

TATTE BAKERY & CAFÉ

ALLERGEN & NUTRITIONAL
INFORMATION



Fall & Winter, 2023-24

v. 9.28.23

ALLERGEN INFORMATION

At Tatte, we use tree nuts, seeds, and flour in all of our bakeries and kitchens.

Please note that this allergen guide states what allergen is present in each dish as prepared, without modifications. Cross contamination may occur. Tatte does not use shellfish or peanuts and therefore, they are not noted on this guide.

Please inform a member of our team if anyone in your party has a food allergy.

TREE NUT GUIDE:

*A - Almond; Cw - Cashew; Co - Coconut; H - Hazelnut;
Pec - Pecan; Pis - Pistachio; Pin - Pine; W - Walnut*

ALLERGEN INFORMATION v. 9.28.23

Name	Wheat	Dairy	Egg	Soy	Sesame	Tree Nuts	Fish	Notes
BREAKFAST								
Biscuit Egg Sandwich	X	X	X					
Bread And Butter	X	X	X		X			
Breakfast Sandwich	X	X	X					
Croissant Sandwich	X	X	X					
Croque Madame	X	X	X					
Croque Monsieur	X	X	X					
Egg in the Hole	X	X	X		X			
Egg in the Hole with Ham & Cheese	X	X	X		X			
Halloumi & Sunny-Side Sandwich	X	X	X					
Lamb Hash	X	X	X	X				
Muesli		X			X	A, Cw		
Roasted Pear, Granola & Labneh		X				A, Cw		
Scrambled Egg Plate - Prosciutto	X	X	X					
Scrambled Egg Plate - Tomato & Goat Cheese	X	X	X					
Smoked Salmon, Avocado & Egg Sandwich	X	X	X	X			X	
Spinach, Jerusalem Artichoke & Egg Plate - Cilbir	X	X	X					
TARTINES								
Avocado	X		X					
Prosciutto & Fried Egg	X	X	X			Pin		
Prosciutto, Squash & Pomegranate	X	X						
Smoked Salmon Avocado	X	X	X	X			X	
SHAKSHUKA								
Meatball	X	X	X					
Potato, Mushroom & Bacon	X	X	X					
Traditional	X	X	X					
PLATES & BOWLS								
Brocolini, Lentil & Couscous Bowl	X		X					
Cavatelli With Winter Vegetables	X	X						
Chickpea & Fava Plate	X				X	H		
Flatbread Slice - Mushroom, Caramelized Onion & Potato	X	X						
Flatbread Slice - Tomato & Mozzarella	X	X				Pin		
Lamb Kebab Plate	X	X			X			
Quiche Leek, Potato & Spinach & Salad	X	X	X					
Quiche Lorraine & Salad	X	X	X					
Roasted Mushroom, Spinach & Potato Bowl	X	X	X					
Roasted Salmon Winter Vegetable Rice Bowl							X	
Roasted Squash & Mushroom Farro Bowl	X	X	X					
Short Rib, Brocolini, Lentil & Couscous Bowl	X							
SANDWICHES								
BLAT	X		X	X				
Chicken Pita	X	X	X	X				
Chicken Salad	X	X	X	X				
Fresh Mozzarella	X	X				Pin		
Grilled Cheese	X	X						
Kids Sandwich	X	X	X					
Lamb Kebab Pita	X	X						
Prosciutto & Fig Panini	X	X						
Roasted Cauliflower	X	X				Pin		
Roasted Salmon Sandwich	X		X	X			X	
Roasted Squash & Mushroom Sandwich	X							
Short Rib Grilled Cheese	X	X	X					
Tuna	X	X	X				X	
Turkey Avocado	X	X	X	X				
Turkey BLAT	X		X	X				
SALADS								
Crunchy Halloumi	X	X	X		X	A		
Fattoush	X	X	X		X			
Green & Nutty	X	X	X	X	X			
Greens with Feta Avocado Mousse	X	X	X					
Maple, Squash & Chicken Salad	X	X	X			A		
Tuna Nicoise	X		X				X	

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Name	Wheat	Dairy	Egg	Soy	Sesame	Tree Nuts	Fish	Notes
SOUPS								
Carrot	X	X	X					
Chicken & Kale	X		X					
Chicken & Pea	X		X					
Chicken Swiss Chard & Potato	X		X					
Corn	X	X	X					
Mushroom & Farro	X		X					
Potato Leek	X		X					
Red Lentil	X		X					
Spinach & Chickpea	X	X	X					
Sweet Potato	X	X	X					
Tomato Basil	X	X	X					
Zucchini	X	X	X					
BRUNCH								
Donut - Strawberry	X	X	X					
Donut - Vanilla Sugar	X	X	X					
French Toast - Savory	X	X	X		X			
French Toast - Sweet	X	X	X			A		
Greek Style Pancakes	X	X	X		X			
Meze Breakfast	X	X	X		X	Cw		
GF BREAKFAST & BRUNCH								
GF Breakfast Sandwich		X	X					
GF Croissant Breakfast Sandwich		X	X					
GF Halloumi & Sunny-Side Sandwich		X	X					
GF Lamb Hash		X	X	X				
GF Meze Breakfast		X	X		X	Cw		
GF Scrambled Egg Plate - Prosciutto		X	X					
GF Scrambled Egg Plate - Tomato & Goat Cheese		X	X					
GF Smoked Salmon, Avocado, & Egg Sandwich		X	X	X			X	
GF Spinach, Jerusalem Artichoke & Egg Plate - Cilbir		X	X					
GF TARTINES								
GF Avocado Tartine			X					
GF Smoked Salmon Avocado Tartine		X	X	X			X	
GF SHAKSHUKA								
GF Bacon, Potato & Mushroom Shakshuka		X	X					
GF Meatball Shakshuka		X	X					
GF Traditional Shakshuka		X	X					
GF PLATES								
GF Chickpea & Fava Plate			X		X	H		
GF Lamb Kebab Plate		X	X		X			
GF Roasted Mushroom, Spinach & Potato Bowl		X	X					
GF SANDWICHES								
GF BLAT								
GF Chicken Salad		X	X	X				
GF Kids Sandwich								
GF Short Rib Grilled Cheese		X	X					
GF Tuna		X	X				X	
GF Turkey Avocado		X	X	X				
GF Turkey BLAT			X	X				
GF SALADS								
GF Crunchy Halloumi		X	X		X	A		
GF Green & Nutty		X	X	X	X			
GF Greens with Feta Avocado Mousse		X	X					
GF Maple, Squash & Chicken		X	X			A		
GF Tuna Nicoise			X				X	
GF SOUPS								
GF Carrot		X	X					
GF Chicken & Kale			X					
GF Chicken & Pea			X					
GF Chicken Swiss Chard & Potato			X					
GF Corn		X	X					
GF Red Lentil			X					
GF Spinach & Chickpea		X	X					

