

A person wearing a white button-down shirt is seated at a table. In front of them is a white bowl filled with a meal consisting of white rice, a protein patty, chickpeas, purple onions, and a dollop of white sauce topped with fresh green herbs. To the left of the bowl is a clear plastic cup filled with iced coffee and several ice cubes. A hand is visible on the right side of the frame, holding a silver fork. The table surface is a light-colored, possibly marble, material. The background is softly blurred, showing the person's torso and the table setting.

TATTE BAKERY & CAFÉ

ALLERGEN
& NUTRITIONAL
INFORMATION

Fall & Winter 2024-2025 | v.09.25.24

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

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			
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		
Warm Oatmeal with Dried Fruits					X				
TARTINES									
Avocado	X		X						
Smoked Salmon Avocado	X	X	X	X			X		
SHAKSHUKA									
Bacon, Potato & Mushroom	X	X	X						
Meatball	X	X	X						
Traditional	X	X	X						
PLATES & BOWLS									
Braised Short Rib & Eggplant Couscous Bowl	X								
Chickpea & Fava Plate	X				X	H			
Lamb Kebab Plate	X	X			X				
Maple Aleppo Chicken		X				H			
Quiche - Ham & Cheddar & Salad	X	X	X						
Quiche - Leek, Potato & Spinach & Salad	X	X	X						
Roasted Salmon & Winter Vegetable Rice Bowl							X		
Tomato Mozzarella Flatbread Slice	X	X	X			Pin			
Winter Farro Bowl	X	X	X		X				
SANDWICHES									
BLAT	X		X	X					
Broccoli & Squash Hummus Pita	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		
Short Rib Grilled Cheese	X	X	X						
Tuna	X	X	X				X		
Turkey Avocado	X	X	X	X					
Turkey BLAT	X		X	X					
SALADS									
Baby Kale, Chicken & Chickpea Salad	X	X	X						
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	X	X	X					X	
SOUPS									
Beef Chickpea	X	X	X						
Chicken Swiss Chard & Potato	X		X						
Chicken Vegetable	X		X						
Red Lentil	X		X						
Tomato Basil	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, Pis, H			
Spinach, Jerusalem Artichoke & Egg Plate	X	X	X						

ALLERGEN INFORMATION v.09.25.24

Name	Wheat	Milk	Egg	Soy	Sesame	Tree Nuts	Fish	Shellfish	Notes
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, Pis, H
GF Sausage Breakfast Sandwich		X	X						
GF Scrambled Egg Plate - Prosciutto		X	X						
GF Scrambled Egg Plate - Tomato & Goat Cheese		X	X						
GF Spinach, Jerusalem Artichoke & Egg Plate		X	X						
GF Smoked Salmon, Avocado, & Egg Sandwich		X	X	X			X		
GF TARTINES									
GF Avocado			X						
GF Smoked Salmon Avocado		X	X	X			X		
GF SHAKSHUKA									
GF Bacon, Potato & Mushroom Shakshuka		X	X						
GF Meatball		X	X						
GF Traditional		X	X						
GF PLATES & BOWLS									
GF Chickpea & Fava Plate			X		X				H
GF Lamb Kebab Plate		X	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 Baby Kale, Chicken & Chickpea Salad		X	X						
GF Crunchy Halloumi		X	X		X				A
GF Green & Nutty		X	X	X	X				
GF Maple, Squash and Chicken Salad		X	X						A
GF Spiced Shrimp & Avocado Mousse		X	X					X	
GF SOUPS									
GF Beef Chickpea		X	X						
GF Chicken Swiss Chard & Potato			X						
GF Chicken & Vegetable			X						
GF Red Lentil			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
Overnight Oats					X				
Tomato Basil Soup		X							
Tuna Salad		X					X		
BAKERY - MORNING PASTRIES									
Biscuit, Buttermilk	X	X	X						
Bourekas, Cheese	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						
Danish, Sour Cherry Cream Cheese	X	X	X						
Jerusalem Bagel	X				X				
Kouign Amann	X	X	X						
Monkey Bread	X	X	X						
Morning Bun	X	X	X						
Muffin - Blueberry Olive Oil	X	X	X						
Muffin - Dark Chocolate (GF)		X	X	X					
Palmier	X	X	X						
Pita - Feta & Pistachio	X	X							Pis
Pita - Spinach & Labneh	X	X			X				
Rose - Chocolate	X	X	X	X					
Rose - Cinnamon Pecan	X	X	X						Pec
Scone - Sundried Tomato & Feta	X	X							
Tea Cake - Raspberry (GF)		X	X						A
Tea Cake, Turmeric (GF)		X	X						A
Turnover, Apple	X	X	X						

