

Grab & Go Nutritional Information (Southern California/Colorado/Illinois)

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	Serving Size (g)	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Banana	126	110	0	0	0	0	0	0	29	3	15	1
Hard Boiled Egg, Organic, Free Range, 2ct	88	120	80	8	3	0	330	120	2	0	0	12
Noosa Yogurt Blueberry Cup	127	150	50	6	3.5	0	20	65	18	0	17	7
Noosa Mate Yogurt Coconut Almond Chocolate	156	270	130	15	9	0	20	75	28	2	23	8
Chia Pod Coconut	170	180	110	12	7	0	0	15	13	5	8	3
Creminelli Prosciutto, Aged Mozzarella & Grissini	57	170	60	7	3	0	30	630	12	0	<1	13
Creminelli Casalingo, Aged Gouda & Dried Cherries	57	180	100	11	6	0	40	510	<1	0	7	12

Grab & Go	Ingredients
Banana	Banana
Hard Boiled Egg, Organic, Free Range, 2ct	Free range organic eggs and citric acid for freshness. Contains: Eggs.
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
Noosa Mate Yogurt Coconut Almond Chocolate	Coconut Yoghurt (Grade A Pasteurized Whole Milk, Fruit Puree [Water, Cane Sugar, Coconut Cream, Coconut, Sweetened Condensed Milk, Natural Flavors, Pectin, Locust Bean Gum, Lactic Acid], Cane Sugar, Honey, Kosher Gelatin, Pectin, Live Active Cultures [S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus and L. Casei]), Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose, Sunflower Lecithin), Coconut Chips (Organic Coconuts, Organic Cane Sugar), Almonds. Contains Milk, Almonds, And Coconut.
Chia Pod Coconut	Chia Seed Gel, (Filtered Water, Chia Seed), Coconut (Coconut Milk, Dried Coconut, Coconut Powder), Organic Cane Sugar.
Creminelli Prosciutto, Aged Mozzarella & Grissini	Prosciutto Ingredients: Pork, Sea SaltMozzarella Ingredients: Pasteurized Part Skim Milk, Dairy Product Sourced Cheese Culture, Salt, Vegetable Sourced EnzymesGrissini Cracker Ingredients: Unbleached Enriched Wheat Flour (Contains Malted Barley Flour, Niacin, Reduced Iron, Thiamine, Riboflavin, Folic Acid), Palm Oil, Yeast, Salt, Corn and Malt Syrup, Dried Brewer's Yeast
Creminelli Casalingo, Aged Gouda & Dried Cherries	Casalingo Uncured Salami Ingredients: Pork, Sea Salt, Natural Flavors (Celery Powder), Sugars, Organic White Pepper, Organic Black Pepper, Organic Spice, Organic Garlic, Starter Cultures.Aged Gouda Cheese Ingredients: Pasteurized Cow's Milk, Salt, Starter Culture, Rennet.Cherry Ingredients: Dried Montmorency Red Tart Cherries, Sugar, Sunflower Oil.