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Name	Wheat	Dairy	Egg	Soy	Sesame	Tree Nuts	Fish	Notes
GF Tomato Basil		X	X					
GRAB & GO								
Bagged Salad Rolls	X		X					
Berries & Grapes								
Cashew Pepper Spread						Cw		
Chicken Salad		X	X	X				
Labneh		X						
Mediterranean Farro Salad	X	X			X			
Muesli		X			X	A, Cw		
Roasted Pear, Granola, & Labneh		X				A, Cw		
Tomato Basil Soup		X						
Tuna Salad		X					X	
BAKERY - MORNING PASTRIES								
Apple Turnover	X	X	X					
Biscuit	X	X	X					
Cheese Bourekas	X	X	X		X			
Cherry Almond Scone	X	X				A		
Chocolate Snail	X	X	X	X				
Cranberry Orange Ginger Muffin	X	X	X					
Croissant - Almond	X	X	X			A		
Croissant - Chocolate	X	X	X	X				
Croissant - Ham & Cheese	X	X	X		X			
Croissant - Pistachio	X	X	X			Pis		
Croissant - Plain	X	X	X					
Dark Chocolate Muffin (GF)		X	X	X				
Jerusalem Bagel	X				X			
Kouign Amann	X	X	X					
Monkey Bread	X	X	X					
Morning Bun	X	X	X					
Palmier	X	X	X					
Pita - Feta & Pistachio	X	X				Pis		
Pita - Goat Cheese, Leek & Kale	X	X						
Pita - Prosciutto & Pear	X	X						
Pita - Spinach & Labneh	X	X			X			
Rose - Chocolate	X	X	X	X				
Rose - Cinnamon Pecan	X	X	X			Pec		
Sundried Tomato & Feta Scone	X	X						
Tea Cake - Pumpkin (GF)		X	X			A		
Tea Cake - Strawberry (GF)		X	X			A		
BAKERY - BROWNIES & COOKIES								
Almond Square Cookie	X	X				A		
Brownie - Halva (GF)		X	X	X	X			
Brownie - Plain (GF)		X	X	X				
Brownie - Walnut (GF)		X	X	X		W		
Butter Nutella Cookie	X	X	X	X		H		
Chocolate Sandwich Cookie	X	X		X	X			
Cranberry Pistachio Cookie	X	X	X			Pis		
Gingerbread Tile	X	X	X					
Halva Chocolate Chunk Cookie	X	X	X	X	X			
Linzer Cookie	X	X	X					
Oatmeal & Walnut Cookie (GF)		X	X			W		
Plain Butter	X	X	X					
Vanilla Shortbread	X	X						
BAKERY - CAKES & DESSERTS								
Almond Tart - Long	X	X	X			A		
Apple Pie	X	X	X					
Belgian Chocolate Mousse (GF)		X		X				
Blueberry Pavlova		X	X	X				
Cheesecake - Blue	X	X	X					
Cheesecake - Crumbs	X	X	X					
Cheesecake - Red	X	X	X					
Chocolate Coconut Meringue			X			Co		

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Name	Wheat	Dairy	Egg	Soy	Sesame	Tree Nuts	Fish	Notes
Coffee Cake	X	X	X			W		
Dark Chocolate Mousse (GF)		X	X	X				
Espresso Mocha Mousse (GF)		X	X	X				
Gingerbread Pound Cake	X	X	X					
Halva Bomb (GF)		X	X	X	X			
Honey Apple Cake	X	X	X			A		
Lemon Mint Tart	X	X	X					
Mixed Fruit Box	X	X	X	X				
Mixed Nut Box	X	X	X			Cw, H, Pec, Pis, W		
Mixed Tart - Long	X	X	X			Cw, H, Pec, Pis, W		
Passion Fruit Krembo		X	X	X		Co		
Pear Tart	X	X	X			A		
Pecan Tart - Long	X	X	X			Pec		
Pistachio Cherry Tart	X	X	X			A, Pis		
Pistachio Crush		X	X			Pis		
Pumpkin Pie	X	X	X			W		
Pumpkin Pound Cake	X	X	X					
Salted Honey Hazelnut & Pecan Pie	X	X	X			H, Pec		
Tiramisu	X	X	X					
BAKERY - BREAD								
Baguette	X							High Gluten Wheat Flour, Low Gluten Wheat Flour, Whole Wheat Flour, Sea Salt, Yeast
Challah/Rolls	X		X					AP Flour, Water, Canola Oil, Liquid Whole Egg, Sugar
Ciabatta	X							Bread Flour, Water, Levain, Olive Oil, Sea Salt, Yeast
Focaccia	X	X						High Gluten Wheat Flour, Red Onion, Parmesan Cheese, Extra Virgin Olive Oil, Sea Salt, Yeast
Multigrain	X							Pumpkin Seed, Flax Seed, Sunflower Seed, Poppy
Sourdough	X							Bread Flour, Water, Yeast, Sea Salt, Red Yeast
DRINKS - BOTTLED								
Blood Orange Pellegrino								
Bottled Water								
Kale & Apple Juice								
Limonata Pellegrino								
Mint Lemonade								
Orange Juice								
Pear Juice								
San Pellegrino Sparkling Water								
DRINKS - COFFEE								
Café Au Lait		X						
Coffee								
Cold Brew								
Nitro Cold Brew								
DRINKS - ESPRESSO								
Americano								
Black Sesame Latte		X			X			
Cappuccino		X						
Cortado		X						
Espresso								
Flat White		X						
Honey Halva Latte		X		X	X			
Latte		X						
Macchiato		X						
Mocha		X		X				
Pistachio Latte		X				Pis		

