

Grab & Go Nutritional Information (Portland)

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.

	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)
Grab & Go												
Banana	126	110	0	0	0	0	0	0	29	3	15	1
Hard Boiled Egg, Cage-Free	50	80	45	5	2	0	210	60	1	0	1	6
Strawberry Parfait	198	270	70	8	3	0	5	85	36	4	17	13
Blueberry Parfait	198	270	70	8	3	0	5	85	36	4	18	13
Yami Lactose Free Blueberry Yogurt	170	160	25	3	2	0	10	100	29	0	26	7
Edamame Cup	142	120	45	5	0	0	0	200	11	5	5	5
Edamame Hummus Box	255	300	120	13	1	0	0	350	35	8	8	11
Protein Box	221	610	390	43	12	0	270	590	23	4	2	30

Grab & Go	Ingredients
Banana	Banana
Hard Boiled Egg, Cage-Free	Hard Cooked Cage-Free Egg. Contains: Egg
Strawberry Parfait	Pasteurized Cultured Whole Milk Yogurt (Live And Active Probiotic Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus And L. Casei)), Sucrose (Local Honey And Evaporated Cane Juice), Strawberry Chia Seed Jam (Strawberries, Agave Syrup, Chia Seeds, Lemon Juice, Sea Salt), French Vanilla Almond Granola (Whole Rolled Oats, Milled Cane Sugar, Expeller Pressed Canola Oil, Rice Flour, Cornstarch, Almonds, Honey, Salt, Natural Flavor, Barley Malt Syrup, Herb Blend (Sugar, Cardamom, Fennel Seed, Fenugreek, Nutmeg)). Contains: Milk, Wheat, And Almonds.
Blueberry Parfait	Pasteurized Cultured Whole Milk Yogurt (Live And Active Probiotic Cultures (S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus And L. Casei)), Sucrose (Local Honey And Evaporated Cane Juice), Blueberry Chia Seed Jam (Blueberries, Agave Syrup, Chia Seeds, Sea Salt), French Vanilla Almond Granola (Whole Rolled Oats, Milled Cane Sugar, Expeller Pressed Canola Oil, Rice Flour, Cornstarch, Almonds, Honey, Salt, Natural Flavor, Barley Malt Syrup, Herb Blend (Sugar, Cardamom, Fennel Seed, Fenugreek, Nutmeg)). Contains: Milk, Wheat, And Almonds.
Yami Lactose Free Blueberry Yogurt	Grade A Pasteurized Milk and Skim Milk, Sugar, Blueberries, Modified Corn Starch, Blueberry Juice Concentrate, Natural flavor, Kosher Gelatin, Lactase, Fruit and Vegetable Juice (for color), Citric Acid, Vitamin A Palmitate, Vitamin D3, and Live Active Cultures (S. thermophilus, L. bulgaricus, L. acidophilus, Bifido. lactis, L. rhamnosus, and L. casei). Contains: Milk
Edamame Cup	Molly's Edamame Hummus (edamame [soy beans*], non-GMO expeller pressed canola oil*, white miso* [water, soy beans*, rice*, salt, yeast, Koji culture], Chardonnay wine vinegar*, Thai basil, garlic, Wasabi powder [ground horseradish], Aleppo pepper flakes), Rainbow Carrots*, and Snap Peas*. *Organic. Contains: soy
Edamame Hummus Box	Rainbow Carrots*, Molly's Edamame Hummus (edamame* [soy beans*], non-GMO expeller pressed canola oil*, white miso* [water, soy beans*, rice*, salt, yeast, Koji culture], Chardonnay wine vinegar*, Thai basil, garlic, Wasabi powder [ground horseradish], Aleppo pepper flakes), Snap Peas*, Multi-Seed Crackers (non-GMO brown rice flour, non-GMO sesame seeds, non-GMO potato starch, non-GMO quinoa seeds, safflower oil, non-GMO flax seeds, non-GMO amaranth seeds, tamari soy sauce powder [tamari soy sauce {soybeans, salt}, maltodextrin {corn}], salt). *Organic. Contains: soy
Protein Box	Molly's Curried Tofu (non-GMO tofu* [water, non-GMO soybeans, magnesium chloride, calcium sulphate], eggless mayo [expeller pressed non-GMO canola oil, water, white wine vinegar, sugar*, salt modified food starch, pea protein, spice, beta carotene {for color}], celery*, carrot*, red onion*, Dijon mustard [water, vinegar, mustard seeds, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice], curry powder [coriander, cassia, cardamom, cumin, brown mustard, ginger], cilantro*, garlic*, Chardonnay wine vinegar*, salt, black pepper*), Molly's Cage-Free Hard Cooked Egg, Monterey Jack Cheese Cubes (pasteurized part-skim milk, cheese cultures, salt, enzymes), Multi-Seed Crackers (non-GMO brown rice flour, non-GMO sesame seeds, non-GMO potato starch, non-GMO quinoa seeds, safflower oil, non-GMO flax seeds, non-GMO amaranth seeds, tamari soy sauce powder [tamari soy sauce {soybeans, salt}, maltodextrin {corn}], salt). *Organic. Contains: milk and soy