

A close-up photograph of a slice of pistachio-topped cheesecake on a white plate. The slice is garnished with crushed pistachios and a drizzle of orange-colored sauce. A silver fork is placed on a light brown napkin next to the plate. In the background, a wire rack holds the rest of the round cheesecake, also topped with pistachios. A hand is visible on the right side of the frame, holding the edge of the napkin. The overall scene is set on a light-colored, possibly marble, surface.

TATTE BAKERY & CAFÉ

ALLERGEN
& NUTRITIONAL
INFORMATION

Spring 2024 | v. 03.09.24

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 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. 03.09.24

Name	Wheat	Milk	Egg	Soy	Sesame	Tree Nuts	Fish	Shellfish	Notes
BREAKFAST									
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						
House Breakfast Plate	X	X	X						
Lamb Hash	X	X	X	X					
Muesli		X			X	A, Cw			
Roasted Pear, Granola & Labneh		X				A, Cw			
Sausage Breakfast Sandwich	X	X	X						
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						
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									
Artichoke & Feta Quiche & Salad	X	X	X						
Braised Short Rib & Eggplant Couscous Bowl	X								
Cavatelli With Winter Vegetables	X	X							
Chickpea & Fava Plate	X				X	H			
Flatbread Slice - Asparagus & Ricotta	X	X							
Flatbread Slice - Tomato & Mozzarella	X	X				Pin			
Lamb Kebab Plate	X	X			X				
Leek, Potato & Spinach Quiche & Salad	X	X	X						
Roasted Eggplant Couscous Bowl	X		X						
Roasted Mushroom, Spinach & Potato Bowl	X	X	X						
Roasted Salmon & Spring Vegetable Rice Bowl							X		
Roasted Squash & Mushroom Farro Bowl	X	X	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				
Maple, Squash & Chicken	X	X	X			A			
Spiced Shrimp & Avocado Mousse Salad	X	X	X					X	
Tuna Nicoise	X		X				X		

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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 House Breakfast Plate		X	X						
GF Lamb Hash		X	X	X					
GF Meze Breakfast		X	X		X	Cw			
GF Sausage Breakfast Sandwich		X	X						
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			X						
GF Smoked Salmon Avocado		X	X	X			X		
GF SHAKSHUKA									
GF Meatball		X	X						
GF Potato, Mushroom & Bacon		X	X						
GF Traditional		X	X						
GF PLATES & BOWLS									
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			X	X					
GF Chicken Salad		X	X	X					
GF Kids Sandwich		X	X						
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 Maple, Squash & Chicken		X	X			A			
GF Spiced Shrimp & Avocado Mousse		X	X					X	
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						

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GF Spinach & Chickpea		X	X						
GF Sweet Potato		X	X						
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									
Biscuit	X	X	X						
Cheese Bourekas	X	X	X		X				
Chocolate Snail	X	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						
Jerusalem Bagel	X				X				
Kouign Amann	X	X	X						
Monkey Bread	X	X	X						
Morning Bun	X	X	X						
Muffin - Cranberry Orange Ginger	X	X	X						
Muffin - Dark Chocolate (GF)		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			
Scone - Cherry Almond	X	X				A			
Scone - Sundried Tomato & Feta	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			
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			
Apricot Pistachio Cake	X	X	X			A, Pis			
Belgian Chocolate Mousse (GF)		X		X					
Cheesecake - Blue	X	X	X						
Cheesecake - Crumbs	X	X	X						
Cheesecake - Red	X	X	X						
Chocolate Coconut Meringue			X			Co			
Coconut Mixed Berry Frangipane Tart	X	X	X			A, Co			
Coffee Cake	X	X	X			W			
Dark Chocolate Mousse (GF)		X	X	X					

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BAKERY - CAKES & DESSERTS									
Espresso Mocha Mousse (GF)		X	X	X					
Halva Bomb (GF)		X	X	X	X				
Lemon Mint Tart	X	X	X						
Lemon Poppy Pound Cake	X	X	X						
Lemon Raspberry Pavlova		X	X						
Maple Walnut Carrot Cake	X	X	X			W			
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			
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			
Red Eye									

