

# Bookmark - Menu

Tuesday, March 5, 2024

Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Protein (g)	Allergens	Gluten Friendly
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## Brewed Tea (nutrition for small)

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Hot Tea	1 ea	25			15	6			Milk;Soy; Tree nuts	
Hot Matcha Latte	1 ea	120	4.5	1.5	160	13	1	7	Milk;Soy; Tree nuts	
Iced Matcha Latte	1 ea	240	3.5	1	160	48	1	5	Milk;Soy; Tree nuts	

## Coffee-Free (nutrition for small)

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Hot Cocoa	1 ea	410	6	2	170	80	1	7	Milk; Peanuts; Soy;Tree nuts	
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**Cold Brew/Iced Espresso (nutrition for medium)**

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Iced Coffee	1 ea	50			15	12		1	Milk;Soy; Tree nuts
Iced Latte	1 ea	110	4.5	1.5	140	12	1	6	Milk; Peanuts; Soy;Tree nuts
Iced Macchiato	1 ea	25	1		30	3		1	Milk;Soy; Tree nuts
Iced Cappuccino	1 ea	110	4.5	1.5	140	12	1	6	Milk;Soy; Tree nuts

**Espresso (nutrition for small)**

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Espresso (single, double, triple)	1 ea								
Americano	1 ea	25			15	6			Milk;Soy; Tree nuts
Latte	1 ea	110	4.5	1.5	140	12	1	6	Milk;Soy; Tree nuts
Macchiato	1 ea	110	4.5	1.5	140	12	1	6	Milk;Soy; Tree nuts
Cappuccino	1 ea	70	3	1	95	8		4	Milk;Soy; Tree nuts

Mocha	1 ea	290	4.5	1.5	135	55	1	6	Milk; Peanuts; Soy;Tree nuts
Chai Latte	1 ea	170	2.5	1	115	34		4	Milk;Soy; Tree nuts
White Mocha	1 ea	290	4.5	1.5	135	55	1	6	Milk; Peanuts; Soy;Tree nuts

**Iced Tea (nutrition for medium)**

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Half and Half	1 ea								
Iced Tea	1 ea	70	1		40	13		1	Milk;Soy; Tree nuts
Lemonade	1 ea								

**Other Beverages**

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Dr. Smoothie	1 ea								
Lotus Soda	1 ea	25			55	7			
Lotus Whip	1 ea	15			20	3			Milk; Peanuts; Tree nuts

## Specialty Sandwiches

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Tuscan Breakfast	1 ea	680	36	12	1130	46	4	22	Eggs;Milk; Soy;Wheat
Ham & Cheese Omelet Croissant	1 ea	470	25	11	540	35	1	26	Eggs;Milk; Soy;Wheat; Pork
Chicken Caprese	1 ea	740	47	10	1070	49	1	27	Eggs;Milk; Soy;Wheat
Bronco Breakfast	1 ea	620	27	10	1300	58	2	29	Eggs;Milk; Sesame; Soy;Wheat; Pork
Sausage Omelet Bagel	1 ea	650	30	11	1170	67	2	29	Eggs;Milk; Wheat; Pork
That's Gouda Bacon	1 ea	530	26	8	1280	47	2	25	Eggs;Milk; Sesame; Soy;Wheat; Pork
Vegginator	1 ea	1070	64	7	1980	106	15	21	Sesame; Wheat
Triple Cheesey	1 ea	470	16	8	890	58	2	22	Milk;Soy; Wheat