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Name	Wheat	Milk	Egg	Soy	Sesame	Tree Nuts	Fish	Shellfish	Notes
BAKERY - BROWNIES & COOKIES									
Almond Square Cookie	X	X							A
Biscotti - Cranberry Orange Pecan	X	X	X						Pec
Biscotti - Vanilla Almond	X	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				
Gingerbread Tile	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						
Blueberry Lemon Pavlova		X	X						
Cheesecake - Blue	X	X	X						
Cheesecake - Crumbs	X	X	X						
Cheesecake - Red	X	X	X						
Chocolate Loaf Cake	X	X	X	X					
Coffee Cake	X	X	X						W
Coffee Caramel Mousse (GF)		X	X						
Dark Chocolate Mousse (GF)		X	X	X					
Espresso Mocha Mousse (GF)		X	X	X					
Fruit Box - Fig	X	X	X						
Halva Bomb (GF)		X	X	X	X				
Honey Apple Cake	X	X	X						A
Krembo - Passion Fruit		X	X	X					Co
Krembo - Vanilla Lime		X	X						A
Lemon Mini Tart	X	X	X						
Lemon Poppy Pound Cake	X	X	X						
Maple Pecan Pie	X	X	X						Pec
Mixed Nut Box	X	X	X						Cw, H, Pec, Pis, W
Mixed Tart - Long	X	X	X						Cw, H, Pec, Pis, W
Orange Upside Down Cake	X	X	X						A
Pear Tart	X	X	X						A
Pear Tarte Tatin	X	X	X						
Pecan Tart - Long	X	X	X						Pec
Pistachio Cherry Tart	X	X	X						A, Pis
Pistachio Crush		X	X						Pis
Pumpkin Pie with Pecans	X	X	X						Pec
Pumpkin Pie without Pecans	X	X	X						
Raspberry Yogurt Meringue Cloud (GF)		X	X						
Tiramisu	X	X	X						
Toasted Cocoa Nib Meringue Cloud (GF)		X	X						
BAKERY - BREAD									
Baguette	X								
Challah/Rolls	X		X						
Ciabatta	X								
Focaccia	X	X							
Multigrain	X								
Sourdough	X								
DRINKS - BOTTLED									
Blood Orange Pellegrino									
Bottled Water									
Kale & Apple Juice									
Limonata Pellegrino									
Mint Lemonade									
Orange Juice									
Pear Juice									
San Pellegrino Sparkling Water									

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Name	Wheat	Milk	Egg	Soy	Sesame	Tree Nuts	Fish	Shellfish	Notes
DRINKS - COFFEE									
Café Au Lait		X							
Coffee									
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									
DRINKS - OTHER									
Chai Latte		X							
Cold Milk		X							
Hot Chocolate		X		X					
Ginger, Date, Oatmilk Latte									
Lemon, Thyme & Espresso Soda									
Matcha Latte		X							
Preserved Fig Lemon Mint Soda									
Orange, Coriander & Matcha Spritz									
Sparkling Matcha Lemonade									
Steamed Milk		X							
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, Tatte #1 Drip Blend									
12 Oz Bag, Tatte #4 Espresso Blend									
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									A
GIFT ASSORTMENTS & HOLIDAY									
Biscotti Tin - Cranberry Orange Pecan	X	X	X						Pec
Biscotti Tin - Vanilla Almond	X	X	X						A
Cookie Assortment Gift Box - Large	X	X	X						A, Pis, Pec
Cookie Assortment Gift Box - Small	X	X	X						Pis
Halloween Cookie Bag	X	X	X						
Holiday Cookie Bag	X	X	X						
Linzer Ornament Cookie	X	X	X						
Pumpkin Pound Cake, 9" Retail	X	X	X						
Retail Cinnamon Rolls	X	X	X						
Retail Dinner Rolls	X	X	X						
Savory Wreath	X	X	X						
Sour Cherry Black Forest Cake, 6"	X	X	X	X					
Stollen	X	X	X						A
Tatte Signature Gift Box	X	X	X						A, Cw, Pec, Pis

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.