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Name	Wheat	Milk	Egg	Soy	Sesame	Tree Nuts	Fish	Shellfish	Notes
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									
Chocolate Covered Matzo Bark	X								
Coconut Macarons		X	X			Co			
Cookie Assortment Gift Box - Large	X	X	X	X		A, Pis, Pec			
Cookie Assortment Gift Box - Small	X	X	X	X		A, Pis			
Easter Egg Cookie - Bag Of 4	X	X	X						
Easter Sweets Basket	X	X	X	X		H, Co			
Hot Cross Buns	X	X	X						
Passover Signature Gift Box	X	X	X			A			
Royal Icing Egg Cookies	X	X	X						
Tatte Signature Gift Box	X	X	X	X		A, Cw, Pec, Pis			

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NUTRITIONAL INFORMATION



Nutritional information is based on 1 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.03.09.24

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											
Bread And Butter	710	19	8.5	0	44.5	1110	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	
House Breakfast Plate	660	31	7.5	0	493	2220	62	5	7	30	without bread: 470
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
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
Roasted Pear, Labneh, & Granola	720	39	20	0	83.5	220	81	6	54	10	
Sausage Breakfast Sandwich	810	46.5	18.5	1.5	339.5	1660	64	4	7	37	
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
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
TARTINES											
Avocado	670	29	6	0	430	1830	75	8	2	26	
Smoked Salmon Avocado	740	55.5	9.5	0	43.5	1570	45	9	3	22	
SHAKSHUKA (with bread)											
Bacon, Potato & Mushroom	1860	142	68.5	3	739.5	2940	103	8	12	46	without bread: 1480
Meatball	1230	58	20	0	575	3600	130	7	38	50	without bread: 730
Traditional	1010	41	13.5	0	523.5	3380	125	6	35	40	without bread: 510
PLATES & BOWLS (with bread)											
Artichoke & Feta Quiche & Salad	920	65	38	2	289	1190	63	5	9	19	
Braised Short Rib & Eggplant Couscous Bowl	830	32	6.5	0	77	2570	75	14	17	44	
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
Flatbread Slice - Asparagus & Ricotta	500	20	6	0	29	1120	64	4	11	15	
Flatbread Slice - Tomato Mozzarella	630	35.5	8.5	0	21.5	1200	62	2	10	16	
Lamb Kebab Plate	940	52	18.5	0	104	1990	80	12	18	32	without bread: 690
Quiche Leek, Potato & Spinach & Salad	900	64	37	2	253.5	1030	64	5	7	18	
Roasted Eggplant Couscous Bowl	610	31	5	0	215	1810	67	13	10	23	
Roasted Mushroom, Spinach & Potato Bowl	860	61	32	1.5	348.5	1350	60	5	5	19	without bread: 670
Roasted Salmon & Vegetable Rice Bowl	850	50	7	0	75	1120	64	4	4	45	
Roasted Squash & Mushroom Farro Bowl	820	51.5	14	0	249.5	1790	74	7	3	25	
SANDWICHES											
BLAT	870	55	10.5	0	83.5	1650	73	7	11	25	
Chicken Pita Sandwich	500	15.5	3.5	0	84	870	51	4	8	31	
Chicken Salad Sandwich	860	43.5	10.5	0	120.5	1520	75	7	14	39	
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	710	37.5	17	0	119.5	1450	56	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	75	10	9	23	
Turkey BLAT	850	48	8.5	0	62	1830	73	12	8	32	
SALADS (with roll & dressing)											
Crunchy Halloumi Salad	1130	83.5	21.5	0	119.5	2220	61	8	26	38	without bread: 990
Fattoush Salad	1020	81.5	19	0	80.5	1900	60	7	16	20	without bread: 880
Green & Nutty Salad	1020	59.5	15	0	41	1100	98	15	58	32	without bread: 880
Maple, Squash & Chicken Salad	640	24.5	6.5	0	103	1490	73	9	27	34	without bread: 500
Spiced Shrimp & Avocado Mousse Salad	550	37.5	7.5	0	112.5	1810	38	5	8	20	without bread: 410
Tuna Nicoise Salad	1000	74.5	11.5	0	250.5	2290	51	6	9	105	without bread: 860
SOUPS (with roll)											
Carrot - Bowl	290	11	5	0.5	31	1950	44	5	13	5	without bread: 150
Carrot - Cup	240	8.5	3.5	0	25	1490	38	4	10	5	without bread: 100
Chicken & Pea - Bowl	310	11.5	2.5	0	86.5	1360	34	3	6	18	without bread: 170
Chicken & Pea - Cup	250	9	2	0	62	1090	31	3	5	13	without bread: 110
Chicken And Kale - Bowl	280	11.5	2.5	0	80.5	1610	31	3	5	15	without bread: 140
Chicken And Kale - Cup	230	8.5	2	0	58	1260	29	2	4	11	without bread: 90
Chicken Swiss Chard And Potato - Bowl	300	11.5	2.5	0	84	1690	33	2	5	16	without bread: 160
Chicken Swiss Chard And Potato - Cup	250	9	2	0	60	1310	30	2	4	12	without bread: 110
Mushroom And Farro - Bowl	230	6.5	1	0	12.5	1180	39	3	5	7	without bread: 90
Mushroom And Farro - Cup	200	5.5	0.5	0	12.5	980	34	3	4	5	without bread: 60
Potato Leek - Bowl	240	7.5	1	0	12.5	1180	41	3	5	5	without bread: 100
Potato Leek - Cup	210	6	0.5	0	12.5	970	35	2	4	5	without bread: 70

