

Grab & Go Nutritional Information (Boston)

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
Chia Pod Coconut	170	180	110	12	7	0	0	15	13	5	8	3
Organic Strawberry Lowfat Yogurt	150	100	15	1.5	1	0	10	85	16	0	13	6
Hard Boiled Egg	50	80	45	5	1.5	0	185	60	1	0	1	6
Fruit Cup	156	60	0	0	0	0	0	15	16	2	14	1
Non-Fat Greek Yogurt with Blueberries & Granola	369	570	140	15	8	0	10	95	86	11	41	28
Ham and Brie on a Croissant	257	640	390	43	22	0	155	1580	53	2	7	30
Turkey and Havarti on Multigrain	277	420	190	21	9	0	95	540	22	3	1	33
Tomato, Mozzarella and Basil on Focaccia	270	480	230	26	9	0	45	830	43	3	4	21

Grab & Go	Ingredients
Banana	Banana
Chia Pod Coconut	Chia Seed Gel, (Filtered Water, Chia Seed), Coconut (Coconut Milk, Dried Coconut, Coconut Powder), Organic Cane Sugar.
Organic Strawberry Lowfat Yogurt	Cultured Pasteurized Organic Low Fat Milk, Organic Cane Sugar, Organic Strawberry Juice From Concentrate, Natural Flavor, Pectin, Organic Vegetable Juice Concentrate (For Color), Vitamin D3. Live Active Cultures: S. thermophilus, L. bulgaricus, L. acidophilus, Bifidus, L. paracasei, and L. rhamnosus
Hard Boiled Egg	Egg.
Fruit Cup	Cantaloupe, Honeydew, Pineapple, Strawberries, Blueberries, Grapes.
Non-Fat Greek Yogurt with Blueberries & Granola	Nonfat Yogurt (Milk, Sugar, Pectin, Active Cultures), Blueberries, Oats, Frozen Blueberries, Sugar, Brown Sugar, Contains 2% Or Less Of: Vegetable Oil, Coconut, Raisins, Bran, Lemon Juice, Almonds, Cornstarch, Cinnamon, Vanilla Extract, Nutmeg. Contains: Almonds, Coconut, Milk, Wheat.
Ham and Brie on a Croissant	Croissant (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Unsalted Butter (Cream, Natural Flavorings(, Water, Milk (Milk, Ascorbic Acid, Vitamin D3), Sugar, Yeast, Whole Egg (Whole Eggs, Citric Acid), Dough Conditioner (Vital Wheat Gluten, Xanthan Gum, Deactivated Yeast, Ascorbic Acid, Enzymes), Salt (Salt, Yellow Prussiate Of Soda), Gluten (Wheat), Deactivated Yeast, Ham (Cured With Water, Salt, Potassium Lactate, Dextrose, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate, Sodium Diacetate), Brie Cheese (Milk, Enzymes, Cultures), Liquid Sugar (Sugar, Water), Soybean Oil, Vinegar, Water, Egg Yolk, Mustard Flour, Corn Starch Modified, Molasses, Salt, White Wine, Honey, Potassium Sorbate, Xanthan Gum, Spice, Calcium Disodium EDTA, Green Leaf Lettuce. Contains: Egg, Milk, Wheat
Turkey and Havarti on Multigrain	Turkey, Multigrain Pullman: Water, Unbleached Enriched Wheat Flour (Wheat Flour, Reduced Iron, Thiamine, Mononitrite, Riboflavin, Niacin, Folic Acid), Whole Wheat Flour, Sesame Seeds, Honey, Sunflower Seeds, Flax Seeds, Oats, Salt, Yeast, Cheese, Havarti: Pasteurized Milk, Cheese Culture, Salt, Enzymes, Soybean Oil, Eggs, Vinegar, Water, Egg Yolks, Salt, Sugar, Dextrose, Lemon Juice, Calcium Disodium EDTA, Fresh Thyme, Rosemary, Parsley, Lemon Zest, Lemon Juice, Salt, Pepper, Green Leaf Lettuce. Contains: Egg, Milk, Soy, Wheat.
Tomato, Mozzarella and Basil on Focaccia	Unbleached Enriched Wheat Flour (Wheat Flour, Reduced Iron, Thiamine, Mononitrite, Riboflavin, Niacin, Folic Acid), Water, Olive Oil, Soybean Oil, Salt, Sugar, Yeast, Basil, Mozzarella Cheese: Pasteurized Milk & Skim Milk, Vinegar, Milk Fat, Salt, Artificial Color, Enzymes, Tomato, Soybean Oil, Eggs, Vinegar, Water, Egg Yolks, Salt, Sugar, Dextrose, Lemon Juice, Calcium Disodium EDTA, Fresh Thyme, Rosemary, Parsley, Lemon Zest, Lemon Juice, Salt, Pepper. Contains: Egg, Milk, Soy, Wheat.