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NUTRITIONAL INFORMATION v. 09.25.24

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	650	44	22.5	0	314	750	40	6	6	13	
Croque Madame	760	49	24.5	0	360.5	2580	43	2	11	36	
Croque Monsieur	630	37.5	22	0	145.5	1610	42	2	11	29	
Egg In The Hole	680	37.5	5.5	0	430	2570	69	3	13	26	
Egg In The Hole with Ham & Cheese	860	48.5	10.5	0	491	3680	74	3	17	43	
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
Lamb Hash	930	61	20	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
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	710	47	17.5	0	272.5	1060	51	3	8	17	without bread: 520
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
Warm Oatmeal with Dried Fruits	520	10	1.5	0	0	110	97	11	44	12	
TARTINES											
Avocado Tartine	670	29	6	0	430	1830	75	8	2	26	
Smoked Salmon Avocado Tartine	740	55.5	9.5	0	43.5	1570	45	9	3	22	
SHAKSHUKA (with bread)											
Bacon, Potato & Mushroom Shakshuka	1650	141.5	69	3	741.5	2910	102	8	12	46	without bread: 1480
Meatball Shakshuka	1230	57.5	20	0	575	3600	130	7	38	50	without bread: 730
Traditional Shakshuka	1010	41	12.5	0	523.5	3500	125	6	33	40	without bread: 510
PLATES & BOWLS (with bread)											
Braised Short Rib & Eggplant Couscous Bowl	830	32	6.5	0	77	2570	73	14	17	43	
Chickpea & Fava Plate	720	38	5	0	0	1350	73	10	10	15	without bread: 480
Lamb Kebab Plate	1000	59	19.5	0	104	2000	80	12	17	33	without bread: 750
Maple Aleppo Chicken	700	24	4.5	0	71.5	1920	87	7	20	34	
Quiche Ham & Cheddar & Salad	1020	73	42.5	2	336.5	1310	61	3	9	27	
Quiche Leek, Potato & Spinach & Salad	900	64.5	37	2	253.5	1010	63	5	7	17	
Roasted Salmon & Winter Vegetable Rice Bowl	910	54	7.5	0	75	1520	64	4	2	43	
Short Rib, Broccolini, Lentil & Couscous Bowl	960	26	5.5	0	77	2180	104	18	26	56	
Tomato Mozzarella Flatbread Slice	620	35	8.5	0	21.5	1160	60	2	10	16	
Winter Farro Bowl	880	49	9	0	217.5	2450	90	11	15	25	
SANDWICHES											
BLAT	870	55	10.5	0	83.5	1650	73	7	11	25	
Broccolini & Squash Hummus Pita	510	18	2.5	0	0	1500	69	10	12	14	
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	6	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	0	15.5	1830	67	9	17	13	
Roasted Salmon Sandwich	1010	68	9.5	0	120	1070	67	3	9	46	
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	730	41	7.5	0	81.5	1460	75	10	9	23	
Turkey Blat	840	48	8.5	0	62	1830	73	12	8	32	
SALADS (with roll & dressing)											
Baby Kale, Chicken & Chickpea Salad	570	17.5	6	0	104.5	1890	74	11	30	40	without bread: 460
Crunchy Halloumi Salad	1130	83.5	21.5	0	119.5	2220	61	8	26	38	without bread: 990
Fattoush Salad	1020	82	18	0	80.5	2050	60	7	13	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	590	22.5	6	0	103	1290	65	8	27	34	without bread: 450
Spiced Shrimp & Avocado Mousse Salad	550	37	7.5	0	112.5	1810	38	5	8	20	without bread: 410
SOUPS (with roll)											
Beef Chickpea - Bowl	530	28	9	1	68.5	1980	50	6	15	20	without bread: 390
Beef Chickpea - Cup	390	19.5	6	0.5	48.5	1500	42	4	11	15	without bread: 250
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
Chicken Vegetable - Bowl	400	14	3.5	0	106.5	2100	47	7	7	23	without bread: 260
Chicken Vegetable - Cup	310	10.5	2.5	0	75	1590	39	5	6	16	without bread: 170
Red Lentil Bowl	220	5.5	0.5	0	12.5	830	37	3	4	7	without bread: 80
Red Lentil Cup	190	4.5	0.5	0	12.5	740	33	2	3	6	without bread: 50
Tomato Basil - Bowl	470	26	10.5	0.5	57	2390	49	2	20	12	without bread: 330
Tomato Basil - Cup	360	18.5	7	0.5	42	1780	41	2	14	9	without bread: 220

