

Grab & Go Nutritional Information (NorCal)

The following nutritional information is provided by our suppliers and is intended only as an estimate. Not all items are available in every location. These items are produced in kitchens where known allergens are present. Data is rounded to meet FDA regulations. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Grab & Go	<i>Serving Size (g)</i>	<i>Calories</i>	<i>Calories from Fat (g)</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carbohydrates (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>
Banana	126	110	0	0	0	0	0	0	29	3	15	1
Hard Boiled Egg	50	80	45	5	1.5	0	185	60	1	0	1	6
Noosa Yogurt Blueberry Cup	127	150	50	6	3.5	0	20	65	18	0	17	7
Greek Yogurt Parfait - Blueberry Chia	163	200	40	4.5	1	0	5	80	27	2	16	14
Greek Yogurt Parfait - Strawberry Chia	163	200	40	4.5	1	0	5	80	28	2	17	14
Market Box - Vegetarian	180	370	240	27	3.5	0	170	55	21	0	12	15
Bistro Box - Salami & Cheese	164	420	250	28	14	0	85	1100	20	2	5	23

Grab & Go	Ingredients
Banana	Banana
Hard Boiled Egg	Egg. Contains: Egg
Noosa Yogurt Blueberry Cup	Grade A Pasteurized Whole Milk, Fruit Purée (Blueberries, Water, Cane Sugar, Pectin, Locust Bean Gum, Lemon Juice Concentrate), Cane Sugar, Honey, Kosher Gelatin, Pectin, Live Active Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei). Contains: Milk
Greek Yogurt Parfait - Blueberry Chia	Greek Yogurt (nonfat yogurt {cultured pasteurized nonfat milk}, contains live and active cultures: S. thermophilus, L. bulgaricus, L. acidophilus, bifidus and L. casei), Blueberry Pourable Fruit (blueberry, cane sugar, water, natural flavor, citric acid, guar and xanthan gum), Rolled Oats, Water, Almonds, Sweetened Dried Cranberries (cranberries, sugar, sunflower oil), Honey, Chia Seeds, Sunflower Seeds, Brown Sugar, Coconut, Pecans, Hydrocolloids Blend (maltodextrin, pectin, corn starch), Vanilla Flavor (natural vanilla extract, and other natural flavors), Kosher Salt, Ground Cinnamon. Contains: Milk, Pecans, Coconut, Almonds.
Greek Yogurt Parfait - Strawberry Chia	Greek Yogurt (nonfat yogurt {cultured pasteurized nonfat milk}, contains live and active cultures: S. thermophilus, L. bulgaricus, L. acidophilus, bifidus and L. casei), Strawberry Pourable Fruit (strawberries, cane sugar, water, citric acid, guar gum, xanthan gum, fruit and vegetable juice for color), Rolled Oats, Water, Almonds, Sweetened Dried Cranberries (cranberries, sugar, sunflower oil), Honey, Chia Seeds, Sunflower Seeds, Brown Sugar, Coconut, Pecans, Hydrocolloids Blend (maltodextrin, pectin, corn starch), Vanilla Flavor (natural vanilla extract, and other natural flavors), Kosher Salt, Ground Cinnamon. Contains: Milk, Pecans, Coconut, Almonds.
Market Box - Vegetarian	Grapes, Eggs, Nut Blend (almonds, walnuts, cashews, pepitas {pumpkin seeds}), Snap Peas. Contains: Egg, Tree Nuts (Almonds, Cashews, Walnuts).
Bistro Box - Salami & Cheese	Rainbow Carrots, Italian Dry Salami (pork, nonfat dry milk, dextrose, salt, contains 2% or less of: natural spices, wine, vitamin C {ascorbic acid}, granulated garlic, lactic acid starter culture, sodium nitrite, sodium nitrate), Brie (pasteurized milk, pasteurized cream, salt, calcium chloride, microbial enzyme, bacterial culture, Penicillium candidum), Sharp Cheddar Cheese (cultured pasteurized milk, salt, enzymes, annatto color), Olive Oil & Sea Salt Crackers (enriched unbleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, malted barley), buttermilk (cultured lowfat milk, sodium citrate, salt, vitamin A palmitate, vitamin D3), expeller pressed canola oil, cane sugar, extra virgin olive oil, sea salt, kosher salt, baking soda). Contains: Milk, Wheat.