| Muscle Builder (1 serving) with Toasted Ezekiel Bread | 752 | 256 | 30 | 17 | 0 | 201 | 806 | 36 | 7 | 3 | 85 |
| Muscle Builder (1 serving) with Toasted Whole Wheat Bun | 742 | 374 | 31 | 18 | 0 | 202 | 838 | 34 | 6 | 9 | 85 |
| Ninja Burger (1 serving) No Bun | 313 | 89 | 10 | 2 | 0 | 77 | 658 | 8 | 1 | 6 | 47 |
| Ninja Burger (1 serving) with Gluten Free Bun | 514 | 63 | 7 | 0 | 0 | 75 | 850 | 53 | 7 | 14 | 60 |
| Ninja Burger (1 serving) with Collard Greens | 342 | 17 | 2 | 0 | 0 | 75 | 533 | 23 | 4 | 11 | 57 |
| Ninja Burger (1 serving) with Toasted Ezekiel Bread | 481 | 17 | 3 | 0 | 0 | 75 | 646 | 50 | 9 | 9 | 63 |
| Ninja Burger (1 serving) with Toasted Whole Wheat Bun | 622 | 107 | 9 | 2 | 0 | 82 | 908 | 70 | 6 | 12 | 65 |

BURGERS

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) |
|--|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| PH Burger (1 serving) No Bun | 349 | 142 | 16 | 9 | 0 | 97 | 419 | 3 | 1 | 1 | 48 |
| PH Burger (1 serving) with Gluten Free Bun | 541 | 188 | 21 | 9 | 0 | 97 | 783 | 36 | 5 | 6 | 53 |
| PH Burger (1 serving) with Collard Greens | 369 | 142 | 16 | 9 | 0 | 97 | 466 | 6 | 2 | 2 | 49 |
| PH Burger (1 serving) with Toasted Ezekiel Bread | 508 | 142 | 17 | 9 | 0 | 97 | 578 | 33 | 7 | 1 | 55 |
| PH Burger (1 serving) with Toasted Whole Wheat Bun | 498 | 195 | 22 | 9 | 0 | 98 | 695 | 30 | 6 | 7 | 55 |
| Portobello Sandwich (1 serving) | 264 | 42 | 5 | 1 | 0 | 111 | 197 | 13 | 4 | 3 | 44 |
| Salmon Burger (1 serving) No Bun | 422 | 172 | 25 | 4 | 0 | 100 | 284 | 13 | 5 | 5 | 36 |
| Salmon Burger (1 serving) with Gluten Free Bun | 615 | 217 | 30 | 4 | 0 | 100 | 648 | 49 | 9 | 10 | 42 |
| Salmon Burger (1 serving) with Collard Greens | 442 | 172 | 25 | 4 | 0 | 100 | 331 | 48 | 6 | 6 | 38 |
| Salmon Burger (1 serving) with Toasted Ezekiel Bread | 581 | 172 | 26 | 4 | 0 | 100 | 444 | 43 | 11 | 5 | 44 |
| Salmon Burger (1 serving) with Toasted Whole Wheat Bun | 573 | 244 | 26 | 5 | 0 | 100 | 732 | 41 | 9 | 8 | 44 |
| PH Vegan Burger (1 serving) No Bun | 257 | 77 | 9 | 1 | 0 | 0 | 670 | 32 | 9 | 3 | 13 |
| PH Vegan Burger (1 serving) with Gluten Free Bun | 331 | 84 | 9 | 1 | 0 | 0 | 684 | 43 | 13 | 7 | 18 |
| PH Vegan Burger (1 serving) with Collard Greens | 263 | 78 | 9 | 1 | 0 | 0 | 670 | 33 | 10 | 4 | 13 |
| PH Vegan Burger (1 serving) with Toasted Ezekiel Bread | 417 | 86 | 10 | 1 | 0 | 0 | 820 | 62 | 15 | 3 | 21 |
| PH Vegan Burger (1 serving) with Toasted Whole Wheat Bun | 447 | 95 | 11 | 1 | 0 | 5 | 920 | 70 | 14 | 9 | 22 |

BOWL OR SMOOTHIES

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) |
|---|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Acai Coconut Bowl (1 serving) with Granola | 750 | 306 | 35 | 11 | 0 | 65 | 369 | 72 | 21 | 31 | 45 |
| Acai Coconut Shake (1 serving) | 411 | 179 | 20 | 13 | 0 | 65 | 213 | 28 | 5 | 17 | 27 |
| Acai Nutty Butter Bowl (1 serving) with Granola | 995 | 55 | 65 | 10 | 0 | 58 | 606 | 78 | 26 | 22 | 51 |
| Acai Nutty Butter Shake (1 serving) | 543 | 354 | 30 | 8 | 0 | 58 | 502 | 33 | 9 | 13 | 38 |
| Berry Blast Bowl (1 serving) with Granola | 816 | 242 | 27 | 4 | 0 | 65 | 359 | 107 | 24 | 37 | 39 |
| Berry Blast Shake (1 serving) | 343 | 80 | 9 | 3 | 0 | 65 | 170 | 39 | 7 | 41 | 28 |
| PH Tropical Acai Bowl (1 serving) with Granola | 952 | 265 | 40 | 7 | 0 | 65 | 359 | 113 | 25 | 41 | 40 |
| PH Tropical Acai Shake (1 drink) | 450 | 83 | 18 | 3 | 0 | 65 | 166 | 47 | 7 | 41 | 28 |

PANCAKES

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) |
|--|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Chocolate Monster Pancakes (1 serving) | 787 | 242 | 27 | 5 | 0 | 20 | 696 | 113 | 13 | 17 | 28 |
| Froyo Pancakes (1 serving) | 646 | 34 | 4 | 0 | 0 | 32 | 786 | 107 | 8 | 17 | 30 |
| PB and J Pancakes (1 serving) | 642 | 185 | 20 | 4 | 0 | 20 | 786 | 84 | 12 | 22 | 30 |
| PH Loaded Pancakes (1 serving) | 494 | 109 | 12 | 9 | 0 | 15 | 525 | 82 | 12 | 29 | 17 |
| PH Protein Pancake Combo (1 serving) | 453 | 31 | 3 | 1 | 0 | 20 | 903 | 64 | 9 | 5 | 39 |
| South Beach Pancakes (1 serving) | 509 | 52 | 6 | 2 | 0 | 87 | 306 | 53 | 7 | 17 | 55 |
| Mayra's Vegan Pancakes (1 serving) | 502 | 293 | 33 | 28 | 0 | 9 | 55 | 48 | 8 | 28 | 5 |

WRAPS

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) | VIT A (iu) | VIT C (mg) | CALCIUM (mg) | IRON (mg) |
|--|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Chicken Caesar Wrap (1 serving) with Whole Wheat Tortilla | 811 | 344 | 38 | 12 | 0 | 127 | 1745 | 55 | 5 | 4 | 66 | 3332 | 19 | 525 | 4 |
| Chicken Caesar Wrap (1 serving) with Gluten Free Tortilla | 859 | 346 | 38 | 12 | 0 | 127 | 1760 | 66 | 6 | 13 | 67 | 4807 | 53 | 535 | 4 |
| LR Steak Burrito (1 serving) with Whole Wheat Tortilla | 855 | 372 | 41 | 17 | 0 | 155 | 1571 | 46 | 4 | 3 | 76 | 657 | 10 | 576 | 4 |
| LR Steak Burrito (1 serving) with Gluten Free Tortilla | 904 | 373 | 41 | 17 | 0 | 155 | 1586 | 57 | 5 | 12 | 77 | 2132 | 43 | 586 | 5 |
| Mediterranean Wrap (1 serving) with Whole Wheat Tortilla | 785 | 315 | 35 | 11 | 0 | 129 | 2040 | 65 | 10 | 6 | 56 | 1513 | 26 | 388 | 4 |
| Mediterranean Wrap (1 serving) with Gluten Free Tortilla | 833 | 317 | 35 | 11 | 0 | 129 | 2055 | 75 | 11 | 16 | 57 | 2988 | 59 | 398 | 4 |
| PH Bison Wrap (1 serving) with Whole Wheat Tortilla | 795 | 352 | 39 | 15 | 0 | 315 | 979 | 57 | 6 | 5 | 53 | 3875 | 30 | 440 | 6 |
| PH Bison Wrap (1 serving) with Gluten Free Tortilla | 843 | 353 | 39 | 15 | 0 | 315 | 994 | 68 | 8 | 15 | 54 | 5351 | 64 | 450 | 7 |
| PH Breakfast Burrito (1 serving) with Whole Wheat Tortilla | 883 | 299 | 33 | 14 | 0 | 160 | 1598 | 59 | 8 | 4 | 80 | 1031 | 27 | 697 | 8 |
| PH Breakfast Burrito (1 serving) with Gluten Free Tortilla | 931 | 301 | 33 | 14 | 0 | 160 | 1613 | 70 | 9 | 13 | 80 | 2507 | 60 | 707 | 8 |
| Power Wrap (1 serving) with Whole Wheat Tortilla | 515 | 189 | 21 | 6 | 0 | 0 | 848 | 56 | 6 | 7 | 24 | 7521 | 140 | 381 | 4 |
| Salmon Wrap (1 serving) with Whole Wheat Tortilla | 689 | 286 | 32 | 7 | 0 | 100 | 1253 | 55 | 6 | 8 | 45 | 3276 | 40 | 237 | 3 |
| Salmon Wrap (1 serving) with Side Gluten Free Tortilla | 737 | 288 | 32 | 7 | 0 | 100 | 1268 | 66 | 7 | 18 | 45 | 4751 | 73 | 247 | 3 |
| PH Vegan Wrap (1 serving) with Whole Wheat Tortilla | 645 | 196 | 22 | 7 | 0 | 0 | 1635 | 88 | 13 | 8 | 22 | 3359 | 41 | 419 | 6 |
| PH Vegan Wrap (1 serving) with Gluten Free Tortilla | 693 | 197 | 22 | 7 | 0 | 0 | 1650 | 99 | 14 | 17 | 23 | 4834 | 74 | 429 | 7 |
| Spicy Thai Wrap (1 serving) | 554 | 120 | 13 | 5 | 0 | 99 | 864 | 55 | 5 | 9 | 50 | 12518 | 29 | 231 | 3 |
| Spicy Thai Wrap (1 serving) with Side of Fruit | 602 | 121 | 13 | 5 | 0 | 99 | 879 | 66 | 6 | 18 | 51 | 13993 | 63 | 241 | 3 |