NUTRITIONAL INFORMATION v. 09.25.24

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
BRUNCH											
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	
French Toast	1330	73	34.5	1	302	1190	147	7	73	30	
Meze Breakfast	970	58.5	12	0	447	2780	86	6	18	39	without bread: 540
Pancakes	1070	49	21.5	0	363.5	1190	138	4	63	23	
Savory French Toast	1200	77.5	29	1	691.5	2120	95	5	17	41	
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	60.5	20	0	318	1770	46	6	11	29	without bread: 760
GF Meze Breakfast	700	47.5	11.5	0	447	1890	47	6	10	27	without bread: 540
GF Prosciutto Scrambled Egg Plate	530	42.5	21.5	1	529	410	14	less than 1 gram	1	26	without bread: 450
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	600	47.5	17.5	0	272.5	850	31	2	9	13	without bread: 520
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	1470	147	69	3	741.5	2490	61	6	14	37	without bread: 1520
GF Meatball Shakshuka	980	56.5	19.5	0	532	3130	78	5	32	41	without bread: 740
GF Traditional Shakshuka	760	40	12	0	480.5	3030	73	4	26	31	without bread: 520
GF PLATES (with bread)											
GF Chickpea & Fava Plate	560	41.5	5.5	0	0	1160	39	8	6	10	without bread: 480
GF Lamb Kebab Plate	920	66	20	0	104	1940	58	10	14	29	without bread: 760
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 Baby Kale, Chicken & Chickpea Salad	570	17.5	5.5	0	91.5	1460	61	10	28	38	without bread: 460
GF Crunchy Halloumi Salad	1070	83.5	21.5	0	107	1790	49	8	25	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 and Chicken Salad	540	23	6	0	90.5	860	53	7	26	31	without bread: 460
GF Spiced Shrimp & Avocado Mousse Salad	490	37.5	7	0	100	1380	25	4	6	17	without bread: 410
GF SOUPS (with bread)											
Beef Chickpea - Bowl (GF)	470	28	8.5	1	56	1540	38	5	13	18	without bread: 390
Beef Chickpea - Cup (GF)	340	19.5	5.5	0.5	36	1070	29	4	9	12	without bread: 260
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
Chicken Vegetable - Bowl (GF)	340	14.5	3	0	93.5	1670	34	6	6	21	without bread: 260
Chicken Vegetable - Cup (GF)	260	11	2	0	62.5	1160	27	4	4	14	without bread: 180
Red Lentil Bowl (GF)	160	5.5	0.5	0	0	400	24	2	2	5	without bread: 80
Red Lentil Cup (GF)	140	5	0.5	0	0	310	20	2	2	4	without bread: 60
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	280	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	12	35	
G&G Chicken Salad Sandwich	650	21.5	4.5	0	92.5	1150	73	6	13	38	
G&G Fattoush Salad	880	78.5	17.5	0	68	1490	35	6	10	17	
G&G Fresh Mozzarella Sandwich	940	51	15.5	0	50.5	1520	82	5	4	32	
G&G Green & Nutty Salad	880	56	14.5	0	28.5	540	74	14	56	29	
G&G Labneh	9										