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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
SOUPS (with roll)											
Red Lentil - Bowl	220	5.5	0.5	0	12.5	830	37	3	4	7	without bread: 80
Red Lentil - Cup	190	5	0.5	0	12.5	740	33	2	3	6	without bread: 50
Sweet Potato - Bowl	290	9.5	4	0.5	28.5	1250	48	4	12	5	without bread: 150
Sweet Potato - Cup	240	7.5	3	0	23	1020	40	3	9	5	without bread: 100
Tomato Basil - Bowl	470	26.5	10.5	0.5	57	2390	49	2	20	12	without bread: 330
Tomato Basil - Cup	360	19	7	0.5	42	1780	41	2	14	9	without bread: 220
BRUNCH											
French Toast	1330	73	34.5	1	302	1190	147	7	73	30	
Meze Breakfast	1190	83.5	31.5	1	547	3430	81	6	17	37	without bread: 760
Pancakes	1070	50	22	0	363.5	1190	138	4	63	23	
Savory French Toast	1200	77.5	29	1	691.5	2120	95	5	17	41	
Donut, Strawberry	490	24	13	1	123	300	59	3	23	9	
Donut, Vanilla Sugar	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 House Breakfast Plate	550	34.5	7.5	0	493	1620	35	3	2	25	without bread: 470
GF Lamb Hash	840	61	20	0	318	1770	46	6	11	29	without bread: 760
GF Meze Breakfast	860	70	30.5	1	547	1460	38	5	9	26	without bread: 740
GF Prosciutto Scrambled Egg Plate	610	42.5	21.5	1	529	410	14	less than 1 gram	1	26	without bread: 530
GF Sausage Breakfast Sandwich	670	48.5	18	1.5	313	1230	29	2	3	31	
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
GF Tomato & Goat Cheese Scrambled Egg Plate	590	49	24.5	1	522	460	18	less than 1 gram	5	20	without bread: 510
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: 1480
GF Meatball Shakshuka	980	56.5	19.5	0	532	3130	78	5	32	41	without bread: 740
GF Traditional Shakshuka	760	40	13	0	480.5	2910	73	4	29	31	without bread: 520
GF PLATES (with bread)											
GF Chickpea & Fava Plate	480	34.5	4.5	0	0	1160	40	8	6	9	without bread: 400
GF Lamb Kebab Plate	860	59	19	0	104	1930	58	10	15	28	without bread: 700
GF Roasted Mushroom, Spinach & Potato Bowl	760	62	31.5	1.5	348.5	1140	40	4	6	15	without bread: 680
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	1070	83.5	21.5	0	107	1790	49	8	24	35	without bread: 990
GF Green & Nutty Salad	950	58.5	14.5	0	28.5	670	86	14	57	30	without bread: 870
GF Maple, Squash & Chicken Salad	580	25	6	0	90.5	1060	61	9	26	32	without bread: 500
GF Spiced Shrimp & Avocado Mousse Salad	500	38	7	0	100	1380	25	4	6	17	without bread: 420
GF Tuna Nicoise Salad	930	73.5	11	0	237.5	1860	40	6	8	103	without bread: 850
GF SOUPS (with bread)											
Chicken And Kale - Bowl (GF)	220	11.5	2.5	0	68	1180	18	2	3	13	without bread: 140
Chicken And Kale - Cup (GF)	180	9	1.5	0	45.5	830	16	2	2	9	without bread: 100
Chicken Swiss Chard And Potato - Bowl (GF)	240	12	2.5	0	71	1260	21	2	4	14	without bread: 160
Chicken Swiss Chard And Potato - Cup (GF)	190	9	1.5	0	47.5	880	18	1	3	10	without bread: 110
Potato Leek - Bowl (GF)	180	8	1	0	0	750	28	2	3	3	without bread: 100
Potato Leek - Cup (GF)	150	6.5	0.5	0	0	540	23	2	2	2	without bread: 70
Red Lentil - Bowl (GF)	160	5.5	0.5	0	0	400	24	2	2	5	without bread: 80
Red Lentil - Cup (GF)	130	5	0.5	0	0	310	20	2	2	4	without bread: 50
Tomato Basil - Bowl (GF)	410	26.5	10	0.5	44.5	1960	36	1	18	9	without bread: 330
Tomato Basil - Cup (GF)	300	19	7	0.5	29.5	1350	28	1	13	6	without bread: 220
GRAB & GO											
G&G Bagged Salad Rolls	330	7	0.5	0	25	1130	49	2	5	7	
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	30.5	13.5	0.5	59	2430	32	1	23	11	
G&G Tuna Salad	530	39.5	15	0	84.5	370	6	0	3	143	