BREAKFASTS

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) | VIT A (iu) | VIT C (mg) | CALCIUM (mg) | IRON (mg) |
|--|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Breakfast Sandwich (1 serving) | 316 | 83 | 9 | 4 | 0 | 30 | 571 | 31 | 6 | 1 | 28 | 300 | 0 | 158 | 2 |
| Breakfast Sandwich (1 serving) with Side of Fruit | 364 | 85 | 9 | 4 | 0 | 30 | 586 | 42 | 7 | 11 | 29 | 1775 | 34 | 168 | 2 |
| Loaded Oatmeal (1 serving) | 397 | 102 | 11 | 2 | 0 | 0 | 5 | 61 | 11 | 11 | 13 | 19 | 3 | 55 | 4 |
| Loaded Oatmeal (1 serving) with Side of Fruit | 446 | 103 | 11 | 2 | 0 | 0 | 20 | 72 | 12 | 21 | 14 | 1495 | 36 | 65 | 4 |
| Muscle Boy (1 serving) | 721 | 164 | 18 | 6 | 0 | 143 | 973 | 58 | 10 | 7 | 82 | 18461 | 3 | 64 | 7 |
| Muscle Boy (1 serving) with Side of Fruit | 769 | 165 | 18 | 6 | 0 | 143 | 988 | 68 | 11 | 16 | 82 | 19936 | 37 | 74 | 8 |
| PH Chicken Quesadilla (1 serving) | 752 | 211 | 23 | 14 | 0 | 144 | 1621 | 56 | 5 | 3 | 69 | 977 | 23 | 884 | 7 |
| PH Chicken Quesadilla (1 serving) with Side of Fruit | 800 | 212 | 24 | 14 | 0 | 144 | 1636 | 66 | 6 | 12 | 70 | 2453 | 57 | 894 | 8 |
| PH Greek Yogurt (1 serving) | 427 | 135 | 16 | 6 | 0 | 42 | 235 | 50 | 11 | 24 | 29 | 395 | 29 | 309 | 2 |
| PH Greek Yogurt (1 serving) with Side of Fruit | 475 | 137 | 16 | 6 | 0 | 42 | 250 | 61 | 12 | 33 | 30 | 1870 | 63 | 319 | 2 |
| PH Hash (1 serving) | 477 | 118 | 13 | 5 | 0 | 73 | 504 | 37 | 6 | 12 | 52 | 20367 | 115 | 106 | 5 |
| PH Hash (1 serving) with Side of Fruit | 525 | 120 | 13 | 5 | 0 | 73 | 519 | 48 | 7 | 21 | 53 | 21842 | 149 | 116 | 5 |
| SHRDD Veggie Omelette (1 serving) | 220 | 61 | 7 | 1 | 0 | 0 | 332 | 15 | 6 | 7 | 24 | 4772 | 99 | 79 | 2 |
| SHRDD Veggie Omelette (1 serving) with Side of Fruit | 268 | 63 | 7 | 1 | 0 | 0 | 347 | 26 | 7 | 16 | 25 | 6247 | 132 | 89 | 3 |
| Super Bird Omelette (1 serving) | 229 | 52 | 6 | 2 | 0 | 48 | 429 | 5 | 1 | 4 | 41 | 525 | 8 | 58 | 1 |
| Super Bird Omelette (1 serving) with Side of Fruit | 277 | 54 | 6 | 2 | 0 | 48 | 443 | 16 | 2 | 13 | 41 | 2000 | 41 | 68 | 1 |

BOWLS

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) | VIT A (iu) | VIT C (mg) | CALCIUM (mg) | IRON (mg) |
|--|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| BBQ (1 serving) | 355 | 40 | 4 | 2 | 0 | 99 | 2246 | 31 | 8 | 13 | 44 | 5588 | 227 | 132 | 4 |
| BBQ (1 serving) with Brown Rice | 534 | 60 | 7 | 2 | 0 | 99 | 2249 | 68 | 10 | 14 | 48 | 5588 | 227 | 134 | 5 |
| BBQ (1 serving) with Half Brown Rice and Half Quinoa | 521 | 58 | 6 | 2 | 0 | 99 | 2253 | 63 | 10 | 14 | 49 | 5635 | 227 | 144 | 6 |
| BBQ (1 serving) with Quinoa | 507 | 57 | 6 | 2 | 0 | 99 | 2258 | 59 | 10 | 14 | 50 | 5683 | 227 | 153 | 7 |
| BBQ (1 serving) with White Rice | 569 | 40 | 4 | 2 | 0 | 99 | 2248 | 79 | 8 | 13 | 49 | 5588 | 227 | 184 | 8 |
| BBQ (1 serving) with Whole Wheat Pasta | 659 | 67 | 7 | 2 | 0 | 99 | 2246 | 90 | 15 | 14 | 55 | 5588 | 227 | 162 | 6 |
| Boss Bowl (1 serving) | 616 | 225 | 25 | 9 | 0 | 147 | 301 | 35 | 7 | 11 | 62 | 20579 | 132 | 107 | 9 |
| Boss Bowl (1 serving) with Brown Rice | 795 | 245 | 27 | 10 | 0 | 147 | 304 | 72 | 9 | 12 | 65 | 20579 | 132 | 109 | 9 |
| Boss Bowl (1 serving) with Half Brown Rice and Half Quinoa | 782 | 244 | 27 | 10 | 0 | 147 | 309 | 67 | 9 | 12 | 67 | 20627 | 132 | 119 | 10 |
| Boss Bowl (1 serving) with Quinoa | 768 | 242 | 27 | 9 | 0 | 147 | 313 | 63 | 9 | 11 | 68 | 20674 | 132 | 129 | 11 |
| Boss Bowl (1 serving) with White Rice | 830 | 225 | 25 | 9 | 0 | 147 | 304 | 83 | 7 | 11 | 67 | 20579 | 132 | 160 | 12 |
| Boss Bowl (1 serving) with Whole Wheat Pasta | 920 | 252 | 28 | 9 | 0 | 147 | 301 | 94 | 14 | 12 | 73 | 20579 | 132 | 137 | 11 |
| El Jefe (1 serving) | 557 | 198 | 22 | 7 | 0 | 185 | 437 | 25 | 5 | 11 | 66 | 3829 | 194 | 132 | 7 |
| El Jefe (1 serving) with Brown Rice | 736 | 218 | 24 | 8 | 0 | 185 | 440 | 62 | 8 | 12 | 69 | 3829 | 194 | 135 | 7 |
| El Jefe (1 serving) with Half Brown Rice and Half Quinoa | 722 | 217 | 24 | 7 | 0 | 185 | 444 | 58 | 8 | 12 | 71 | 3877 | 194 | 144 | 8 |
| El Jefe (1 serving) with Quinoa | 709 | 215 | 24 | 7 | 0 | 185 | 449 | 53 | 8 | 12 | 72 | 3924 | 194 | 154 | 9 |
| El Jefe (1 serving) with White Rice | 771 | 198 | 22 | 7 | 0 | 185 | 439 | 73 | 5 | 11 | 71 | 3829 | 194 | 185 | 10 |
| El Jefe (1 serving) with Whole Wheat Pasta | 860 | 225 | 25 | 7 | 0 | 185 | 437 | 84 | 13 | 13 | 77 | 3829 | 194 | 163 | 9 |
| Greek (1 serving) | 434 | 209 | 23 | 5 | 0 | 120 | 1160 | 20 | 4 | 5 | 41 | 888 | 14 | 160 | 2 |
| Greek (1 serving) with Brown Rice | 613 | 229 | 25 | 5 | 0 | 120 | 1163 | 56 | 6 | 6 | 44 | 888 | 14 | 162 | 3 |
| Greek (1 serving) with Half Brown Rice and Half Quinoa | 599 | 228 | 25 | 5 | 0 | 120 | 1168 | 52 | 7 | 6 | 45 | 935 | 14 | 172 | 4 |
| Greek (1 serving) with Quinoa | 586 | 226 | 25 | 5 | 0 | 120 | 1172 | 47 | 7 | 6 | 46 | 983 | 14 | 182 | 5 |
| Greek (1 serving) with White Rice | 648 | 209 | 23 | 5 | 0 | 120 | 1163 | 67 | 4 | 5 | 46 | 888 | 14 | 213 | 6 |
| Greek (1 serving) with Whole Wheat Pasta | 737 | 236 | 26 | 5 | 0 | 120 | 1160 | 79 | 12 | 6 | 51 | 888 | 14 | 190 | 5 |

BOWLS

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) | VIT A (iu) | VIT C (mg) | CALCIUM (mg) | IRON (mg) |
|--|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Hardcoreis Bowl (1 serving) | 203 | 30 | 3 | 1 | 0 | 85 | 318 | 5 | 3 | 2 | 37 | 3516 | 14 | 73 | 4 |
| Hardcoreis Bowl (1 serving) with Brown Rice | 382 | 51 | 6 | 2 | 0 | 85 | 321 | 42 | 5 | 3 | 41 | 3516 | 14 | 75 | 5 |
| Hardcoreis Bowl (1 serving) with Half Brown Rice and Half Quinoa | 369 | 49 | 5 | 1 | 0 | 85 | 326 | 38 | 5 | 3 | 42 | 3564 | 14 | 85 | 6 |
| Hardcoreis Bowl (1 serving) with Quinoa | 355 | 48 | 5 | 1 | 0 | 85 | 331 | 33 | 6 | 3 | 43 | 3611 | 14 | 94 | 7 |
| Hardcoreis Bowl (1 serving) with White Rice | 417 | 30 | 3 | 1 | 0 | 85 | 321 | 53 | 3 | 2 | 43 | 3516 | 14 | 125 | 8 |
| Hardcoreis Bowl (1 serving) with Whole Wheat Pasta | 507 | 58 | 6 | 1 | 0 | 85 | 319 | 65 | 11 | 4 | 48 | 3516 | 14 | 103 | 6 |
| Plant Power Bowl (1 serving) | 411 | 147 | 16 | 2 | 0 | 0 | 434 | 42 | 11 | 7 | 21 | 4523 | 124 | 267 | 6 |
| SHRDD Bowl (1 serving) | 323 | 116 | 13 | 2 | 0 | 102 | 462 | 18 | 6 | 9 | 34 | 6342 | 44 | 113 | 6 |
| SHRDD Bowl (1 serving) with Brown Rice | 503 | 136 | 15 | 2 | 0 | 102 | 464 | 54 | 8 | 10 | 38 | 6342 | 44 | 116 | 6 |
| SHRDD Bowl (1 serving) with Half Brown Rice and Half Quinoa | 489 | 134 | 15 | 2 | 0 | 102 | 469 | 50 | 8 | 10 | 39 | 6390 | 44 | 125 | 7 |
| SHRDD Bowl (1 serving) with Quinoa | 476 | 133 | 15 | 2 | 0 | 102 | 474 | 45 | 9 | 9 | 40 | 6437 | 44 | 135 | 8 |
| SHRDD Bowl (1 serving) with White Rice | 538 | 116 | 13 | 2 | 0 | 102 | 464 | 65 | 6 | 9 | 39 | 6342 | 44 | 166 | 9 |
| SHRDD Bowl (1 serving) with Whole Wheat Pasta | 627 | 143 | 16 | 2 | 0 | 102 | 462 | 77 | 13 | 10 | 45 | 6342 | 44 | 144 | 8 |
| Sexy Bitch Bowl (1 serving) | 703 | 346 | 38 | 6 | 0 | 100 | 364 | 44 | 10 | 7 | 45 | 5764 | 129 | 122 | 6 |
| Sexy Bitch Bowl (1 serving) with Brown Rice | 882 | 366 | 41 | 7 | 0 | 100 | 366 | 81 | 12 | 8 | 49 | 5764 | 129 | 124 | 6 |
| Sexy Bitch Bowl (1 serving) with Half Brown Rice and Half Quinoa | 869 | 364 | 40 | 7 | 0 | 100 | 371 | 76 | 12 | 8 | 50 | 5811 | 129 | 134 | 7 |
| Sexy Bitch Bowl (1 serving) with Quinoa | 855 | 363 | 40 | 6 | 0 | 100 | 376 | 71 | 12 | 8 | 51 | 5859 | 129 | 143 | 8 |
| Sexy Bitch Bowl (1 serving) with White Rice | 917 | 346 | 38 | 6 | 0 | 100 | 366 | 92 | 10 | 7 | 50 | 5764 | 129 | 175 | 9 |
| Sexy Bitch Bowl (1 serving) with Whole Wheat Pasta | 1007 | 373 | 41 | 6 | 0 | 100 | 364 | 103 | 17 | 8 | 56 | 5764 | 129 | 152 | 8 |
| Southwest (1 serving) | 533 | 234 | 26 | 10 | 0 | 125 | 759 | 21 | 8 | 4 | 48 | 2471 | 127 | 333 | 9 |
| Southwest (1 serving) with Brown Rice | 712 | 254 | 28 | 10 | 0 | 125 | 762 | 58 | 10 | 5 | 51 | 2471 | 127 | 335 | 10 |
| Southwest (1 serving) with Half Brown Rice and Half Quinoa | 699 | 253 | 28 | 10 | 0 | 125 | 767 | 54 | 10 | 5 | 52 | 2519 | 127 | 345 | 11 |
| Southwest (1 serving) with Quinoa | 685 | 251 | 28 | 10 | 0 | 125 | 772 | 49 | 11 | 5 | 54 | 2566 | 127 | 355 | 12 |
| Southwest (1 serving) with White Rice | 747 | 234 | 26 | 10 | 0 | 125 | 762 | 69 | 8 | 4 | 53 | 2471 | 127 | 386 | 13 |
| Southwest (1 serving) with Whole Wheat Pasta | 837 | 261 | 29 | 10 | 0 | 125 | 760 | 80 | 15 | 6 | 59 | 2471 | 127 | 363 | 12 |