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Name	Wheat	Dairy	Egg	Soy	Sesame	Tree Nuts	Fish	Notes
Red Eye								
DRINKS - OTHER								
Chai Latte		X						
Cold Milk		X						
Hot Chocolate		X		X				
Matcha Latte		X						
Preserved Fig Lemon Mint Soda								
Sparkling Matcha Lemonade								
Steamed Milk		X						
Turmeric & Honey Latte								
DRINKS - TEAS								
Apple Berry								
Blood Orange Hibiscus								
Blue Flower Earl Grey								
English Breakfast								
Golden Buds								
Golden Green								
Iced Tea								
Lemon Chamomile								
London Fog		X						
Moroccan Mint								
RETAIL - COFFEE & TEAS								
12 Oz Bag Assortment, Stumptown Passport Trio								
12 Oz Bag, Colombia Huayku								
12 Oz Bag, Guatemala El Injerto Bourbon								
12 Oz Bag, Hair Bender Blend								
12 Oz Bag, Honduras El Puente								
12 Oz Bag, Indonesia Bies Penantan								
12 Oz Bag, Rwanda Huye Mountain								
Mem Tea Premium Matcha Powder								
Tea, Apple Berry Retail Tin								
Tea, Blood Orange Hibiscus Retail Tin								
Tea, Golden Buds Retail Tin								
Tea, Golden Green Retail Tin								
Tea, Lemon Chamomile Retail Tin								
Tea, Moroccan Mint Retail Tin								
RETAIL - OTHER								
16 Oz, Retail Granola						A, Cw		
Maple Candied Pecans						Pec		
Panned Almonds				X		A		
GIFT ASSORTMENTS & HOLIDAY								
Cookie Assortment Gift Box - Large	X	X	X	X		A, Pis, Pec		
Cookie Assortment Gift Box - Small	X	X	X	X		Pis		
Tatte Signature Gift Box	X	X	X	X		A, Cw, Pec, Pis		
Halloween Cookies (Bag of 4)	X	X	X					

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NUTRITIONAL INFORMATION

Nutritional information is based on one serving of each item unless noted in the notes column. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The following information is shown based on our standard recipes. Customization of your order may impact the accuracy and/or completeness of the available nutritional information.