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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	440	31.5	20.5	0	109.5	610	31	1	6	9	
Chocolate Rose	590	24.5	7.5	0.5	54.5	580	84	2	29	11	
Chocolate Snail	370	21	13.5	0	67	260	36	1	13	7	
Cinnamon Pecan Rose	660	39	15.5	1	97.5	540	75	4	20	10	
Croissant, Almond	590	34	17.5	0.5	117	420	59	3	27	9	
Croissant, Chocolate	450	24.5	16	0	63.5	350	47	1	16	7	
Croissant, Ham & Cheese	440	25.5	15.5	0	98.5	980	35	1	7	16	
Croissant, Pistachio	540	33	17	0.5	106	400	50	3	17	10	
Croissant, Plain	390	21.5	14	0	71.5	390	39	2	6	7	
Danish, Sour Cherry Cream Cheese	510	27.5	17.5	0	95	530	56	2	22	8	
Dark Chocolate Muffin	440	28	14.5	0.5	126	280	40	3	30	7	
GF Tea Cake, Raspberry	230	13.5	4	0	71.5	120	22	2	16	3	
GF Tea Cake, Turmeric	250	14	5.5	0.5	93	160	27	1	20	3	
Jerusalem Bagel	430	18.5	1	0	0	1150	63	2	11	13	
Kouign-Amann	380	22	14.5	0	65.5	530	37	1	8	6	
Monkey Bread	450	25	16.5	0	81.5	400	49	2	17	7	
Morning Bun	530	31.5	18	0.5	86.5	350	56	2	27	6	
Muffin, Blueberry Olive Oil	380	23	6.5	0	65	310	40	1	17	5	
Palmier	400	24	16	0	76	380	44	1	20	4	
Pita, Feta & Pistachio Pita	420	18	5.5	0	15	1030	51	3	8	15	
Pita, Goat Cheese, Leek & Kale	510	18	4	0	6.5	1180	72	4	11	13	
Pita, Spinach & Labneh	330	12	4.5	0	16.5	2000	47	2	7	7	
Scone, Savory	620	40	25.5	1.5	113	840	58	3	9	13	
Turnover, Apple	450	26	17.5	0	93.5	440	51	2	24	5	
BAKERY - BROWNIES & COOKIES											
Brownies, Halva	700	42	22	0.5	129.5	170	54	1	28	10	
Brownies, Plain	590	35	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	9	
Chocolate, Dark, Almonds Retail	170	11	4.5	0	0	65	13	less than 1 gram	10	3	servings = 9 almonds
Cookie, Almond Square - Bag	130	8.5	3	0	12	40	12	1	5	2	servings = 2 cookies
Cookie, Chocolate Sandwich - Ind	470	27	13.5	0.5	46.5	340	40	3	25	5	
Cookie, Cranberry Pistachio - Bag	140	6.5	3	0	14.5	30	19	1	10	2	servings = 3 cookies
Cookie, Cranberry Pistachio - Box	140	6.5	3	0	14.5	30	19	1	10	2	servings = 3 cookies
Cookie, Crunchy Almond - Ind	50	3.5	0.5	0	0	0	3	less than 1 gram	2	2	
Cookie, Gingerbread Tile (4 servings)	110	3.5	2	0	11.5	90	18	0	9	1	servings = 1/4 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	servings = 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	servings = 2 cookies
Cookie, Plain Butter - Box	120	7.5	4.5	0.5	24.5	75	14	0	4	2	servings = 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	servings = 4 cookies
Cookie, Vanilla Shortbread - Bag	230	12.5	8	0.5	33	230	28	less than 1 gram	10	2	servings = 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	servings = 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	370	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	
Coffee Caramel Mousse Ind	530	41	24	1	128.5	50	35	1	20	6	
Dark Chocolate Mousse Ind	500	39.5	24	1	142.5	45	31	0	26	7	
Espresso Mocha Mousse Ind	480	41	25	1	105	60	22	0	20	6	
Halva Bomb, Ind	690	44	23	0.5	130	160	51	2	24	11	
Krembo, Passion Fruit	310	20	12	0.5	59	140	37	0	28	2	
Krembo, Vanilla Lime	270	14.5	7.5	0.5	62.5	55	34	0	25	2	
Meringue, Raspberry Yogurt - Small	70	0.5	0.5	0	0	15	14	0	14	1	
Meringue, Toasted Cocoa Nib - Small	60	0.5	0	0	0.5	25	14	0	13	less than 1 gram	
Pavlova, Mint Lemon Blueberry Ind	530	27.5	17	0.5	69.5	55	66	1	53	5	
Tart, Fruit Box - Fig	420	27.5	17	1	76	100	41	1	12	5	
Tart, Lemon Mint - Ind	280	33.5	20	1	117.5	90	44	less than 1 gram	26	4	
Tart, Mixed Nut - Ind	870	65.5	23.5	1	100.5	220	68	6	40	13	
Tart, Pear - Ind	890	50	25.5	1.5	175	360	102	2	51	10	
Tart, Pistachio Cherry - Ind	680	42	21	1.5	118	260	70	4	30	10	
Tiramisu - Ind	350	14	8.5	0	84.5	70	33	0	22	8	