BOWLS

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) | VIT A (iu) | VIT C (mg) | CALCIUM (mg) | IRON (mg) |
|--|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Teriyaki (1 serving) | 436 | 181 | 20 | 5 | 0 | 100 | 713 | 27 | 5 | 15 | 37 | 12563 | 44 | 120 | 2 |
| Teriyaki (1 serving) with Brown Rice | 615 | 201 | 22 | 5 | 0 | 100 | 716 | 64 | 7 | 16 | 40 | 12563 | 44 | 123 | 2 |
| Teriyaki (1 serving) with Half Brown Rice and Half Quinoa | 602 | 199 | 22 | 5 | 0 | 100 | 721 | 59 | 7 | 16 | 41 | 12611 | 44 | 132 | 4 |
| Teriyaki (1 serving) with Quinoa | 588 | 198 | 22 | 5 | 0 | 100 | 726 | 54 | 8 | 16 | 43 | 12659 | 44 | 142 | 5 |
| Teriyaki (1 serving) with White Rice | 650 | 181 | 20 | 5 | 0 | 100 | 716 | 75 | 5 | 15 | 42 | 12563 | 44 | 173 | 5 |
| Teriyaki (1 serving) with Whole Wheat Pasta | 740 | 208 | 23 | 5 | 0 | 100 | 714 | 86 | 12 | 16 | 48 | 12563 | 44 | 151 | 4 |
| Thai Monster Bowl (1 serving) | 554 | 186 | 21 | 8 | 0 | 194 | 581 | 8 | 3 | 4 | 80 | 2590 | 68 | 80 | 7 |
| Thai Monster Bowl (1 serving) with Brown Rice | 733 | 206 | 23 | 8 | 0 | 194 | 584 | 45 | 5 | 5 | 83 | 2590 | 68 | 82 | 7 |
| Thai Monster Bowl (1 serving) with Half Brown Rice and Half Quinoa | 720 | 204 | 23 | 8 | 0 | 194 | 589 | 41 | 6 | 5 | 85 | 2637 | 68 | 92 | 8 |
| Thai Monster Bowl (1 serving) with Quinoa | 706 | 203 | 23 | 8 | 0 | 194 | 593 | 36 | 6 | 5 | 86 | 2685 | 68 | 101 | 9 |
| Thai Monster Bowl (1 serving) with White Rice | 768 | 186 | 21 | 8 | 0 | 194 | 584 | 56 | 3 | 4 | 85 | 2590 | 68 | 133 | 10 |
| Thai Monster Bowl (1 serving) with Whole Wheat Pasta | 858 | 213 | 24 | 8 | 0 | 194 | 581 | 68 | 11 | 5 | 91 | 2590 | 68 | 110 | 9 |
| The General Bowl (1 serving) | 364 | 167 | 19 | 6 | 0 | 73 | 139 | 15 | 7 | 6 | 34 | 4714 | 184 | 86 | 6 |
| The General Bowl (1 serving) with Brown Rice | 543 | 187 | 21 | 6 | 0 | 73 | 142 | 52 | 9 | 7 | 38 | 4714 | 184 | 89 | 6 |
| The General Bowl (1 serving) with Half Brown Rice and Half Quinoa | 530 | 186 | 21 | 6 | 0 | 73 | 146 | 47 | 9 | 7 | 39 | 4761 | 184 | 98 | 7 |
| The General Bowl (1 serving) with Quinoa | 516 | 184 | 20 | 6 | 0 | 73 | 151 | 42 | 10 | 7 | 40 | 4809 | 184 | 108 | 9 |
| The General Bowl (1 serving) with White Rice | 578 | 167 | 19 | 6 | 0 | 73 | 141 | 63 | 7 | 6 | 39 | 4714 | 184 | 139 | 9 |
| The General Bowl (1 serving) with Whole Wheat Pasta | 668 | 194 | 22 | 6 | 0 | 73 | 139 | 74 | 15 | 8 | 45 | 4714 | 184 | 117 | 8 |
| Vegan Bowl (1 serving) | 229 | 72 | 8 | 1 | 0 | 0 | 145 | 28 | 12 | 8 | 12 | 5338 | 129 | 117 | 4 |
| Vegan Bowl (1 serving) with Brown Rice | 409 | 93 | 10 | 2 | 0 | 0 | 148 | 65 | 14 | 9 | 15 | 5338 | 129 | 120 | 4 |
| Vegan Bowl (1 serving) with Half Brown Rice and Half Quinoa | 395 | 91 | 10 | 1 | 0 | 0 | 152 | 60 | 15 | 9 | 16 | 5386 | 129 | 130 | 5 |
| Vegan Bowl (1 serving) with Quinoa | 382 | 89 | 10 | 1 | 0 | 0 | 157 | 56 | 15 | 9 | 17 | 5433 | 129 | 139 | 6 |
| Vegan Bowl (1 serving) with White Rice | 444 | 72 | 8 | 1 | 0 | 0 | 147 | 76 | 12 | 8 | 17 | 5338 | 129 | 170 | 7 |
| Vegan Bowl (1 serving) with Whole Wheat Pasta | 533 | 100 | 11 | 1 | 0 | 0 | 145 | 87 | 20 | 9 | 22 | 5338 | 129 | 148 | 6 |
| Southwest (1 serving) with White Rice | 747 | 234 | 26 | 10 | 0 | 125 | 762 | 69 | 8 | 4 | 53 | 2471 | 127 | 386 | 13 |
| Southwest (1 serving) with Whole Wheat Pasta | 837 | 261 | 29 | 10 | 0 | 125 | 760 | 80 | 15 | 6 | 59 | 2471 | 127 | 363 | 12 |

SALADS

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) | VIT A (iu) | VIT C (mg) | CALCIUM (mg) | IRON (mg) |
|----------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Berry Lovers (1 serving) | 576 | 241 | 27 | 8 | 0 | 124 | 758 | 28 | 8 | 14 | 51 | 11059 | 112 | 342 | 10 |
| Chicken Caesar (1 serving) | 664 | 345 | 38 | 10 | 0 | 127 | 1695 | 24 | 6 | 6 | 62 | 10479 | 43 | 417 | 4 |
| PH Chopped (1 serving) | 781 | 477 | 53 | 14 | 0 | 344 | 1277 | 17 | 7 | 9 | 59 | 11001 | 52 | 260 | 6 |
| PH Tuna (1 serving) | 607 | 229 | 25 | 3 | 0 | 77 | 945 | 49 | 11 | 34 | 48 | 10237 | 56 | 171 | 5 |
| SHRDD Salad (1 serving) | 633 | 271 | 30 | 5 | 0 | 311 | 470 | 32 | 10 | 9 | 55 | 14213 | 101 | 250 | 12 |
| SOS (1 serving) | 779 | 474 | 53 | 10 | 0 | 109 | 1009 | 28 | 8 | 14 | 48 | 11351 | 83 | 301 | 10 |
| Vegan Salad (1 serving) | 474 | 221 | 25 | 3 | 0 | 0 | 363 | 55 | 11 | 29 | 9 | 12740 | 70 | 189 | 8 |

COFFEES

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) | VIT A (iu) | VIT C (mg) | CALCIUM (mg) | IRON (mg) |
|---|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Caramel Macchiato Coffee, 16 oz (1 drink) | 195 | 47 | 5 | 0 | 0 | 0 | 90 | 36 | 0 | 21 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Coffee, 16 oz (1 drink) with Flavor Choice Hazelnut Flavor | 248 | 47 | 5 | 0 | 0 | 0 | 98 | 50 | 0 | 35 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor | 195 | 47 | 5 | 0 | 0 | 0 | 105 | 36 | 0 | 21 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor | 195 | 47 | 5 | 0 | 0 | 0 | 101 | 36 | 0 | 21 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Coffee, 16 oz (1 drink) with Flavor Choice Vanilla Flavor | 255 | 47 | 5 | 0 | 0 | 0 | 90 | 50 | 0 | 35 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Coffee, 16 oz (1 drink) with Milk Choice Almond Milk | 240 | 81 | 9 | 0 | 0 | 0 | 315 | 38 | 2 | 21 | 2 | 750 | 0 | 675 | 1 |
| Caramel Macchiato Coffee, 16 oz (1 drink) with Milk Choice Skim Milk | 315 | 47 | 5 | 0 | 0 | 8 | 278 | 53 | 0 | 38 | 12 | 750 | 4 | 450 | 0 |
| Caramel Macchiato Coffee, 16 oz (1 drink) with Milk Choice Soy Milk | 345 | 101 | 11 | 1 | 0 | 0 | 270 | 48 | 2 | 30 | 11 | 750 | 0 | 450 | 2 |
| Caramel Macchiato Coffee, 16 oz (1 drink) with Milk Choice Whole Milk | 420 | 155 | 17 | 8 | 0 | 53 | 270 | 54 | 0 | 38 | 12 | 450 | 4 | 450 | 0 |
| Caramel Macchiato Coffee, 24 oz (1 drink) | 195 | 47 | 5 | 0 | 0 | 0 | 90 | 36 | 0 | 21 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Coffee, 24 oz (1 drink) with Flavor Choice Hazelnut Flavor | 265 | 47 | 5 | 0 | 0 | 0 | 100 | 54 | 0 | 39 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor | 195 | 47 | 5 | 0 | 0 | 0 | 110 | 36 | 0 | 21 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor | 195 | 47 | 5 | 0 | 0 | 0 | 105 | 36 | 0 | 21 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Coffee, 24 oz (1 drink) with Flavor Choice Vanilla Flavor | 275 | 47 | 5 | 0 | 0 | 0 | 90 | 55 | 0 | 40 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Coffee, 24 oz (1 drink) with Milk Choice Almond Milk | 263 | 98 | 11 | 0 | 0 | 0 | 428 | 38 | 2 | 21 | 2 | 1125 | 0 | 1013 | 2 |
| Caramel Macchiato Coffee, 24 oz (1 drink) with Milk Choice Skim Milk | 375 | 47 | 5 | 0 | 0 | 11 | 371 | 61 | 0 | 46 | 18 | 1125 | 5 | 675 | 0 |
| Caramel Macchiato Coffee, 24 oz (1 drink) with Milk Choice Soy Milk | 420 | 128 | 14 | 1 | 0 | 0 | 360 | 54 | 2 | 35 | 16 | 1125 | 0 | 675 | 2 |
| Caramel Macchiato Coffee, 24 oz (1 drink) with Milk Choice Whole Milk | 533 | 209 | 23 | 11 | 0 | 79 | 360 | 63 | 0 | 46 | 18 | 675 | 5 | 675 | 0 |