NUTRITIONAL INFORMATION v.9.28.23

Name	Calories (cal) /Serving	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Notes
BREAKFAST											
Biscuit Egg Sandwich	840	63.5	36.5	2	588	1160	51	3	6	20	
Bread And Butter	710	19	8.5	0	44.5	1080	115	7	27	16	
Breakfast Sandwich	870	45	18.5	0	511	1590	67	3	0	31	
Croissant Breakfast Sandwich	680	48.5	25.5	0	323.5	720	38	6	6	13	
Croque Madame	790	53.5	27.5	0	370	2560	41	2	11	35	
Croque Monsieur	660	42	25	0	155	1580	40	1	11	29	
Halloumi & Sunnyside Breakfast Sandwich	520	22.5	7.5	0.5	259.5	1000	61	3	8	21	
Jerusalem Bagel Egg In The Hole	680	36.5	5.5	0	430	3590	68	3	12	26	
Jerusalem Bagel Egg In The Hole with Ham & Cheese	860	47.5	10.5	0	491	4700	73	3	17	43	
Lamb Hash	930	61.5	20.5	0	332.5	1930	63	7	13	32	without bread: 760 cal
Muesli Bowl	980	65	31	0	125	340	86	10	45	18	
Muesli Cup	670	37.5	16.5	0	100	150	47	5	24	16	
Prosciutto Scrambled Egg Plate	640	41.5	21.5	1	525.5	620	34	1	0	31	without bread: 450 cal
Roasted Pear, Labneh, & Granola	720	39	20	0	83.5	220	81	6	54	10	
Smoked Salmon & Egg Sandwich	630	47	14.5	0.5	298	1850	32	8	4	25	
Spinach, Jerusalem Artichoke & Egg Plate – Cilbir	760	49	18	0	272.5	1220	63	4	14	19	without bread: 570 cal
Toast	330	0.5	0	0	0	690	65	3	0	11	
Tomato & Goat Cheese Scrambled Egg Plate	690	48	24.5	1	522	660	38	2	4	25	without bread: 500 cal
TARTINES											
Avocado Tartine	670	29	6	0	430	1830	75	8	2	26	
Prosciutto & Fried Egg Tartine	660	42.5	17	0	301	910	37	2	3	32	
Prosciutto, Squash & Pomegranate Tartine	420	9.5	3.5	0	25	850	66	4	18	16	
Smoked Salmon Avocado Tartine	740	55.5	9.5	0	43.5	1570	45	9	3	22	
SHAKSHUKA (with bread)											
Bacon, Potato & Mushroom Shakshuka	1830	139	68.5	3	739.5	2940	103	8	12	46	without bread: 1450 cal
Meatball Shakshuka	1230	58	20	0	575	3600	130	7	38	50	without bread: 730 cal
Traditional Shakshuka	1010	41	13.5	0	523.5	3380	125	6	35	40	without bread: 510 cal
PLATES & BOWLS (with bread)											
Broccoli, Lentil & Couscous Bowl	570	25	4.5	0	215	1430	62	10	15	24	
Cavatelli With Winter Vegetables	730	33	16.5	1	68.5	1520	91	8	16	20	
Chickpea & Fava Plate	640	31	4	0	0	1350	74	11	10	14	without bread: 400 cal
Flatbread Slice - Mushroom, Caramelized Onion & Potato	540	24	6.5	0	24.5	1160	66	3	9	15	
Flatbread Slice - Tomato Mozzarella	660	40	9.5	0	21.5	1160	60	2	10	16	
Lamb Kebab Plate	940	52	18.5	0	104	1990	80	12	18	32	without bread: 690 cal
Quiche Leek, Potato & Spinach & Salad	900	64	37	2	253.5	1030	64	5	7	18	
Quiche Lorraine & Salad	1080	79	45	2	326.5	1190	64	4	8	29	
Roasted Mushroom, Spinach & Potato Bowl	860	61	32	1.5	348.5	1350	60	5	5	19	without bread: 670 cal
Roasted Salmon & Winter Vegetable Rice Bowl	950	58	8	0	75	1720	74	5	2	45	
Roasted Squash & Mushroom Farro Bowl	820	51.5	14	0	249.5	1790	74	7	3	25	
Short Rib, Broccoli, Lentil & Couscous Bowl	960	26	5.5	0	77	2170	106	18	26	57	
SANDWICHES											
BLAT	870	55	10.5	0	83.5	1650	73	7	11	25	
Chicken Pita Sandwich	480	13	3	0	84	670	51	4	8	31	
Chicken Salad Sandwich	860	43.5	10.5	0	120.5	1460	75	7	14	40	
Fresh Mozzarella Sandwich	940	51	15.5	0	50.5	1520	82	5	4	32	
Grilled Cheese	850	43	23.5	0	131	2120	70	3	2	35	
Kids Sandwich	430	16.5	4	0	43.5	710	64	3	7	12	
Lamb Kebab Pita	670	34	16.5	0	119.5	1150	53	4	9	30	
Prosciutto Panini Sandwich	990	37	19.5	0	127.5	1570	81	5	31	46	
Roasted Cauliflower Sandwich	520	22.5	5.5	0	15.5	1830	67	9	16	13	
Roasted Salmon Sandwich	1010	68	9.5	0	120	1070	67	3	9	46	
Roasted Squash & Mushroom Sandwich	780	18.5	2.5	0	0	1850	128	12	28	23	
Short Rib Grilled Cheese Sandwich	640	20.5	5.5	0	100.5	1480	68	3	10	32	
Tuna Sandwich	870	49	17.5	0	323	990	70	3	10	106	
Turkey Avocado Sandwich	740	41	7.5	0	81.5	1460	76	10	9	23	
Turkey BLAT	850	48	8.5	0	62	1770	73	12	8	32	
SALADS (with roll & dressing)											
Crunchy Halloumi Salad	1180	86.5	22	0	120	2320	66	9	26	38	without bread: 1010 cal
Fattoush Salad	1050	82.5	19	0	81	2000	65	7	16	21	without bread: 880 cal
Green & Nutty Salad	1050	60	15	0	42	1210	103	15	59	33	without bread: 880 cal
Greens with Feta Avocado Mousse	500	35	7	0	21.5	1230	42	5	9	10	without bread: 330 cal
Maple, Squash & Chicken Salad	670	25.5	6.5	0	103.5	1590	78	9	28	35	without bread: 500 cal
Tuna Nicoise Salad	1020	75	11.5	0	251	2390	56	6	9	106	without bread: 850 cal
SOUPS (with roll)											
Carrot - Bowl	310	11.5	5	0.5	31.5	2050	49	6	14	6	without bread: 140 cal
Carrot - Cup	260	9	3.5	0	25.5	1590	43	4	10	5	without bread: 90 cal
Chicken & Pea - Bowl	340	12.5	2.5	0	87	1460	39	4	6	18	without bread: 170 cal
Chicken & Pea - Cup	280	9.5	2	0	62.5	1200	36	3	5	13	without bread: 110 cal
Chicken And Kale - Bowl	310	12	2.5	0	81.5	1710	36	3	5	16	without bread: 140 cal
Chicken And Kale - Cup	260	9.5	2	0	58.5	1370	34	2	5	12	without bread: 90 cal
Chicken Swiss Chard And Potato - Bowl	330	12.5	2.5	0	84.5	1790	38	3	6	17	without bread: 160 cal
Chicken Swiss Chard And Potato - Cup	270	9.5	2	0	60.5	1420	35	2	5	13	without bread: 100 cal
Mushroom And Farro - Bowl	260	7	1	0	13	1290	44	3	5	7	without bread: 90 cal
Mushroom And Farro - Cup	230	6	0.5	0	13	1080	39	3	5	6	without bread: 60 cal
Potato Leek - Bowl	270	8	1	0	13	1280	46	3	5	6	without bread: 100 cal
Potato Leek - Cup	240	7	1	0	13	1080	40	3	5	5	without bread: 70 cal