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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
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 Snail	390	25.5	16.5	0	75	250	36	less than 1 gram	13	5	
Croissant, Almond	580	38.5	20.5	0.5	126.5	390	57	3	27	8	
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	48	3	17	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	560	37	22	0.5	89.5	330	55	2	27	4	
Muffin, Cranberry Orange Ginger	400	13.5	3.5	0	61	240	67	2	37	6	
Muffin, Dark Chocolate (GF)	440	28	14.5	0.5	126	320	40	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	
Rose, Chocolate	590	24.5	7.5	0.5	54.5	580	84	2	29	11	
Rose, Cinnamon Pecan	660	39	15.5	1	97.5	540	75	4	20	10	
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	
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	21.5	0.5	129.5	160	47	1	24	9	
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, 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	230	12.5	8	0.5	33	230	28	less than 1 gram	10	2	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	16.5	0.5	81.5	140	24	1	15	4	
Cheesecake Cup - Crumbs	360	28.5	18	1	87.5	180	25	0	14	4	
Cheesecake Cup - Red Fruit	350	26.5	16.5	0.5	81.5	140	26	3	15	4	
Dark Chocolate Mousse Ind	540	41.5	25.5	1	148.5	85	33	0	25	8	
Espresso Mocha Mousse Ind	750	64	38.5	1	163.5	95	35	less than 1 gram	30	9	
Halva Bomb, Ind	720	47	23	0.5	130	160	51	3	24	12	
Krembo, Passion Fruit	310	20	12	0.5	59	140	32	0	25	2	
Meringue, Chocolate Coconut ind	160	2	1.5	0	0	35	33	0	32	2	
Pavlova, Lemon Raspberry Ind	490	28	17	0.5	69.5	50	56	3	42	5	
Pistachio Crush Ind	640	52.5	26.5	1.5	118.5	105	37	3	29	9	
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	20	2	
Tart, Mixed Nut - Ind	870	65.5	23.5	1	100.5	220	68	6	40	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	