COFFEES

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) | VIT A (iu) | VIT C (mg) | CALCIUM (mg) | IRON (mg) |
|--|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Caramel Macchiato Iced Coffee, 16 oz (1 drink) | 130 | 32 | 4 | 0 | 0 | 0 | 60 | 24 | 0 | 14 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Iced Coffee, 16 oz (1 drink) with Flavor Choice Hazelnut Flavor | 183 | 32 | 4 | 0 | 0 | 0 | 68 | 38 | 0 | 28 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Iced Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor | 130 | 32 | 4 | 0 | 0 | 0 | 75 | 24 | 0 | 14 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Iced Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor | 130 | 32 | 4 | 0 | 0 | 0 | 71 | 24 | 0 | 14 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Iced Coffee, 16 oz (1 drink) with Flavor Choice Vanilla Flavor | 190 | 32 | 4 | 0 | 0 | 0 | 60 | 38 | 0 | 28 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Iced Coffee, 16 oz (1 drink) with Milk Choice Almond Milk | 153 | 48 | 5 | 0 | 0 | 0 | 173 | 25 | 1 | 14 | 1 | 375 | 0 | 338 | 1 |
| Caramel Macchiato Iced Coffee, 16 oz (1 drink) with Milk Choice Skim Milk | 190 | 32 | 4 | 0 | 0 | 4 | 154 | 32 | 0 | 22 | 6 | 375 | 2 | 225 | 0 |
| Caramel Macchiato Iced Coffee, 16 oz (1 drink) with Milk Choice Soy Milk | 205 | 59 | 7 | 0 | 0 | 0 | 150 | 30 | 1 | 19 | 5 | 375 | 0 | 225 | 1 |
| Caramel Macchiato Iced Coffee, 16 oz (1 drink) with Milk Choice Whole Milk | 243 | 86 | 10 | 4 | 0 | 26 | 150 | 33 | 0 | 22 | 6 | 225 | 2 | 225 | 0 |
| Caramel Macchiato Iced Coffee, 24 oz (1 drink) | 130 | 32 | 4 | 0 | 0 | 0 | 60 | 24 | 0 | 14 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Iced Coffee, 24 oz (1 drink) with Flavor Choice Hazelnut Flavor | 200 | 32 | 4 | 0 | 0 | 0 | 70 | 42 | 0 | 32 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Iced Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor | 130 | 32 | 4 | 0 | 0 | 0 | 80 | 24 | 0 | 14 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Iced Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor | 130 | 32 | 4 | 0 | 0 | 0 | 75 | 24 | 0 | 14 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Iced Coffee, 24 oz (1 drink) with Flavor Choice Vanilla Flavor | 210 | 32 | 4 | 0 | 0 | 0 | 60 | 43 | 0 | 33 | 0 | 0 | 0 | 0 | 0 |
| Caramel Macchiato Iced Coffee, 24 oz (1 drink) with Milk Choice Almond Milk | 164 | 57 | 6 | 0 | 0 | 0 | 229 | 25 | 1 | 14 | 1 | 563 | 0 | 506 | 1 |
| Caramel Macchiato Iced Coffee, 24 oz (1 drink) with Milk Choice Skim Milk | 220 | 32 | 4 | 0 | 0 | 6 | 201 | 36 | 0 | 26 | 9 | 563 | 3 | 338 | 0 |
| Caramel Macchiato Iced Coffee, 24 oz (1 drink) with Milk Choice Soy Milk | 243 | 72 | 8 | 1 | 0 | 0 | 195 | 33 | 1 | 21 | 8 | 563 | 0 | 338 | 1 |
| Caramel Macchiato Iced Coffee, 24 oz (1 drink) with Milk Choice Whole Milk | 299 | 113 | 13 | 6 | 0 | 39 | 195 | 38 | 0 | 26 | 9 | 338 | 3 | 338 | 0 |

COFFEES

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) | VIT A (iu) | VIT C (mg) | CALCIUM (mg) | IRON (mg) |
|---|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Cookies and Cream Coffee, 16 oz (1 drink) | 210 | 23 | 3 | 1 | 0 | 0 | 80 | 45 | 0 | 41 | 2 | 0 | 1 | 60 | 1 |
| Cookies and Cream Coffee, 16 oz (1 drink) with Flavor Choice Hazelnut Flavor | 263 | 23 | 3 | 1 | 0 | 0 | 88 | 59 | 0 | 55 | 2 | 0 | 1 | 60 | 1 |
| Cookies and Cream Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor | 210 | 23 | 3 | 1 | 0 | 0 | 95 | 45 | 0 | 41 | 2 | 0 | 1 | 60 | 1 |
| Cookies and Cream Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor | 210 | 23 | 3 | 1 | 0 | 0 | 91 | 45 | 0 | 41 | 2 | 0 | 1 | 60 | 1 |
| Cookies and Cream Coffee, 16 oz (1 drink) with Flavor Choice Vanilla Flavor | 270 | 23 | 3 | 1 | 0 | 0 | 80 | 59 | 0 | 55 | 2 | 0 | 1 | 60 | 1 |
| Cookies and Cream Coffee, 16 oz (1 drink) with Milk Choice Almond Milk | 255 | 56 | 6 | 1 | 0 | 0 | 305 | 47 | 2 | 41 | 4 | 750 | 1 | 735 | 3 |
| Cookies and Cream Coffee, 16 oz (1 drink) with Milk Choice Skim Milk | 330 | 23 | 3 | 1 | 0 | 8 | 268 | 62 | 0 | 58 | 14 | 750 | 5 | 510 | 1 |
| Cookies and Cream Coffee, 16 oz (1 drink) with Milk Choice Soy Milk | 360 | 77 | 9 | 2 | 0 | 0 | 260 | 57 | 2 | 50 | 13 | 750 | 1 | 510 | 3 |
| Cookies and Cream Coffee, 16 oz (1 drink) with Milk Choice Whole Milk | 435 | 131 | 15 | 9 | 0 | 53 | 260 | 63 | 0 | 58 | 14 | 450 | 5 | 510 | 1 |
| Cookies and Cream Coffee, 24 oz (1 drink) | 210 | 23 | 3 | 1 | 0 | 0 | 80 | 45 | 0 | 41 | 2 | 0 | 1 | 60 | 1 |
| Cookies and Cream Coffee, 24 oz (1 drink) with Flavor Choice Hazelnut Flavor | 280 | 23 | 3 | 1 | 0 | 0 | 90 | 63 | 0 | 59 | 2 | 0 | 1 | 60 | 1 |
| Cookies and Cream Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor | 210 | 23 | 3 | 1 | 0 | 0 | 100 | 45 | 0 | 41 | 2 | 0 | 1 | 60 | 1 |
| Cookies and Cream Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor | 210 | 23 | 3 | 1 | 0 | 0 | 95 | 45 | 0 | 41 | 2 | 0 | 1 | 60 | 1 |
| Cookies and Cream Coffee, 24 oz (1 drink) with Flavor Choice Vanilla Flavor | 290 | 23 | 3 | 1 | 0 | 0 | 80 | 64 | 0 | 60 | 2 | 0 | 1 | 60 | 1 |
| Cookies and Cream Coffee, 24 oz (1 drink) with Milk Choice Almond Milk | 278 | 73 | 8 | 1 | 0 | 0 | 418 | 47 | 2 | 41 | 4 | 1125 | 1 | 1073 | 3 |
| Cookies and Cream Coffee, 24 oz (1 drink) with Milk Choice Skim Milk | 390 | 23 | 3 | 1 | 0 | 11 | 361 | 70 | 0 | 66 | 20 | 1125 | 7 | 735 | 1 |
| Cookies and Cream Coffee, 24 oz (1 drink) with Milk Choice Soy Milk | 435 | 104 | 12 | 2 | 0 | 0 | 350 | 63 | 2 | 55 | 18 | 1125 | 1 | 735 | 4 |
| Cookies and Cream Coffee, 24 oz (1 drink) with Milk Choice Whole Milk | 548 | 185 | 21 | 12 | 0 | 79 | 350 | 72 | 0 | 66 | 20 | 675 | 7 | 735 | 1 |