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Red Lentil - Bowl	250	6	0.5	0	13	930	42	3	4	8	without bread: 80 cal
Red Lentil - Cup	220	5.5	0.5	0	13	850	38	3	4	7	without bread: 50 cal
Sweet Potato - Bowl	320	10.5	4	0.5	29	1360	53	4	12	6	without bread: 150 cal
Sweet Potato - Cup	270	8.5	3	0	23.5	1130	45	3	9	5	without bread: 100 cal
Tomato Basil - Bowl	490	27	10	0.5	60	2490	54	2	21	12	without bread: 320 cal
Tomato Basil - Cup	380	19.5	7	0.5	43	1880	46	2	15	10	without bread: 210 cal
BRUNCH											
French Toast	1330	73	34.5	1	302	1190	147	7	73	30	
Greek Style Pancakes	1070	50	22	0	363.5	1190	138	4	63	23	
Meze Breakfast	1190	83.5	31.5	1	547	3430	81	6	17	37	without bread: 760 cal
Savory French Toast	1200	77.5	29	1	691.5	2120	95	5	17	41	
Strawberry Donut	490	24	13	1	123	300	59	3	23	9	
Vanilla Sugar Donut	450	24	13	1	123	290	48	2	13	9	
GF BREAKFAST & BRUNCH											
GF Breakfast Sandwich	590	40	11.5	0	485	2110	27	1	2	32	
GF Croissant Breakfast Sandwich	340	20.5	4.5	0	223.5	480	32	5	4	12	
GF Halloumi & Sunnyside Breakfast Sandwich	310	16.5	6	0	233	690	27	2	3	15	
GF Lamb Hash	840	61	20	0	318	1770	46	6	11	29	without bread: 740 cal
GF Meze Breakfast	860	70	30.5	1	547	1460	38	5	9	26	without bread: 740 cal
GF Prosciutto Scrambled Egg Plate	610	46.5	22	1	529	540	26	0	2	27	without bread: 450 cal
GF Smoked Salmon & Egg Sandwich	650	49	14	0.5	289	1920	36	8	4	24	
GF Spinach, Jerusalem Artichoke & Egg Plate - Cilbir	650	50	17.5	0	272.5	1010	43	3	15	14	without bread: 570 cal
GF Tomato & Goat Cheese Scrambled Egg Plate	860	55.5	25	1	522	940	63	3	6	27	without bread: 700 cal
GF TARTINES											
GF Avocado Tartine	510	37.5	6.5	0	430	1410	35	6	4	16	
GF Smoked Salmon Avocado Tartine	690	57.5	9	0	43.5	1490	35	7	5	18	
GF SHAKSHUKA (with bread)											
GF Bacon, Potato & Mushroom Shakshuka	1640	143.5	68	3	739.5	2510	62	6	14	37	without bread: 1400 cal
GF Meatball Shakshuka	980	56.5	19.5	0	532	3130	78	5	32	41	without bread: 700 cal
GF Traditional Shakshuka	760	40	13	0	480.5	2910	73	4	29	31	without bread: 480 cal
GF PLATES (with bread)											
GF Chickpea & Fava Plate	480	34.5	4.5	0	0	1160	40	8	6	9	without bread: 400 cal
GF Lamb Kebab Plate	860	59	19	0	104	1930	58	10	15	28	without bread: 700 cal
GF Roasted Mushroom, Spinach & Potato Bowl	760	62	31.5	1.5	348.5	1140	40	4	6	15	without bread: 680 cal
GF SANDWICHES											
GF BLAT	650	51	10	0	53	1290	34	5	6	18	
GF Chicken Salad Sandwich	660	43.5	10	0	120.5	1080	39	2	12	30	
GF Kids Sandwich	220	12	3	0	13	360	24	0	2	5	
GF Short Rib Grilled Cheese Sandwich	430	16	4.5	0	70	1120	29	2	5	26	
GF Tuna Sandwich	590	40	15	0	282	580	30	1	4	81	
GF Turkey Avocado Sandwich	540	39.5	7	0	51	1100	36	8	4	16	
GF Turkey BLAT	600	44	7.5	0	62	1340	35	5	6	22	
GF SALADS (with bread & dressing)											
GF Crunchy Halloumi Salad	1180	96.5	23	0	107	1790	49	8	24	35	without bread: 1100 cal
GF Green & Nutty Salad	950	58.5	14.5	0	28.5	670	86	14	57	30	without bread: 870 cal
GF Greens with Feta Avocado Mousse	420	34.5	6.5	0	8.5	700	24	4	6	7	without bread: 340 cal
GF Maple, Squash & Chicken Salad	580	25	6	0	90.5	1060	61	9	26	32	without bread: 500 cal
GF Tuna Nicoise Salad	930	73.5	11	0	237.5	1860	40	6	8	103	without bread: 850 cal
GF SOUPS (with bread)											
Chicken And Kale - Bowl (GF)	220	11.5	2.5	0	68	1180	18	2	3	13	without bread: 130 cal
Chicken And Kale - Cup (GF)	180	9	1.5	0	45.5	830	16	2	2	9	without bread: 90 cal
Chicken Swiss Chard And Potato - Bowl (GF)	240	12	2.5	0	71	1260	21	2	4	14	without bread: 150 cal
Chicken Swiss Chard And Potato - Cup (GF)	190	9	1.5	0	47.5	880	18	1	3	10	without bread: 100 cal
Potato Leek - Bowl (GF)	180	8	1	0	0	750	28	2	3	3	without bread: 90 cal
Potato Leek - Cup (GF)	150	6.5	0.5	0	0	540	23	2	2	2	without bread: 60 cal
Red Lentil - Bowl (GF)	160	5.5	0.5	0	0	400	24	2	2	5	without bread: 70 cal
Red Lentil - Cup (GF)	130	5	0.5	0	0	310	20	2	2	4	without bread: 40 cal
Tomato Basil - Bowl (GF)	410	27	10	0.5	45	1960	36	1	18	9	without bread: 330 cal
Tomato Basil - Cup (GF)	300	19	7	0.5	29.5	1350	28	1	13	6	without bread: 220 cal
GRAB & GO											
G&G Berries & Grapes	80	0.5	0	0	0	0	21	4	14	1	
G&G Chicken Salad	400	22	5.5	0	123.5	400	15	less than 1 gram	11	35	
G&G Labneh	970	90.5	61.5	0	279	650	25	0	12	15	
G&G Mediterranean Farro Salad	650	41	7.5	0	12.5	1330	62	6	5	14	
G&G Muesli	710	53	29	0	125	320	47	5	24	13	
G&G Pepper Cashew Relish	500	42	7	0	0	1140	24	2	7	7	
G&G Roasted Pear, Labneh, & Granola	720	39	20	0	83.5	220	81	6	54	10	
G&G Tomato Soup	430	30	13	0.5	60	2430	32	1	23	11	
G&G Tuna Salad	530	39.5	15	0	84.5	370	6	0	3	143	
BAKERY - MORNING PASTRIES											
Biscuit, Buttermilk	480	31	19	1	100.5	910	45	2	4	7	
Bourekas, Cheese	460	35	23	0	119	530	29	less than 1 gram	7	8	
Chocolate Rose	510	20.5	6.5	0.5	54.5	560	74	2	19	10	
Chocolate Snail	390	25.5	16.5	0	75	250	36	less than 1 gram	13	5	