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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 - WHOLE CAKES, PIES & TARTS											
6" Cheesecake, Blue Fruit (8 slices)	390	29.5	18.5	1	91	180	28	1	16	5	servings = 1 slice
6" Cheesecake, Crumb (8 slices)	450	34	21	1	102.5	250	34	less than 1 gram	16	6	servings = 1 slice
6" Cheesecake, Red Fruit (8 slices)	390	29.5	18.5	1	91	180	28	2	15	5	servings = 1 slice
6" Dark Chocolate Mousse (8 slices)	440	33	20	0.5	124	80	27	0	20	7	servings = 1 slice
6" Pistachio Crush (8 slices)	390	33.5	17	1	76.5	55	22	2	17	6	servings = 1 slice
6" Tart, Lemon Mini (8 slices)	370	27	16.5	1	107	65	31	0	20	3	servings = 1 slice
6" Tart, Pear (8 slices)	420	26	11	0.5	77.5	160	43	3	29	4	servings = 1 slice
6" Tiramisu (8 slices)	200	11	7.5	0	66	50	20	0	15	5	servings = 1 slice
8" Halva Bomb (12 slices)	640	49	28.5	1	75.5	125	40	less than 1 gram	27	7	servings = 1 slice
9" Cake, Dark Chocolate Mousse (12 slices)	540	40.5	24.5	1	147	100	33	0	24	8	servings = 1 slice
9" Cake, Honey Apple (8 slices)	500	18	4	0	41	160	48	3	23	5	servings = 1 slice
9" Cheesecake, Blue Fruit (12 slices)	500	37.5	23.5	1	116	230	35	2	20	6	servings = 1 slice
9" Cheesecake, Crumbs (12 slices)	540	41	25.5	1	125.5	290	39	less than 1 gram	20	7	servings = 1 slice
9" Cheesecake, Red Fruit (12 slices)	500	38	23.5	1	116	230	36	2	20	6	servings = 1 slice
9" Pistachio Crush (12 slices)	600	49.5	25	1.5	111	100	35	3	28	9	servings = 1 slice
9" Tart, Lemon Mint (12 slices)	580	42.5	26	1.5	170.5	100	48	less than 1 gram	34	5	servings = 1 slice
9" Tart, Pear (12 slices)	360	19.5	9.5	0.5	67.5	135	43	2	26	4	servings = 1 slice
9" Tiramisu (12 slices)	320	18	12	0	106	80	32	0	24	7	servings = 1 slice
Cake, Coffee (8 slices)	900	49.5	23	1	173	740	105	3	55	14	servings = 1 slice
Cake, Orange Upside Down (8 slices)	450	4.5	2	0	10	25	95	3	19	10	servings = 1 slice
Loaf Cake, Chocolate (10 slices)	940	57.5	24.5	1	185.5	430	75	1	38	11	servings = 1 slice
Loaf Cake, Lemon Poppy (10 slices)	830	33.5	15.5	1	129	300	128	3	86	9	servings = 1 slice
Pie, Apple (6 slices)	710	29	18	1	81.5	500	103	5	57	5	servings = 1 slice
Pie, Maple Pecan (8 slices)	660	41	13	0.5	109.5	170	69	3	43	8	servings = 1 slice
Pie, Pistachio Cherry (Retail) (9 slices)	480	30	15	1	89.5	190	50	3	22	7	servings = 1 slice
Pie, Pumpkin - With Pecans (8 slices)	410	21	9.5	0.5	117	290	50	3	25	7	servings = 1 slice
Pie, Pumpkin - Without Nuts (8 slices)	360	16	9	0.5	117	290	49	2	25	6	servings = 1 slice
Tart, Almond - Long Pie (8 slices)	770	59.5	9	0.5	54.5	125	49	9	16	20	servings = 1 slice
Tart, Mixed Nut - Long (6 slices)	1060	90	29	1.5	120	260	88	9	47	19	servings = 1 slice
Tart, Pecan - Long (8 slices)	790	69.5	14	0.5	54.5	115	42	8	16	11	servings = 1 slice
BAKERY - BREAD											
Bread, Baguette Retail (8 slices)	110	0	0	0	0	230	22	less than 1 gram	0	4	servings = 1 slice
Bread, Challah Braid Lg (12 slices)	420	10.5	1	0	36	730	73	3	8	10	servings = 1 slice
Bread, Ciabatta Loaf (6 slices)	230	4	0.5	0	0	480	38	2	0	7	servings = 1 slice
Bread, Ciabatta Retail (6 slices)	120	2	0.5	0	0	240	19	less than 1 gram	0	4	servings = 1 slice
Bread, Country Sourdough Retail (12 slices)	140	0	0	0	0	290	27	1	0	5	servings = 1 slice
Bread, Focaccia Ind (6 slices)	140	5.5	1	0	3.5	280	17	less than 1 gram	0	4	servings = 1 slice
Bread, Multigrain Retail (12 slices)	140	2	0	0	0	300	25	2	2	5	servings = 1 slice
BAKERY - HOLIDAY											
Apple Babka	610	30.5	12.5	1	79	550	80	3	29	8	
Bread, Challah - Sesame (12 slices)	140	4	0.5	0	13	230	24	1	3	3	servings = 1 slice
Bread, Challah - Walnut Raisin (12 slices)	150	5.5	0.5	0	11.5	200	24	1	5	4	servings = 1 slice
Cookie, Halloween - Bag	200	12	7.5	0.5	39.5	125	23	less than 1 gram	7	2	
Loaf Cake, Honey (10 slices)	220	13.5	8	0.5	82.5	1					