COFFEES

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) | VIT A (iu) | VIT C (mg) | CALCIUM (mg) | IRON (mg) |
|--|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Cookies and Cream Iced Coffee, 16 oz (1 drink) | 110 | 9 | 1 | 1 | 0 | 0 | 43 | 23 | 0 | 23 | 2 | 0 | 1 | 30 | 1 |
| Cookies and Cream Iced Coffee, 16 oz (1 drink) with Flavor Choice Hazelnut Flavor | 163 | 9 | 1 | 1 | 0 | 0 | 50 | 37 | 0 | 36 | 2 | 0 | 1 | 30 | 1 |
| Cookies and Cream Iced Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor | 110 | 9 | 1 | 1 | 0 | 0 | 58 | 23 | 0 | 23 | 2 | 0 | 1 | 30 | 1 |
| Cookies and Cream Iced Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor | 110 | 9 | 1 | 1 | 0 | 0 | 54 | 23 | 0 | 23 | 2 | 0 | 1 | 30 | 1 |
| Cookies and Cream Iced Coffee, 16 oz (1 drink) with Flavor Choice Vanilla Flavor | 170 | 9 | 1 | 1 | 0 | 0 | 43 | 37 | 0 | 37 | 2 | 0 | 1 | 30 | 1 |
| Cookies and Cream Iced Coffee, 16 oz (1 drink) with Milk Choice Almond Milk | 133 | 26 | 3 | 1 | 0 | 0 | 155 | 24 | 1 | 23 | 2 | 375 | 1 | 368 | 1 |
| Cookies and Cream Iced Coffee, 16 oz (1 drink) with Milk Choice Skim Milk | 170 | 9 | 1 | 1 | 0 | 4 | 136 | 31 | 0 | 31 | 8 | 375 | 2 | 255 | 1 |
| Cookies and Cream Iced Coffee, 16 oz (1 drink) with Milk Choice Soy Milk | 185 | 36 | 4 | 1 | 0 | 0 | 133 | 29 | 1 | 27 | 7 | 375 | 1 | 255 | 2 |
| Cookies and Cream Iced Coffee, 16 oz (1 drink) with Milk Choice Whole Milk | 223 | 63 | 7 | 4 | 0 | 26 | 133 | 32 | 0 | 31 | 8 | 225 | 2 | 255 | 1 |
| Cookies and Cream Iced Coffee, 24 oz (1 drink) | 110 | 9 | 1 | 1 | 0 | 0 | 43 | 23 | 0 | 23 | 2 | 0 | 1 | 30 | 1 |
| Cookies and Cream Iced Coffee, 24 oz (1 drink) with Flavor Choice Hazelnut Flavor | 180 | 9 | 1 | 1 | 0 | 0 | 53 | 41 | 0 | 41 | 2 | 0 | 1 | 30 | 1 |
| Cookies and Cream Iced Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor | 110 | 9 | 1 | 1 | 0 | 0 | 63 | 23 | 0 | 23 | 2 | 0 | 1 | 30 | 1 |
| Cookies and Cream Iced Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor | 110 | 9 | 1 | 1 | 0 | 0 | 58 | 23 | 0 | 23 | 2 | 0 | 1 | 30 | 1 |
| Cookies and Cream Iced Coffee, 24 oz (1 drink) with Flavor Choice Vanilla Flavor | 190 | 9 | 1 | 1 | 0 | 0 | 43 | 42 | 0 | 42 | 2 | 0 | 1 | 30 | 1 |
| Cookies and Cream Iced Coffee, 24 oz (1 drink) with Milk Choice Almond Milk | 144 | 34 | 4 | 1 | 0 | 0 | 211 | 24 | 1 | 23 | 3 | 563 | 1 | 536 | 2 |
| Cookies and Cream Iced Coffee, 24 oz (1 drink) with Milk Choice Skim Milk | 200 | 9 | 1 | 1 | 0 | 6 | 183 | 35 | 0 | 35 | 11 | 563 | 3 | 368 | 1 |
| Cookies and Cream Iced Coffee, 24 oz (1 drink) with Milk Choice Soy Milk | 223 | 50 | 6 | 1 | 0 | 0 | 178 | 32 | 1 | 29 | 9 | 563 | 1 | 368 | 2 |
| Cookies and Cream Iced Coffee, 24 oz (1 drink) with Milk Choice Whole Milk | 279 | 90 | 10 | 6 | 0 | 39 | 178 | 37 | 0 | 35 | 11 | 338 | 3 | 368 | 1 |

COFFEES

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) | VIT A (iu) | VIT C (mg) | CALCIUM (mg) | IRON (mg) |
|--|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Peppermint Mocha Coffee, 16 oz (1 drink) | 180 | 9 | 1 | 0 | 0 | 0 | 15 | 43 | 0 | 39 | 0 | 0 | 0 | 0 | 1 |
| Peppermint Mocha Coffee, 16 oz (1 drink) with Milk Choice Almond Milk | 225 | 43 | 5 | 0 | 0 | 0 | 240 | 45 | 2 | 39 | 2 | 750 | 0 | 675 | 3 |
| Peppermint Mocha Coffee, 16 oz (1 drink) with Milk Choice Skim Milk | 300 | 9 | 1 | 0 | 0 | 8 | 203 | 60 | 0 | 56 | 12 | 750 | 4 | 450 | 1 |
| Peppermint Mocha Coffee, 16 oz (1 drink) with Milk Choice Soy Milk | 330 | 63 | 7 | 1 | 0 | 0 | 195 | 55 | 2 | 48 | 11 | 750 | 0 | 450 | 3 |
| Peppermint Mocha Coffee, 16 oz (1 drink) with Milk Choice Whole Milk | 405 | 117 | 13 | 8 | 0 | 53 | 195 | 61 | 0 | 56 | 12 | 450 | 4 | 450 | 1 |
| Peppermint Mocha Coffee, 24 oz (1 drink) | 180 | 9 | 1 | 0 | 0 | 0 | 15 | 43 | 0 | 39 | 0 | 0 | 0 | 0 | 1 |
| Peppermint Mocha Coffee, 24 oz (1 drink) with Milk Choice Almond Milk | 248 | 60 | 7 | 0 | 0 | 0 | 353 | 45 | 2 | 39 | 2 | 1125 | 0 | 1013 | 3 |
| Peppermint Mocha Coffee, 24 oz (1 drink) with Milk Choice Skim Milk | 360 | 9 | 1 | 0 | 0 | 11 | 296 | 68 | 0 | 64 | 18 | 1125 | 5 | 675 | 1 |
| Peppermint Mocha Coffee, 24 oz (1 drink) with Milk Choice Soy Milk | 405 | 90 | 10 | 1 | 0 | 0 | 285 | 61 | 2 | 53 | 16 | 1125 | 0 | 675 | 4 |
| Peppermint Mocha Coffee, 24 oz (1 drink) with Milk Choice Whole Milk | 518 | 171 | 19 | 11 | 0 | 79 | 285 | 70 | 0 | 64 | 18 | 675 | 5 | 675 | 1 |
| Peppermint Mocha Iced Coffee, 16 oz (1 drink) | 130 | 5 | 1 | 0 | 0 | 0 | 8 | 32 | 0 | 29 | 0 | 0 | 0 | 0 | 1 |
| Peppermint Mocha Iced Coffee, 16 oz (1 drink) with Milk Choice Almond Milk | 153 | 21 | 2 | 0 | 0 | 0 | 120 | 32 | 1 | 29 | 1 | 375 | 0 | 338 | 1 |
| Peppermint Mocha Iced Coffee, 16 oz (1 drink) with Milk Choice Skim Milk | 190 | 5 | 1 | 0 | 0 | 4 | 101 | 40 | 0 | 37 | 6 | 375 | 2 | 225 | 1 |
| Peppermint Mocha Iced Coffee, 16 oz (1 drink) with Milk Choice Soy Milk | 205 | 32 | 4 | 0 | 0 | 0 | 98 | 38 | 1 | 34 | 5 | 375 | 0 | 225 | 2 |
| Peppermint Mocha Iced Coffee, 16 oz (1 drink) with Milk Choice Whole Milk | 243 | 59 | 7 | 4 | 0 | 26 | 98 | 41 | 0 | 37 | 6 | 225 | 2 | 225 | 1 |
| Peppermint Mocha Iced Coffee, 24 oz (1 drink) | 90 | 5 | 1 | 0 | 0 | 0 | 8 | 22 | 0 | 20 | 0 | 0 | 0 | 0 | 1 |
| Peppermint Mocha Iced Coffee, 24 oz (1 drink) with Milk Choice Almond Milk | 124 | 30 | 3 | 0 | 0 | 0 | 176 | 23 | 1 | 20 | 1 | 563 | 0 | 506 | 2 |
| Peppermint Mocha Iced Coffee, 24 oz (1 drink) with Milk Choice Skim Milk | 180 | 5 | 1 | 0 | 0 | 6 | 148 | 34 | 0 | 32 | 9 | 563 | 3 | 338 | 1 |
| Peppermint Mocha Iced Coffee, 24 oz (1 drink) with Milk Choice Soy Milk | 203 | 45 | 5 | 1 | 0 | 0 | 143 | 31 | 1 | 26 | 8 | 563 | 0 | 338 | 2 |
| Peppermint Mocha Iced Coffee, 24 oz (1 drink) with Milk Choice Whole Milk | 259 | 86 | 10 | 6 | 0 | 39 | 143 | 35 | 0 | 32 | 9 | 338 | 3 | 338 | 1 |

COFFEES

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) | VIT A (iu) | VIT C (mg) | CALCIUM (mg) | IRON (mg) |
|--|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Snickers Hot Coffee, 16 oz (1 drink) | 230 | 41 | 5 | 0 | 0 | 0 | 75 | 47 | 0 | 34 | 0 | 0 | 0 | 0 | 1 |
| Snickers Hot Coffee, 16 oz (1 drink) with Flavor Choice Hazelnut Flavor | 283 | 41 | 5 | 0 | 0 | 0 | 83 | 61 | 0 | 48 | 0 | 0 | 0 | 0 | 1 |
| Snickers Hot Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor | 230 | 41 | 5 | 0 | 0 | 0 | 90 | 47 | 0 | 34 | 0 | 0 | 0 | 0 | 1 |
| Snickers Hot Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor | 230 | 41 | 5 | 0 | 0 | 0 | 86 | 47 | 0 | 34 | 0 | 0 | 0 | 0 | 1 |
| Snickers Hot Coffee, 16 oz (1 drink) with Flavor Choice Vanilla Flavor | 290 | 41 | 5 | 0 | 0 | 0 | 75 | 61 | 0 | 48 | 0 | 0 | 0 | 0 | 1 |
| Snickers Hot Coffee, 16 oz (1 drink) with Milk Choice Almond Milk | 275 | 74 | 8 | 0 | 0 | 0 | 300 | 49 | 2 | 34 | 2 | 750 | 0 | 675 | 3 |
| Snickers Hot Coffee, 16 oz (1 drink) with Milk Choice Skim Milk | 350 | 41 | 5 | 0 | 0 | 8 | 263 | 64 | 0 | 51 | 12 | 750 | 4 | 450 | 1 |
| Snickers Hot Coffee, 16 oz (1 drink) with Milk Choice Soy Milk | 380 | 95 | 11 | 1 | 0 | 0 | 255 | 59 | 2 | 43 | 11 | 750 | 0 | 450 | 3 |
| Snickers Hot Coffee, 16 oz (1 drink) with Milk Choice Whole Milk | 455 | 149 | 17 | 8 | 0 | 53 | 255 | 65 | 0 | 51 | 12 | 450 | 4 | 450 | 1 |
| Snickers Hot Coffee, 24 oz (1 drink) | 230 | 41 | 5 | 0 | 0 | 0 | 75 | 47 | 0 | 34 | 0 | 0 | 0 | 0 | 1 |
| Snickers Hot Coffee, 24 oz (1 drink) with Flavor Choice Hazelnut Flavor | 300 | 41 | 5 | 0 | 0 | 0 | 85 | 65 | 0 | 52 | 0 | 0 | 0 | 0 | 1 |
| Snickers Hot Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor | 230 | 41 | 5 | 0 | 0 | 0 | 95 | 47 | 0 | 34 | 0 | 0 | 0 | 0 | 1 |
| Snickers Hot Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor | 230 | 41 | 5 | 0 | 0 | 0 | 90 | 47 | 0 | 34 | 0 | 0 | 0 | 0 | 1 |
| Snickers Hot Coffee, 24 oz (1 drink) with Flavor Choice Vanilla Flavor | 310 | 41 | 5 | 0 | 0 | 0 | 75 | 66 | 0 | 53 | 0 | 0 | 0 | 0 | 1 |
| Snickers Hot Coffee, 24 oz (1 drink) with Milk Choice Almond Milk | 298 | 91 | 10 | 0 | 0 | 0 | 413 | 49 | 2 | 34 | 2 | 1125 | 0 | 1013 | 3 |
| Snickers Hot Coffee, 24 oz (1 drink) with Milk Choice Skim Milk | 410 | 41 | 5 | 0 | 0 | 11 | 356 | 72 | 0 | 59 | 18 | 1125 | 5 | 675 | 1 |
| Snickers Hot Coffee, 24 oz (1 drink) with Milk Choice Soy Milk | 455 | 122 | 14 | 1 | 0 | 0 | 345 | 65 | 2 | 48 | 16 | 1125 | 0 | 675 | 4 |
| Snickers Hot Coffee, 24 oz (1 drink) with Milk Choice Whole Milk | 568 | 203 | 23 | 11 | 0 | 79 | 345 | 74 | 0 | 59 | 18 | 675 | 5 | 675 | 1 |