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Name	Calories (cal) /Serving	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Notes
Cinnamon Pecan Rose	660	39	15.5	1	97.5	540	75	4	20	10	
Croissant, Almond	580	36	20.5	0.5	126.5	390	54	3	24	7	
Croissant, Chocolate	480	29	19	0	72	320	44	1	16	7	
Croissant, Ham & Cheese	470	30	18.5	0	108	950	33	1	7	15	
Croissant, Pistachio	580	37.5	20	0.5	115.5	370	51	3	20	10	
Croissant, Plain	350	22	15	0	68.5	300	30	1	4	5	
GF Tea Cake, Pumpkin Seed Praline	270	15.5	6	0.5	76.5	125	26	2	20	5	
GF Tea Cake, Raspberry	200	11.5	4	0	69	115	21	2	16	3	
GF Tea Cake, Strawberry	270	15	5.5	0.5	88	150	29	2	22	3	
Jerusalem Bagel	430	17.5	1	0	0	2170	62	2	10	13	
Kouign-Amann	410	27.5	18	0.5	74	500	38	1	11	4	
Monkey Bread	480	30	20	0	87.5	370	46	2	16	6	
Morning Bun	460	32.5	21	0.5	87	300	42	2	15	4	
Muffin - Cranberry Orange Ginger	400	13.5	3.5	0	61	240	67	2	37	6	
Muffin - Dark Chocolate	470	28.5	15	0.5	126	280	39	2	30	7	
Palmier	420	27.5	18.5	0	85	350	42	less than 1 gram	20	4	
Pita - Feta & Pistachio	420	18	5.5	0	15	1040	51	3	8	15	
Pita - Goat Cheese, Leek & Kale	410	15.5	4	0	6.5	930	56	4	9	11	
Pita - Prosciutto & Pear	330	8.5	2.5	0	15.5	660	52	3	11	12	
Pita - Spinach & Labneh	330	12	4.5	0	16.5	2000	47	2	7	7	
Scone, Cherry Almond	500	17.5	9	0.5	38	710	80	4	18	11	
Scone, Savory	620	40	25.5	1.5	113	840	58	3	9	13	
Turnover, Apple	460	30	20	0	103.5	420	43	2	18	4	
BAKERY - BROWNIES & COOKIES											
Brownies, Halva	700	41.5	22	0.5	129.5	170	54	1	28	10	
Brownies, Plain	590	34.5	20.5	0.5	129.5	160	45	0	23	7	
Brownies, Walnut	690	45.5	21.5	0.5	129.5	160	47	1	24	10	
Chocolate, Dark, Almonds Retail	170	12	4	0	0	0	12	1	9	4	1 serving = 9 almonds
Cookie, Almond Square - Bag	130	8.5	3	0	12	40	12	1	5	2	1 serving = 2 cookies
Cookie, Chocolate Sandwich - Ind	420	22.5	13.5	0.5	46.5	340	40	less than 1 gram	25	4	
Cookie, Cranberry Pistachio - Bag	140	6.5	3	0	14.5	30	19	1	10	2	1 serving = 3 cookies
Cookie, Cranberry Pistachio - Box	140	6.5	3	0	14.5	30	19	1	10	2	1 serving = 3 cookies
Cookie, Crunchy Almond - Ind	50	3.5	0.5	0	0	0	3	less than 1 gram	2	2	
Cookie, Gingerbread Tile	110	3.5	2	0	11.5	90	19	0	10	1	1 serving = 1/4 of a cookie
Cookie, Halva Chocolate Chunk	390	23	13.5	0.5	63	280	45	less than 1 gram	26	5	
Cookie, Linzer Lg - Ind	250	13	8.5	0.5	44	140	32	1	14	3	
Cookie, Nutella - Box	170	10	5.5	0.5	24.5	80	19	0	8	2	1 serving = 2 cookies
Cookie, Nutella - Ind	80	5	2.5	0	12.5	40	9	0	4	less than 1 gram	
Cookie, Nutella - Tube	170	10	5.5	0.5	24.5	80	19	0	8	2	1 serving = 2 cookies
Cookie, Plain Butter - Box	120	7.5	4.5	0.5	24.5	75	14	0	4	2	1 serving = 4 cookies
Cookie, Plain Butter - Ind	30	2	1	0	6	20	4	0	1	0	
Cookie, Plain Butter - Tube	120	7.5	4.5	0.5	24.5	75	14	0	4	2	1 serving = 4 cookies
Cookie, Vanilla Shortbread - Bag	240	15	9.5	0.5	40	150	28	0	19	less than 1 gram	1 serving = 1 cookie
GF Cookie, Oatmeal Raisin	500	23.5	11	0.5	74.5	320	69	4	36	7	
Nuts, Maple Pecans	180	16	1.5	0	0	55	10	2	7	2	1 serving = 16 pecans
BAKERY - CAKES & DESSERTS											
Cheesecake Cup - Blue Fruit	340	26.5	16.5	0.5	82	135	23	1	15	4	
Cheesecake Cup - Crumbs	360	28.5	18	1	88.5	170	24	0	14	4	
Cheesecake Cup - Red Fruit	350	26.5	16.5	0.5	82	135	25	3	15	4	
Dark Chocolate Mousse - Ind	500	39.5	24	1	142.5	45	29	0	26	7	
Espresso Mocha Mousse - Ind	740	59	35	1	197.5	65	41	less than 1 gram	35	10	
Halva Bomb - Ind	720	47	23	0.5	130	160	51	3	24	12	
Krembo, Passion Fruit	280	18	11	0.5	54	115	29	0	23	2	
Meringue, Chocolate Coconut - Ind	160	2	1.5	0	0	35	33	0	32	2	
Pavlova, Mint Lemon Blueberry - Ind	220	16	10	0.5	54	15	19	less than 1 gram	14	2	
Cake, Coffee - Slice	660	36	16	0.5	115.5	490	76	3	42	10	
Pie, Apple - Slice	530	17.5	11	0.5	46.5	360	92	4	61	3	
Pie, Salted Honey Hazelnut Pecan - Slice	680	45.5	18	1	120.5	380	67	4	42	8	
Pie, Pumpkin with Candied Walnuts - Slice	370	18.5	9	0.5	106	270	47	2	26	7	
Pound Cake, Gingerbread - Slice	610	24	14.5	1	167.5	280	96	2	66	8	
Pound Cake, Pumpkin - Slice	650	28	15	1	165	250	91	3	61	12	
Tart, Fruit Box - Mixed	530	36.5	22.5	1	99	105	47	2	13	6	
Tart, Lemon Mint - Ind	280	21	13	1	84.5	25	22	0	22	2	
Tart, Mixed Nut - Ind	770	58.5	18	1	75.5	160	56	6	27	13	
Tart, Pear - Ind	350	22	9	0.5	67.5	135	36	3	31	3	
Tart, Pistachio Cherry - Ind	690	42.5	21	1.5	119	260	71	4	31	10	
Tiramisu - Ind	340	13.5	8.5	0	85.5	70	33	0	22	8	
BAKERY - WHOLE CAKES, PIES & TARTS											
6" Cake, Belgian Chocolate Mousse (8 slices)	440	33	20.5	0.5	55	80	28	0	8	4	1 serving = 1 slice