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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
6" Cheesecake, Blue Fruit (8 slices)	390	29.5	18.5	1	91.5	170	27	1	16	5	1 serving = 1 slice
6" Cheesecake, Crumb (8 slices)	450	34	21.5	1	103.5	240	33	less than 1 gram	16	5	1 serving = 1 slice
6" Cheesecake, Red Fruit (8 slices)	390	29.5	18.5	1	91.5	170	28	2	16	5	1 serving = 1 slice
6" Dark Chocolate Mousse (8 slices)	440	33	20	0.5	124	80	27	0	20	7	1 serving = 1 slice
6" Pistachio Crush (8 slices)	390	33.5	17	1	76.5	55	22	2	17	6	1 serving = 1 slice
6" Tart, Lemon Mint (8 slices)	370	27	16.5	1	107	65	31	0	20	3	1 serving = 1 slice
6" Tart, Pear (8 slices)	420	26	11	0.5	77.5	160	43	3	29	4	1 serving = 1 slice
6" Tiramisu (8 slices)	200	11	7	0	66.5	50	21	0	15	5	1 serving = 1 slice
8" Halva Bomb (12 slices)	640	49	28.5	1	75.5	125	40	less than 1 gram	27	7	1 serving = 1 slice
9" Cake, Belgian Chocolate Mousse (16 slices)	570	43.5	27	1	72	100	37	0	10	6	1 serving = 1 slice
9" Cake, Dark Chocolate Mousse (12 slices)	540	40.5	24.5	1	147	100	33	0	24	8	1 serving = 1 slice
9" Cheesecake, Blue Fruit (12 slices)	490	37.5	23.5	1	116.5	220	35	2	20	6	1 serving = 1 slice
9" Cheesecake, Crumbs (12 slices)	550	41.5	26	1	127	290	39	less than 1 gram	20	7	1 serving = 1 slice
9" Cheesecake, Red Fruit (12 slices)	500	38	23.5	1	116.5	220	37	3	20	6	1 serving = 1 slice
9" Pistachio Crush (12 slices)	600	49.5	25	1.5	111	100	35	3	28	9	1 serving = 1 slice
9" Tart, Lemon Mint (12 slices)	580	42.5	26	1.5	170.5	100	48	less than 1 gram	34	5	1 serving = 1 slice
9" Tart, Pear (12 slices)	360	19.5	9.5	0.5	67.5	135	43	2	26	4	1 serving = 1 slice
9" Tiramisu (12 slices)	320	17.5	12	0	106.5	80	32	0	24	8	1 serving = 1 slice
Cake, Apricot Pistachio Upside Down (8 slices)	510	25	12	0.5	104	220	66	2	45	7	1 serving = 1 slice
Cake, Coffee (8 slices)	900	49.5	23	1	173	740	105	3	55	14	1 serving = 1 slice
Loaf Cake, Lemon Poppy (10 slices)	830	33.5	15.5	1	129	300	128	3	80	9	1 serving = 1 slice
Loaf Cake, Maple Walnut Carrot (10 slices)	660	39.5	5.5	0	108.5	500	72	4	36	10	1 serving = 1 slice
Pie, Pistachio Cherry (Retail) (9 slices)	480	30	15	1	89.5	190	50	3	22	7	1 serving = 1 slice
Tart, Almond - Long Pie (8 slices)	770	59.5	9	0.5	54	125	49	9	16	20	1 serving = 1 slice
Tart, Mixed Berry Coconut Frangipane (8 slices)	560	33.5	21.5	1	104.5	230	60	3	33	5	1 serving = 1 slice
Tart, Mixed Nut - Long (6 slices)	1060	81.5	24	1	99	210	76	9	36	18	1 serving = 1 slice
Tart, Pecan - Long (8 slices)	790	69.5	14	0.5	54	110	42	8	16	10	1 serving = 1 slice
BAKERY - BREAD											
Bread, Baguette Retail (8 slices)	110	0	0	0	0	260	21	less than 1 gram	0	4	1 serving = 1 slice
Bread, Challah Braid Lg (12 slices)	420	10.5	1	0	36	730	73	3	8	10	1 serving = 1 slice
Bread, Ciabatta Loaf (6 slices)	230	4	0.5	0	0	480	38	2	0	7	1 serving = 1 slice
Bread, Ciabatta Retail (6 slices)	120	2	0.5	0	0	240	19	less than 1 gram	0	4	1 serving = 1 slice
Bread, Country Sourdough Retail (12 slices)	140	0	0	0	0	290	27	1	0	5	1 serving = 1 slice
Bread, Focaccia Ind (6 slices)	140	5.5	1	0	3.5	280	17	less than 1 gram	0	4	1 serving = 1 slice
Bread, Multigrain Retail (12 slices)	140	2	0	0	0	300	25	2	2	5	1 serving = 1 slice
DRINKS											
12 Oz Americano	0	0	0	0	0	15	0	0	0	0	
12 Oz Black Sesame Latte	400	23	8	0	37.5	220	37	1	32	13	
12 Oz Cafe Au Lait	80	4	2.5	0	15	70	6	0	6	4	
12 Oz Chai Latte	150	5	3	0	19	80	21	0	20	5	
12 Oz Coffee	0	0	0	0	0	10	0	0	0	0	
12 Oz Cold Brew	0	0	0	0	0	0	0	0	0	0	
12 Oz Cold Brew - Keg	0	0	0	0	0	0	0	0	0	0	
12 Oz Cold Milk	230	12	7.5	0	45	180	18	0	17	12	
12 Oz Decaf Americano	0	0	0	0	0	0	0	0	0	0	
12 Oz Decaf Black Sesame Latte	400	23	8	0	37.5	220	37	1	32	13	
12 Oz Decaf Honey Halva Latte	270	13	7	0	37.5	170	27	less than 1 gram	23	11	
12 Oz Decaf Latte	190	10	6.5	0	37.5	150	15	0	14	10	
12 Oz Decaf Mocha	360	21.5	13	0	37.5	150	29	0	25	12	
12 Oz Decaf Pistachio Latte	390	19	7.5	0	37.5	250	43	2	38	14	
12 Oz Honey Halva Latte	270	13	7	0	37.5	170	27	less than 1 gram	23	11	
12 Oz Hot Chocolate	470	29	18	0	37.5	150	38	0	33	14	
12 Oz Iced Black Tea - Cup	0	0	0	0	0	15	0	0	0	0	
12 Oz Iced Blood Orange Hibiscus Tea - Cup	0	0	0	0	0	15	0	0	0	0	
12 Oz Iced Green Tea - Cup	0	0	0	0	0	15	0	0	0	0	
12 Oz Latte	190	10	6.5	0	37.5	150	15	0	14	10	
12 Oz London Fog	120	4	2.5	0	15	60	18	0	17	4	
12 Oz Matcha Latte	190	10	6.5	0	37.5	150	15	0	14	10	
12 Oz Mocha	360	21.5	13	0	37.5	150	29	0	25	12	
12 Oz Nitro	10	0	0	0	0	0	0	0	0	0	
12 Oz Pistachio Latte	390	19	7.5	0	37.5	250	43	2	38	14	
12 Oz Red Eye	0	0	0	0	0	10	0	0	0	0	
12 Oz Steamed Milk	190	10	6.5	0	37.5	150	15	0	14	10	
12 Oz Turmeric & Honey Latte	240	10	6.5	0	37.5	150	29	less than 1 gram	24	10	