COFFEES

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) | VIT A (iu) | VIT C (mg) | CALCIUM (mg) | IRON (mg) |
|---|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Snickers Iced Coffee, 16 oz (1 drink) | 115 | 20 | 2 | 0 | 0 | 0 | 38 | 24 | 0 | 17 | 0 | 0 | 0 | 0 | 1 |
| Snickers Iced Coffee, 16 oz (1 drink) with Flavor Choice Hazelnut Flavor | 168 | 20 | 2 | 0 | 0 | 0 | 45 | 37 | 0 | 31 | 0 | 0 | 0 | 0 | 1 |
| Snickers Iced Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor | 115 | 20 | 2 | 0 | 0 | 0 | 53 | 24 | 0 | 17 | 0 | 0 | 0 | 0 | 1 |
| Snickers Iced Coffee, 16 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor | 115 | 20 | 2 | 0 | 0 | 0 | 49 | 24 | 0 | 17 | 0 | 0 | 0 | 0 | 1 |
| Snickers Iced Coffee, 16 oz (1 drink) with Flavor Choice Vanilla Flavor | 175 | 20 | 2 | 0 | 0 | 0 | 38 | 38 | 0 | 31 | 0 | 0 | 0 | 0 | 1 |
| Snickers Iced Coffee, 16 oz (1 drink) with Milk Choice Almond Milk | 138 | 37 | 4 | 0 | 0 | 0 | 150 | 24 | 1 | 17 | 1 | 375 | 0 | 338 | 1 |
| Snickers Iced Coffee, 16 oz (1 drink) with Milk Choice Skim Milk | 175 | 20 | 2 | 0 | 0 | 4 | 131 | 32 | 0 | 25 | 6 | 375 | 2 | 225 | 1 |
| Snickers Iced Coffee, 16 oz (1 drink) with Milk Choice Soy Milk | 190 | 47 | 5 | 0 | 0 | 0 | 128 | 30 | 1 | 22 | 5 | 375 | 0 | 225 | 2 |
| Snickers Iced Coffee, 16 oz (1 drink) with Milk Choice Whole Milk | 228 | 74 | 8 | 4 | 0 | 26 | 128 | 33 | 0 | 25 | 6 | 225 | 2 | 225 | 1 |
| Snickers Iced Coffee, 24 oz (1 drink) | 115 | 20 | 2 | 0 | 0 | 0 | 38 | 24 | 0 | 17 | 0 | 0 | 0 | 0 | 1 |
| Snickers Iced Coffee, 24 oz (1 drink) with Flavor Choice Hazelnut Flavor | 185 | 20 | 2 | 0 | 0 | 0 | 48 | 42 | 0 | 35 | 0 | 0 | 0 | 0 | 1 |
| Snickers Iced Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Hazelnut Flavor | 115 | 20 | 2 | 0 | 0 | 0 | 58 | 24 | 0 | 17 | 0 | 0 | 0 | 0 | 1 |
| Snickers Iced Coffee, 24 oz (1 drink) with Flavor Choice Sugar Free Vanilla Flavor | 115 | 20 | 2 | 0 | 0 | 0 | 53 | 24 | 0 | 17 | 0 | 0 | 0 | 0 | 1 |
| Snickers Iced Coffee, 24 oz (1 drink) with Flavor Choice Vanilla Flavor | 195 | 20 | 2 | 0 | 0 | 0 | 38 | 43 | 0 | 36 | 0 | 0 | 0 | 0 | 1 |
| Snickers Iced Coffee, 24 oz (1 drink) with Milk Choice Almond Milk | 149 | 46 | 5 | 0 | 0 | 0 | 206 | 25 | 1 | 17 | 1 | 563 | 0 | 506 | 2 |
| Snickers Iced Coffee, 24 oz (1 drink) with Milk Choice Skim Milk | 205 | 20 | 2 | 0 | 0 | 6 | 178 | 36 | 0 | 29 | 9 | 563 | 3 | 338 | 1 |
| Snickers Iced Coffee, 24 oz (1 drink) with Milk Choice Soy Milk | 228 | 61 | 7 | 1 | 0 | 0 | 173 | 33 | 1 | 24 | 8 | 563 | 0 | 338 | 2 |
| Snickers Iced Coffee, 24 oz (1 drink) with Milk Choice Whole Milk | 284 | 101 | 11 | 6 | 0 | 39 | 173 | 37 | 0 | 29 | 9 | 338 | 3 | 338 | 1 |
| Matcha Green Tea Latte, 16 oz (1 drink) | 116 | 42 | 5 | 0 | 0 | 0 | 281 | 16 | 2 | 14 | 2 | 938 | 0 | 844 | 1 |
| Matcha Green Tea Latte, 24 oz (1 drink) | 163 | 62 | 7 | 0 | 0 | 0 | 413 | 22 | 3 | 19 | 3 | 1375 | 0 | 1238 | 2 |

DESSERTS

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) | VIT A (iu) | VIT C (mg) | CALCIUM (mg) | IRON (mg) |
|--|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Chocolate Protein Brownie (1 serving) | 381 | 174 | 19 | 12 | 0 | 56 | 233 | 54 | 9 | 3 | 12 | 764 | 8 | 99 | 3 |
| Frozen Yogurt (1 serving) | 180 | 0 | 0 | 0 | 0 | 10 | 100 | 40 | 0 | 34 | 6 | 400 | 0 | 200 | 0 |
| Lolo Bowl (1 serving) | 504 | 225 | 25 | 6 | 0 | 61 | 435 | 27 | 5 | 17 | 43 | 2372 | 51 | 457 | 4 |
| Peanut Butter Protein Cookie (1 serving) | 341 | 199 | 22 | 5 | 0 | 41 | 216 | 18 | 3 | 9 | 18 | 539 | 6 | 65 | 2 |
| White Chocolate Chip Macadamia Cookie (1 cookie) | 190 | 94 | 10 | 6 | 0 | 18 | 67 | 17 | 2 | 10 | 9 | 621 | 7 | 96 | 1 |

FRAPPUCCINOS

| | TOTAL CALORIES (kcal) | FAT CALORIES (kcal) | TOTAL FAT (g) | SATURATED FAT (g) | TRANS FAT (g) | CHOLESTEROL (mg) | SODIUM (mg) | TOTAL CARBS (g) | FIBER (g) | SUGARS (g) | PROTEIN (g) | VIT A (iu) | VIT C (mg) | CALCIUM (mg) | IRON (mg) |
|---------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Mocha Loca (1 drink) | 310 | 90 | 10 | 6 | 0 | 58 | 351 | 27 | 4 | 6 | 29 | 2474 | 24 | 649 | 3 |
| Vanilla Gorilla (1 drink) | 313 | 93 | 10 | 6 | 0 | 65 | 343 | 28 | 4 | 7 | 26 | 2486 | 25 | 517 | 3 |

PROTEINHOUSE
HEALTHY • FIT • KITCHEN

ALLERGENS & SENSITIVITIES LIST

| BURGERS | EGG | FISH | MILK | MSG | OTHER GLUTEN | PEANUTS | SHELFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|-----------------------------------|-----|------|------|-----|--------------|---------|----------|-----|----------|-----------|-------|
| Aloha | N | N | N | N | N | N | N | Y | N | Y | N |
| with Grilled Portobello Mushrooms | N | N | N | N | N | N | N | Y | N | Y | N |
| with Lettuce Bun | N | N | N | N | N | N | N | Y | N | Y | N |
| with Toasted Ezekiel Bread | N | N | N | N | Y | N | N | Y | N | Y | Y |
| with Toasted Whole Wheat Bun | N | N | Y | N | Y | N | N | Y | N | Y | Y |
| BBQ Turkey | Y | N | Y | N | N | N | N | N | Y | N | N |
| with Grilled Portobello Mushrooms | Y | N | Y | N | N | N | N | Y | Y | N | N |
| with Lettuce Bun | Y | N | Y | N | N | N | N | N | Y | N | N |
| with Toasted Ezekiel Bread | Y | N | Y | N | Y | N | N | Y | Y | N | Y |
| with Toasted Whole Wheat Bun | Y | N | Y | N | Y | N | N | N | Y | N | Y |
| Muscle Builder | N | N | Y | N | N | N | N | Y | N | N | N |
| with Grilled Portobello Mushrooms | N | N | Y | N | N | N | N | Y | N | N | N |
| with Lettuce Bun | N | N | Y | N | N | N | N | Y | N | N | N |
| with Toasted Ezekiel Bread | N | N | Y | N | Y | N | N | Y | N | N | Y |
| with Toasted Whole Wheat Bun | N | N | Y | N | Y | N | N | Y | N | N | Y |
| Ninja Burger | Y | Y | N | N | N | N | N | Y | Y | N | N |
| with Grilled Portobello Mushrooms | Y | Y | N | N | N | N | N | Y | Y | N | N |
| with Lettuce Bun | Y | Y | N | N | N | N | N | Y | Y | N | N |
| with Toasted Ezekiel Bread | Y | Y | N | N | Y | N | N | Y | Y | N | Y |
| with Toasted Whole Wheat Bun | Y | Y | Y | N | Y | N | N | Y | Y | N | Y |
| PH Burger | Y | N | Y | N | N | N | N | Y | N | N | N |
| with Grilled Portobello Mushrooms | Y | N | Y | N | N | N | N | Y | N | N | N |
| with Lettuce Bun | Y | N | Y | N | N | N | N | Y | N | N | N |
| with Toasted Ezekiel Bread | Y | N | Y | N | Y | N | N | Y | N | N | Y |
| with Toasted Whole Wheat Bun | Y | N | Y | N | Y | N | N | Y | N | N | Y |
| Portobello Sandwich | N | N | N | N | N | N | N | N | Y | Y | N |
| with Grilled Portobello Mushrooms | N | N | N | N | N | N | N | Y | Y | Y | N |
| with Lettuce Bun | N | N | N | N | N | N | N | N | Y | Y | N |
| with Toasted Ezekiel Bread | N | N | N | N | Y | N | N | Y | Y | Y | Y |
| with Toasted Whole Wheat Bun | N | N | Y | N | Y | N | N | N | Y | Y | Y |

BURGERS

| | EGG | FISH | MILK | MSG | OTHER GLUTEN | PEANUTS | SHELFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|-----------------------------------|-----|------|------|-----|--------------|---------|----------|-----|----------|-----------|-------|
| Salmon Burger | N | Y | N | N | N | N | N | Y | Y | N | N |
| with Grilled Portobello Mushrooms | N | Y | N | N | N | N | N | Y | Y | N | N |
| with Lettuce Bun | N | Y | N | N | N | N | N | Y | Y | N | N |
| with Toasted Ezekiel Bread | N | Y | N | N | Y | N | N | Y | Y | N | Y |
| with Toasted Whole Wheat Bun | N | Y | Y | N | Y | N | N | Y | Y | N | Y |
| PH Vegan Burger | N | N | N | N | Y | N | N | Y | N | Y | Y |
| with Grilled Portobello Mushrooms | N | N | N | N | Y | N | N | Y | N | Y | Y |
| with Lettuce Bun | N | N | N | N | Y | N | N | Y | N | Y | Y |
| with Toasted Ezekiel Bread | N | N | N | N | Y | N | N | Y | N | Y | Y |
| with Toasted Whole Wheat Bun | N | N | Y | N | Y | N | N | Y | N | Y | Y |