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Name	Calories (cal) /Serving	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Notes
16 Oz Cafe Au Lait	80	4	2.5	0	15	75	6	0	6	4	
16 Oz Chai Latte	170	6	4	0	22.5	95	25	0	24	6	
16 Oz Coffee	0	0	0	0	0	15	0	0	0	0	
16 Oz Cold Brew	0	0	0	0	0	0	0	0	0	0	
16 Oz Cold Brew - Keg	0	0	0	0	0	0	0	0	0	0	
16 Oz Cold Milk	300	16	10	0	60	240	24	0	22	16	
16 Oz Decaf Americano	0	0	0	0	0	0	0	0	0	0	
16 Oz Decaf Latte	230	12	7.5	0	45	180	18	0	17	12	
16 Oz Decaf Mocha	450	27	16.5	0	45	180	36	0	32	15	
16 Oz Hot Chocolate	560	35	21.5	0	45	180	45	0	39	16	
16 Oz Iced Black Tea - Cup	0	0	0	0	0	20	0	0	0	0	
16 Oz Iced Blood Orange Hibiscus Tea - Cup	0	0	0	0	0	20	0	0	0	0	
16 Oz Iced Green Tea - Cup	0	0	0	0	0	20	0	0	0	0	
16 Oz Iced Turmeric & Honey Latte	240	10	6.5	0	37.5	150	29	less than 1 gram	24	10	
16 Oz Latte	230	12	7.5	0	45	180	18	0	17	12	
16 Oz London Fog	150	4	2.5	0	15	60	24	0	23	4	
16 Oz Matcha Latte	230	12	7.5	0	45	180	18	0	17	12	
16 Oz Mocha	450	27	16.5	0	45	180	36	0	32	15	
16 Oz Nitro	10	0	0	0	0	0	0	0	0	0	
16 Oz Red Eye	0	0	0	0	0	15	0	0	0	0	
16 Oz Sparkling Matcha Lemonade	80	0	0	0	0	0	21	0	20	0	
16 Oz Steamed Milk	300	16	10	0	60	240	24	0	22	16	
8 Oz Decaf Flat White	110	6	4	0	22.5	90	9	0	8	6	
8 Oz Flat White	110	6	4	0	22.5	90	9	0	8	6	
Blood Orange Hibiscus Tea - Cup	0	0	0	0	0	15	0	0	0	0	
Blood Orange Hibiscus Tea - Pot	0	0	0	0	0	25	0	0	0	0	
Box Of Coffee (8 servings)	0	0	0	0	0	15	0	0	0	0	
Cappuccino	110	6	4	0	22.5	90	9	0	8	6	
Chamomile Tea - Cup	0	0	0	0	0	15	0	0	0	0	
Chamomile Tea - Pot	0	0	0	0	0	25	0	0	0	0	
Cortado	80	4	2.5	0	15	60	6	0	6	4	
Decaf Cappuccino	110	6	4	0	22.5	90	9	0	8	6	
Decaf Cortado	80	4	2.5	0	15	60	6	0	6	4	
Decaf Double Espresso	0	0	0	0	0	0	0	0	0	0	
Decaf Macchiato	80	4	2.5	0	15	60	6	0	6	4	
Double Espresso	0	0	0	0	0	0	0	0	0	0	
Earl Grey Tea - Cup	0	0	0	0	0	15	0	0	0	0	
Earl Grey Tea - Pot	0	0	0	0	0	25	0	0	0	0	
English Breakfast Tea - Cup	0	0	0	0	0	15	0	0	0	0	
English Breakfast Tea - Pot	0	0	0	0	0	25	0	0	0	0	
Espresso Shot	0	0	0	0	0	0	0	0	0	0	
Golden Green Tea - Cup	0	0	0	0	0	15	0	0	0	0	
Golden Green Tea - Pot	0	0	0	0	0	25	0	0	0	0	
Iced 12 Oz Americano	0	0	0	0	0	0	0	0	0	0	
Iced 12 Oz Chai Latte	120	4	2.5	0	15	65	17	0	16	4	
Iced 12 Oz Decaf Americano	0	0	0	0	0	0	0	0	0	0	
Iced 12 Oz Decaf Honey Halva Latte	190	9	4.5	0	22.5	110	21	less than 1 gram	17	7	
Iced 12 Oz Decaf Latte	130	7	4.5	0	26.5	105	11	0	10	7	
Iced 12 Oz Decaf Mocha	280	17.5	10.5	0	22.5	90	23	0	20	8	
Iced 12 Oz Honey Halva Latte	190	9	4.5	0	22.5	110	21	less than 1 gram	17	7	
Iced 12 Oz Latte	130	7	4.5	0	26.5	105	11	0	10	7	
Iced 12 Oz Matcha Latte	130	7	4.5	0	26.5	105	11	0	10	7	
Iced 12 Oz Mocha	280	17.5	10.5	0	22.5	90	23	0	20	8	
Iced 12 Oz Red Eye (W/Concentrate)	0	0	0	0	0	0	0	0	0	0	
Iced 12 Oz Red Eye (W/Keg)	0	0	0	0	0	0	0	0	0	0	
Iced 16 Oz Americano	0	0	0	0	0	0	0	0	0	0	
Iced 16 Oz Black Sesame Latte	360	21	6.5	0	30	190	34	1	29	11	
Iced 16 Oz Chai Latte	150	5	3	0	19	80	21	0	20	5	
Iced 16 Oz Decaf Americano	0	0	0	0	0	0	0	0	0	0	
Iced 16 Oz Decaf Black Sesame Latte	360	21	6.5	0	30	190	34	1	29	11	
Iced 16 Oz Decaf Latte	190	10	6.5	0	37.5	150	15	0	14	10	
Iced 16 Oz Decaf Mocha	370	23	14	0	30	120	30	0	26	11	
Iced 16 Oz Decaf Pistachio Latte	350	17	6	0	30	220	40	2	35	12	
Iced 16 Oz Latte	190	10	6.5	0	37.5	150	15	0	14	10	
Iced 16 Oz Matcha Latte	170	9	5.5	0	34	135	14	0	12	9	
Iced 16 Oz Mocha	370	23	14	0	30	120	30	0	26	11	
Iced 16 Oz Pistachio Latte	350	17	6	0	30	220	40	2	35	12	
Iced 16 Oz Red Eye (W/Concentrate)	0	0	0	0	0	0	0	0	0	0	
Iced 16 Oz Red Eye (W/Keg)	0	0	0	0	0	0	0	0	0	0	
Kale And Apple Juice G&G	120	0	0	0	0	55	29	2	19	2	
Macchiato	80	4	2.5	0	15	60	6	0	6	4	
Mint Lemonade G&G	130	0	0	0	0	10	34	0	31	0	
Moroccan Mint Tea - Cup	0	0	0	0	0	15	0	0	0	0	
Moroccan Mint Tea - Pot	0	0	0	0	0	25	0	0	0	0	