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DRINKS											
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 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	
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 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 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 Lemon, Thyme & Espresso Soda	150	0	0	0	0	40	0	39	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	

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DRINKS											
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 Ginger & Date Latte	260	6.5	0.5	0	0	130	47	4	32	4	
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	
Lemon, Thyme & Espresso Soda	150	0	0	0	0	0	40	0	39	0	
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	
Orange Juice G&G	360	1	0	0	0	0	81	2	65	0	
Orange, Coriander & Matcha Spritz	170	0	0	0	0	0	43	2	40	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	
White Peach and Green Iced Tea	210	0	0	0	0	10	27	0	26	0	
FOOD ADD-ONS											
Add Arugula	0	0	0	0	0	0	0	0	0	0	
Add Avocado (about half an avocado)	14.5	2	0	0	5	10	7	0	2	0	
Add Bacon (2 slices)	7.5	2.5	0	21	360	0	0	0	7	0	
Add Butter (2 packets)	12	8	0	30	100	0	0	0	0	0	
Add Cheddar Cheese (1 slice)	9.5	5.5	0.5	28	180	0	0	0	7	0	
Add Chicken (4 oz)	1	0	0	71	40	0	0	0	24	0	
Add Edamame	2.5	0	0	0	0	3	0	6	0	0	
Add Egg	4.5	1.5	0	215	65	0	0	0	6	0	
Add Extra Short Rib	3.5	1.5	0	46	480	0	0	0	16	0	
Add Fava Beans	0.5	0	0	0	20	5	2	0	2	0	
Add Feta	10	7	0	23	790	0	0	0	11	0	
Add Granola	12	1.5	0	0	25	20	2	7	5	0	
Add Goat Cheese	13.5	9.5	0	30	290	0	0	0	12	0	
Add Halloumi Cheese	15	8.5	0	48	610	0	0	2	13	0	
Add Ham (3.5 oz)	8	3.5	0	53	1050	5	0	5	15	0	
Add Jam	0	0	0	0	15	25	0	22	0	0	
Add Lamb Meatball (2.4 oz)	12.5	5.5	0	47	320	0	0	0	11	0	
Add Maple Syrup	0	0	0	0	0	25	0	24	0	0	
Add Marinated Tuna (3.5 oz)	23.5	4	0	23	160	0	0	0	92	0	
Add Mayo	20.5	3	0	12	180	0	0	0	0	0	
Add Mixed Pickled Vegetables	0.5	0	0	0	160	5	2	4	0	0	
Add Prosciutto (1 oz)	3	2	0	26	0	0	0	0	8	0	
Add Rice	7.5	1	0	0	720	50	0	0	4	0	
Add Roasted Salmon (5 oz)	20	2.5	0	75	100	0	0	0	36	0	
Add Shrimp	3	0.5	0	92							