BOWL OR SMOOTHIES

| | EGG | FISH | MILK | MSG | OTHER GLUTEN | PEANUTS | SHELLFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|----------------------------|-----|------|------|-----|--------------|---------|-----------|-----|----------|-----------|-------|
| Acai Coconut Bowl | N | N | Y | N | N | N | N | Y | Y | Y | N |
| with Granola | N | N | Y | N | N | N | N | Y | Y | Y | N |
| Acai Coconut Smoothie | N | N | Y | N | N | N | N | Y | Y | Y | N |
| Acai Nutty Butter Bowl | Y | N | Y | N | N | Y | N | Y | N | Y | N |
| with Granola | Y | N | Y | N | N | Y | N | Y | N | Y | N |
| Acai Nutty Butter Smoothie | Y | N | Y | N | N | Y | N | Y | N | Y | N |
| Berry Blast Bowl | N | N | Y | N | N | N | N | Y | N | N | N |
| with Granola | N | N | Y | N | N | N | N | Y | N | Y | N |
| Berry Blast Smoothie | N | N | Y | N | N | N | N | Y | N | N | N |
| PH Tropical Acai Bowl | N | N | Y | N | N | N | N | Y | Y | Y | N |
| with Granola | N | N | Y | N | N | N | N | Y | Y | Y | N |
| PH Tropical Acai Smoothie | N | N | Y | N | N | N | N | Y | Y | Y | N |
| Superfood Bowl | Y | N | Y | N | N | N | N | Y | Y | Y | N |
| with Granola | Y | N | Y | N | N | N | N | Y | Y | Y | N |
| Superfood Smoothie | Y | N | Y | N | N | N | N | Y | Y | Y | N |

SIGNATURE PANCAKES

| | EGG | FISH | MILK | MSG | OTHER GLUTEN | PEANUTS | SHELLFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|----------------------------|-----|------|------|-----|--------------|---------|-----------|-----|----------|-----------|-------|
| Chocolate Monster Pancakes | Y | N | Y | N | Y | N | N | Y | N | Y | Y |
| Froyo Pancakes | Y | N | Y | N | Y | N | N | Y | N | N | Y |
| PB and J Pancakes | N | N | Y | N | Y | Y | N | Y | N | N | Y |
| PH Loaded Pancakes | N | N | Y | N | Y | N | N | Y | Y | Y | Y |
| PH Protein Pancake Combo | Y | N | Y | N | Y | N | N | Y | N | N | Y |
| South Beach Pancakes | Y | N | Y | N | N | N | N | Y | N | N | N |
| Vegan Blueberry Pancakes | N | N | N | N | N | N | N | N | Y | Y | N |

WRAPS

| | EGG | FISH | MILK | MSG | OTHER GLUTEN | PEANUTS | SHELFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|-----------------------|-----|------|------|-----|--------------|---------|----------|-----|----------|-----------|-------|
| Chicken Caesar Wrap | N | Y | Y | N | Y | N | N | Y | Y | N | Y |
| with Side of Fruit | N | Y | Y | N | Y | N | N | Y | Y | N | Y |
| LR Steak Burrito | Y | N | Y | N | N | N | N | Y | Y | N | Y |
| with Side of Fruit | Y | N | Y | N | N | N | N | Y | Y | N | Y |
| Mediterranean Wrap | Y | N | Y | N | N | N | N | Y | Y | N | Y |
| with Side of Fruit | Y | N | Y | N | N | N | N | Y | Y | N | Y |
| PH Bison Wrap | Y | N | Y | N | N | N | N | Y | Y | N | Y |
| with Side of Fruit | Y | N | Y | N | N | N | N | Y | Y | N | Y |
| PH Breakfast Burrito | Y | N | Y | N | N | N | N | Y | Y | N | Y |
| with Side of Fruit | Y | N | Y | N | N | N | N | Y | Y | N | Y |
| Power Wrap | N | N | N | N | N | Y | N | Y | Y | Y | Y |
| Salmon Wrap | N | Y | N | N | N | N | N | Y | Y | N | Y |
| with Side of Fruit | N | Y | N | N | N | N | N | Y | Y | N | Y |
| Southwest Veggie Wrap | N | N | N | N | Y | N | N | Y | Y | N | Y |
| with Side of Fruit | N | N | N | N | Y | N | N | Y | Y | N | Y |
| Spicy Thai Wrap | N | N | N | N | N | Y | N | N | Y | Y | Y |
| with Side of Fruit | N | N | N | N | N | Y | N | N | Y | Y | Y |
| PH Vegan Wrap | N | N | N | N | N | N | N | N | Y | Y | Y |
| with Side of Fruit | N | N | N | N | N | N | N | N | Y | Y | Y |

SALADS

| | EGG | FISH | MILK | MSG | OTHER GLUTEN | PEANUTS | SHELFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|----------------|-----|------|------|-----|--------------|---------|----------|-----|----------|-----------|-------|
| Berry Lovers | N | N | Y | N | N | N | N | N | Y | Y | N |
| Chicken Caesar | N | Y | Y | N | Y | N | N | N | N | N | Y |
| PH Chopped | Y | N | Y | N | N | N | N | Y | Y | Y | N |
| PH Tuna | N | Y | N | N | N | N | N | Y | Y | Y | N |
| SHRDD Salad | Y | N | N | N | N | N | N | N | Y | Y | N |
| SOS | N | Y | Y | N | N | N | N | Y | Y | Y | N |
| Vegan Salad | N | N | N | N | N | N | N | N | Y | Y | N |

BREAKFASTS

| | EGG | FISH | MILK | MSG | OTHER GLUTEN | PEANUTS | SHELFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|-----------------------|-----|------|------|-----|--------------|---------|----------|-----|----------|-----------|-------|
| Breakfast Sandwich | Y | N | Y | N | Y | N | N | Y | N | N | Y |
| with Side of Fruit | Y | N | Y | N | Y | N | N | Y | N | N | Y |
| Loaded Oatmeal | N | N | N | N | N | N | N | N | N | Y | N |
| with Side of Fruit | N | N | N | N | N | N | N | N | N | Y | N |
| Muscle Boy | Y | N | N | N | Y | N | N | Y | N | N | Y |
| with Side of Fruit | Y | N | N | N | Y | N | N | Y | N | N | Y |
| PH Chicken Quesadilla | N | N | Y | N | N | N | N | Y | Y | N | Y |
| with Side of Fruit | N | N | Y | N | N | N | N | Y | Y | N | Y |
| PH Greek Yogurt | N | N | Y | N | N | N | N | N | N | Y | N |
| with Side of Fruit | N | N | Y | N | N | N | N | N | N | Y | N |
| PH Hash | Y | N | N | N | N | N | N | Y | N | N | N |
| with Side of Fruit | Y | N | N | N | N | N | N | Y | N | N | N |
| SHRDD Veggie Omelette | Y | N | N | N | N | N | N | Y | N | N | N |
| with Side of Fruit | Y | N | N | N | N | N | N | Y | N | N | N |
| Super Bird Omelette | Y | N | Y | N | N | N | N | Y | N | N | N |
| with Side of Fruit | Y | N | Y | N | N | N | N | Y | N | N | N |

BOWLS OR SMOOTHIES

| | EGG | FISH | MILK | MSG | OTHER GLUTEN | PEANUTS | SHELFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|----------------------------|-----|------|------|-----|--------------|---------|----------|-----|----------|-----------|-------|
| Acai Coconut Bowl | N | N | Y | N | N | N | N | Y | Y | Y | N |
| with Granola | N | N | Y | N | N | N | N | Y | Y | Y | N |
| Acai Coconut Smoothie | N | N | Y | N | N | N | N | Y | Y | Y | N |
| Acai Nutty Butter Bowl | Y | N | Y | N | N | Y | N | Y | N | Y | N |
| with Granola | Y | N | Y | N | N | Y | N | Y | N | Y | N |
| Acai Nutty Butter Smoothie | Y | N | Y | N | N | Y | N | Y | N | Y | N |
| Berry Blast Bowl | N | N | Y | N | N | N | N | Y | N | N | N |
| with Granola | N | N | Y | N | N | N | N | Y | N | Y | N |
| Berry Blast Smoothie | N | N | Y | N | N | N | N | Y | N | N | N |
| PH Tropical Acai Bowl | N | N | Y | N | N | N | N | Y | Y | Y | N |
| with Granola | N | N | Y | N | N | N | N | Y | Y | Y | N |
| PH Tropical Acai Smoothie | N | N | Y | N | N | N | N | Y | Y | Y | N |
| Superfood Bowl | Y | N | Y | N | N | N | N | Y | Y | Y | N |
| with Granola | Y | N | Y | N | N | N | N | Y | Y | Y | N |
| Superfood Smoothie | Y | N | Y | N | N | N | N | Y | Y | Y | N |

| BOWLS | EGG | FISH | MILK | MSG | OTHER GLUTEN | PEANUTS | SHELFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|--------------------------------------|-----|------|------|-----|--------------|---------|----------|-----|----------|-----------|-------|
| BBQ | N | N | N | N | N | N | N | N | Y | N | N |
| with Brown Rice | N | N | N | N | N | N | N | N | Y | N | N |
| with Half Brown Rice and Half Quinoa | N | N | N | N | N | N | N | N | Y | N | N |
| with Quinoa | N | N | N | N | N | N | N | N | Y | N | N |
| with White Rice | N | N | N | N | N | N | N | N | Y | N | N |
| with Whole Wheat Pasta | N | N | N | N | N | N | N | N | Y | N | Y |
| Boss Bowl | N | N | N | N | N | N | N | Y | N | N | N |
| with Brown Rice | N | N | N | N | N | N | N | Y | N | N | N |
| with Half Brown Rice and Half Quinoa | N | N | N | N | N | N | N | Y | N | N | N |
| with Quinoa | N | N | N | N | N | N | N | Y | N | N | N |
| with White Rice | N | N | N | N | N | N | N | Y | N | N | N |
| with Whole Wheat Pasta | N | N | N | N | N | N | N | Y | N | N | Y |
| El Jefe | Y | N | N | N | N | N | N | Y | N | N | N |
| with Brown Rice | Y | N | N | N | N | N | N | Y | N | N | N |
| with Half Brown Rice and Half Quinoa | Y | N | N | N | N | N | N | Y | N | N | N |
| with Quinoa | Y | N | N | N | N | N | N | Y | N | N | N |
| with White Rice | Y | N | N | N | N | N | N | Y | N | N | N |
| with Whole Wheat Pasta | Y | N | N | N | N | N | N | Y | N | N | Y |
| Superfood Bowl | Y | N | Y | N | N | N | N | Y | Y | Y | N |
| with Granola | Y | N | Y | N | N | N | N | Y | Y | Y | N |
| Greek | Y | N | Y | N | N | N | N | Y | N | N | N |
| with Brown Rice | Y | N | Y | N | N | N | N | Y | N | N | N |
| with Half Brown Rice and Half Quinoa | Y | N | Y | N | N | N | N | Y | N | N | N |
| with Quinoa | Y | N | Y | N | N | N | N | Y | N | N | N |
| with White Rice | Y | N | Y | N | N | N | N | Y | N | N | N |
| with Whole Wheat Pasta | Y | N | Y | N | N | N | N | Y | N | N | Y |
| Hardcoreis Bowl | N | Y | N | N | N | N | N | Y | N | N | N |
| with Brown Rice | N | Y | N | N | N | N | N | Y | N | N | N |
| with Half Brown Rice and Half Quinoa | N | Y | N | N | N | N | N | Y | N | N | N |
| with Quinoa | N | Y | N | N | N | N | N | Y | N | N | N |
| with White Rice | N | Y | N | N | N | N | N | Y | N | N | N |
| with Whole Wheat Pasta | N | Y | N | N | N | N | N | Y | N | N | Y |