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Name	Calories (cal) / Serving	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Notes
Orange Juice G&G	360	1	0	0	0	0	81	2	65	0	
Pear Juice G&G	170	0	0	0	0	15	42	less than 1 gram	36	0	
Preserved Fig, Lemon, & Mint Soda	160	0	0	0	0	30	less than 1 gram	0	33	0	
Water, Tatte	0	0	0	0	0	0	0	0	0	0	
FOOD ADD-ONS											
Add Arugula	5	0	0	0	0	4	1	less than 1 gram	0	0	
Add Avocado (about half an avocado)	160	15	2	0	0	5	9	7	1	2	
Add Bacon (2 slices)	100	8	2.5	0	20	360	0	0	0	7	
Add Butter (2 packets)	120	12	8	0	30	100	0	0	0	0	
Add Cheddar Cheese (1 slice)	110	9	5	0	30	180	1	0	1	7	
Add Chicken (4 oz)	110	1	0	0	70.5	40	0	0	0	24	
Add Edamame	60	2.5	0	0	0	0	4	3	1	6	
Add Egg	70	4.5	1.5	0	215	65	1	0	0	6	
Add Fava Beans	30	0	0	0	0	20	5	2	0	2	
Add Feta	130	10	7	0	20	790	2	0	0	11	
Add Goat Cheese	170	13	9	0	30	290	0	0	0	12	
Add Granola	210	12	1.5	0	0	25	21	2	7	5	
Add Ham (3.5 oz)	150	8	3.5	0	50	1050	5	0	5	15	
Add Halloumi Cheese	200	15	9	0	50	610	2	0	2	13	
Add Jam	90	0	0	0	0	15	23	less than 1 gram	22	0	
Add Lamb Meatball (2.4 oz)	160	12	5	0	5	320	1	0	0	11	
Add Maple Syrup	110	0	0	0	0	0	26	0	24	0	
Add Marinated Tuna (3.5 oz)	310	23.5	4	0	22.5	160	0	0	0	92	
Add Mayo	190	21	3	0	10	180	0	0	0	0	
Add Mixed Pickled Vegetables	45	0	0	0	0	160	7	2	4	1	
Add Prosciutto (1 oz)	50	3	2	0	25	0	0	0	0	8	
Add Rice	290	7	1	0	0	720	50	0	0	4	
Add Roasted Salmon (5 oz)	300	20	2.5	0	74.5	100	0	0	0	36	
Add Roll	170	4	0	0	15	670	30	1	3	4	
Add Short Rib (3.5 oz)	150	3.5	1.5	0	45	480	0	0	0	16	
Add Smoked Salmon (2 oz)	70	2.5	0	0	30	790	0	0	0	13	
Add Sliced Cucumber	5	0	0	0	0	140	1	0	0	0	
Add Sliced Tomato	10	0	0	0	0	0	2	less than 1 gram	1	0	
Add Spinach	10	0.5	0	0	0	10	0	0	0	0	
Add Tomato Jam	30	0	0	0	0	390	7	1	6	1	
Add Tuna Salad (5 oz)	330	25	9	0	55	230	4	0	2	90	
Add Turkey (2 oz)	50	0.5	0	0	30	410	1	0	0	11	
Dressing - Crunchy Halloumi Salad	290	31	3	0	0	230	2	0	2	0	
Dressing - Fattoush Salad	150	16	2.5	0	0	0	3	0	1	0	
Dressing - Green & Nutty Salad	280	27	3.5	0	0	220	10	0	9	0	
Dressing - Greens with Feta Avocado Mousse	140	16	2.5	0	0	160	2	0	0	0	
Dressing - Maple, Squash & Chicken Salad	110	6	4.5	0	20	320	13	0	11	1	
Dressing - Tuna Nicoise Salad	290	33	5	0	0	840	1	0	0	0	
BEVERAGE ADD-ONS											
Add Decaf Espresso Shot	0	0	0	0	0	0	0	0	0	0	
Add Espresso Shot	0	0	0	0	0	0	0	0	0	0	
Add Syrup - Caramel	50	0	0	0	0	0	12	0	12	0	
Add Syrup - Hazelnut	50	0	0	0	0	0	12	0	12	0	
Add Syrup - Vanilla	50	0	0	0	0	0	12	0	12	0	
Add Splash of Half & Half (2 oz)	80	7	4	0	20	20	2	0	2	2	
Add Splash of Almond Milk (2 oz)	10	0.5	0	0	0	45	0	0	0	0	
Add Splash of Oat Milk (2 oz)	30	1.5	0	0	0	25	4	less than 1 gram	2	1	
Add Splash of Soy Milk (2 oz)	30	1	0	0	0	25	3	less than 1 gram	2	2	
Add Splash of Whole Milk (2 oz)	40	2	1.5	0	10	30	3	0	3	2	