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16 Oz Americano	0	0	0	0	0	0	0	0	0	0	
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	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	

NUTRITIONAL INFORMATION v. 03.09.24

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
DRINKS											
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	
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	0	less than 1 gram	0	0	0	
Add Avocado (about half an avocado)	160	14.5	2	0	0	5	9	7	less than 1 gram	2	
Add Bacon (2 slices)	100	7.5	2.5	0	21	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	5.5	0.5	27.5	180	less than 1 gram	0	0	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	0	0	0	6	
Add Extra Short Rib	150	3.5	1.5	0	46	480	0	0	0	16	
Add Fava Beans	30	0.5	0	0	0	20	5	2	0	2	
Add Feta	140	10	7	0	22.5	790	2	0	0	11	
Add Granola	210	12	1.5	0	0	25	21	2	7	5	
Add Goat Cheese	170	13.5	9.5	0	29.5	290	0	0	0	12	
Add Halloumi Cheese	200	15	8.5	0	48	610	2	0	2	13	
Add Ham (3.5 oz)	150	8	3.5	0	52.5	1050	5	0	5	15	
Add Jam	90	0	0	0	0	15	23	1	22	0	
Add Lamb Meatball (2.4 oz)	160	12.5	5.5	0	47	320	less than 1 gram	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	20.5	3	0	11.5	180	0	0	0	0	
Add Mixed Pickled Vegetables	40	0.5	0	0	0	160	7	2	4	1	
Add Prosciutto (1 oz)	50	3	2	0	25.5	0	0	0	0	8	
Add Rice	290	7.5	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 Shrimp	70	3	0.5	0	91.5	680	less than 1 gram	0	0	10	
Add Sliced Cucumber	0	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 Smoked Salmon	70	2.5	0.5	0	30	790	0	0	0	13	
Add Spinach	10	0.5	0	0	0	10	0	0	0	0	
Add Sujuik Sausage	160	13	5	1	42.5	540	2	less than 1 gram	0	9	
Add Tomato Jam	30	0	0	0	0	390	7	1	6	less than 1 gram	
Add Tuna Salad	330	24.5	9	0	52.5	230	4	0	2	90	
Add Turkey	50	0.5	0	0	30	410	0	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 - Maple, Squash & Chicken Salad	110	6	4.5	0	20	320	13	0	11	1	
Dressing - Spiced Shrimp & Avocado Mousse Salad	140	16	2.5	0	0	155	2	0	0	0	
Dressing - Tuna Nicoise Salad	290	33	5	0	0	840	1	0	0	0	
DRINK 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	less than 1 gram	
Add Splash of Soy Milk (2 oz)	30	1	0	0	0	25	3	0	2	2	
Add Splash of Whole Milk (2 oz)	40	2	1.5	0	10	30	3	0	3	2	