| BOWLS | EGG | FISH | MILK | MSG | OTHER GLUTEN | PEANUTS | SHELFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|--------------------------------------|-----|------|------|-----|--------------|---------|----------|-----|----------|-----------|-------|
| Plant Power Bowl | N | N | N | N | N | N | N | Y | Y | Y | N |
| SHRDD Bowl | N | Y | N | N | N | N | N | Y | Y | Y | N |
| with Brown Rice | N | Y | N | N | N | N | N | Y | Y | Y | N |
| with Half Brown Rice and Half Quinoa | N | Y | N | N | N | N | N | Y | Y | Y | N |
| with Quinoa | N | Y | N | N | N | N | N | Y | Y | Y | N |
| with White Rice | N | Y | N | N | N | N | N | Y | Y | Y | N |
| with Whole Wheat Pasta | N | Y | N | N | N | N | N | Y | Y | Y | Y |
| Sexy Bitch Bowl | N | Y | N | N | N | N | N | Y | N | N | N |
| with Brown Rice | N | Y | N | N | N | N | N | Y | N | N | N |
| with Half Brown Rice and Half Quinoa | N | Y | N | N | N | N | N | Y | N | N | N |
| with Quinoa | N | Y | N | N | N | N | N | Y | N | N | N |
| with White Rice | N | Y | N | N | N | N | N | Y | N | N | N |
| with Whole Wheat Pasta | N | Y | N | N | N | N | N | Y | N | N | Y |
| Southwest | N | N | Y | N | N | N | N | Y | N | N | N |
| with Brown Rice | N | N | Y | N | N | N | N | Y | N | N | N |
| with Half Brown Rice and Half Quinoa | N | N | Y | N | N | N | N | Y | N | N | N |
| with Quinoa | N | N | Y | N | N | N | N | Y | N | N | N |
| with White Rice | N | N | Y | N | N | N | N | Y | N | N | N |
| with Whole Wheat Pasta | N | N | Y | N | N | N | N | Y | N | N | Y |
| Teriyaki | N | Y | N | N | N | N | N | Y | N | Y | N |
| with Brown Rice | N | Y | N | N | N | N | N | Y | N | Y | N |
| with Half Brown Rice and Half Quinoa | N | Y | N | N | N | N | N | Y | N | Y | N |
| with Quinoa | N | Y | N | N | N | N | N | Y | N | Y | N |
| with White Rice | N | Y | N | N | N | N | N | Y | N | Y | N |
| with Whole Wheat Pasta | N | Y | N | N | N | N | N | Y | N | Y | Y |
| Thai Monster Bowl | N | N | N | N | N | Y | N | Y | Y | Y | N |
| with Brown Rice | N | N | N | N | N | Y | N | Y | Y | Y | N |
| with Half Brown Rice and Half Quinoa | N | N | N | N | N | Y | N | Y | Y | Y | N |
| with Quinoa | N | N | N | N | N | Y | N | Y | Y | Y | N |
| with White Rice | N | N | N | N | N | Y | N | Y | Y | Y | N |
| with Whole Wheat Pasta | N | N | N | N | N | Y | N | Y | Y | Y | Y |

BOWLS

| | EGG | FISH | MILK | MSG | OTHER GLUTEN | PEANUTS | SHELFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|--------------------------------------|-----|------|------|-----|--------------|---------|----------|-----|----------|-----------|-------|
| The General Bowl | N | N | N | N | N | N | N | Y | N | N | N |
| with Brown Rice | N | N | N | N | N | N | N | Y | N | N | N |
| with Half Brown Rice and Half Quinoa | N | N | N | N | N | N | N | Y | N | N | N |
| with Quinoa | N | N | N | N | N | N | N | Y | N | N | N |
| with White Rice | N | N | N | N | N | N | N | Y | N | N | N |
| with Whole Wheat Pasta | N | N | N | N | N | N | N | Y | N | N | Y |
| Vegan Bowl | N | N | N | N | N | N | N | Y | N | N | N |
| with Brown Rice | N | N | N | N | N | N | N | Y | N | N | N |
| with Half Brown Rice and Half Quinoa | N | N | N | N | N | N | N | Y | N | N | N |
| with Quinoa | N | N | N | N | N | N | N | Y | N | N | N |
| with White Rice | N | N | N | N | N | N | N | Y | N | N | N |
| with Whole Wheat Pasta | N | N | N | N | N | N | N | Y | N | N | Y |

COFFEES

| | EGG | FISH | MILK | MSG | OTHER GLUTEN | PEANUTS | SHELFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|---|-----|------|------|-----|--------------|---------|----------|-----|----------|-----------|-------|
| Caramel Macchiato Coffee, 16 oz | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Hazelnut Flavor | N | N | Y | N | N | N | N | Y | N | Y | N |
| with Flavor Choice Sugar Free Hazelnut Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Sugar Free Vanilla Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Vanilla Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Almond Milk | N | N | Y | N | N | N | N | Y | N | Y | N |
| with Milk Choice Skim Milk | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Soy Milk | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Whole Milk | N | N | Y | N | N | N | N | Y | N | N | N |
| Caramel Macchiato Coffee, 24 oz | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Hazelnut Flavor | N | N | Y | N | N | N | N | Y | N | Y | N |
| with Flavor Choice Sugar Free Hazelnut Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Sugar Free Vanilla Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Vanilla Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Almond Milk | N | N | Y | N | N | N | N | Y | N | Y | N |
| with Milk Choice Skim Milk | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Soy Milk | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Whole Milk | N | N | Y | N | N | N | N | Y | N | N | N |
| Caramel Macchiato Iced Coffee, 16 oz | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Hazelnut Flavor | N | N | Y | N | N | N | N | Y | N | Y | N |
| with Flavor Choice Sugar Free Hazelnut Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Sugar Free Vanilla Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Vanilla Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Almond Milk | N | N | Y | N | N | N | N | Y | N | Y | N |
| with Milk Choice Skim Milk | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Soy Milk | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Whole Milk | N | N | Y | N | N | N | N | Y | N | N | N |

COFFEES

| | EGG | FISH | MILK | MSG | OTHER GLUTEN | PEANUTS | SHELFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|---|-----|------|------|-----|--------------|---------|----------|-----|----------|-----------|-------|
| Peppermint Mocha Iced Coffee, 16 oz | N | N | N | N | N | N | N | N | N | N | N |
| with Milk Choice Almond Milk | N | N | N | N | N | N | N | N | N | Y | N |
| with Milk Choice Skim Milk | N | N | Y | N | N | N | N | N | N | N | N |
| with Milk Choice Soy Milk | N | N | N | N | N | N | N | Y | N | N | N |
| with Milk Choice Whole Milk | N | N | Y | N | N | N | N | N | N | N | N |
| Peppermint Mocha Iced Coffee, 24 oz | N | N | N | N | N | N | N | N | N | N | N |
| with Milk Choice Almond Milk | N | N | N | N | N | N | N | N | N | Y | N |
| with Milk Choice Skim Milk | N | N | Y | N | N | N | N | N | N | N | N |
| with Milk Choice Soy Milk | N | N | N | N | N | N | N | Y | N | N | N |
| with Milk Choice Whole Milk | N | N | Y | N | N | N | N | N | N | N | N |
| Snickers Hot Coffee, 16 oz | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Hazelnut Flavor | N | N | Y | N | N | N | N | Y | N | Y | N |
| with Flavor Choice Sugar Free Hazelnut Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Sugar Free Vanilla Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Vanilla Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Almond Milk | N | N | Y | N | N | N | N | Y | N | Y | N |
| with Milk Choice Skim Milk | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Soy Milk | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Whole Milk | N | N | Y | N | N | N | N | Y | N | N | N |
| Snickers Hot Coffee, 24 oz | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Hazelnut Flavor | N | N | Y | N | N | N | N | Y | N | Y | N |
| with Flavor Choice Sugar Free Hazelnut Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Sugar Free Vanilla Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Vanilla Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Almond Milk | N | N | Y | N | N | N | N | Y | N | Y | N |
| with Milk Choice Skim Milk | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Soy Milk | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Whole Milk | N | N | Y | N | N | N | N | Y | N | N | N |

COFFEES

| | EGG | FISH | MILK | MSG | OTHER GLUTEN | PEANUTS | SHELFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|---|-----|------|------|-----|--------------|---------|----------|-----|----------|-----------|-------|
| Snickers Iced Coffee, 16 oz | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Hazelnut Flavor | N | N | Y | N | N | N | N | Y | N | Y | N |
| with Flavor Choice Sugar Free Hazelnut Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Sugar Free Vanilla Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Vanilla Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Almond Milk | N | N | Y | N | N | N | N | Y | N | Y | N |
| with Milk Choice Skim Milk | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Soy Milk | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Whole Milk | N | N | Y | N | N | N | N | Y | N | N | N |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Snickers Iced Coffee, 24 oz | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Hazelnut Flavor | N | N | Y | N | N | N | N | Y | N | Y | N |
| with Flavor Choice Sugar Free Hazelnut Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Sugar Free Vanilla Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Flavor Choice Vanilla Flavor | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Almond Milk | N | N | Y | N | N | N | N | Y | N | Y | N |
| with Milk Choice Skim Milk | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Soy Milk | N | N | Y | N | N | N | N | Y | N | N | N |
| with Milk Choice Whole Milk | N | N | Y | N | N | N | N | Y | N | N | N |

FRAPPUCCINOS

| | EGG | FISH | MILK | MSG | OTHER GLUTEN | PEANUTS | SHELFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|-----------------|-----|------|------|-----|--------------|---------|----------|-----|----------|-----------|-------|
| Mocha Loca | Y | N | Y | N | N | N | N | Y | N | Y | N |
| Vanilla Gorilla | N | N | Y | N | N | N | N | Y | N | Y | N |

DESSERTS

| | EGG | FISH | MILK | MSG | OTHER GLUTEN | PEANUTS | SHELFISH | SOY | SULFITES | TREE NUTS | WHEAT |
|---------------------------------------|-----|------|------|-----|--------------|---------|----------|-----|----------|-----------|-------|
| Chocolate Protein Brownie | Y | N | Y | N | N | N | N | Y | N | N | Y |
| Frozen Yogurt | Y | N | Y | N | N | N | N | N | N | N | N |
| Lolo Bowl | Y | N | Y | N | N | Y | N | Y | N | N | N |
| Peanut Butter Protein Cookie | Y | N | Y | N | N | Y | N | Y | N | N | N |
| White Chocolate Chip Macadamia Cookie | N | N | Y | N | N | N | N | Y | Y | Y | N |