

# Bookmark - Menu

Friday, August 12, 2022

| Item | Serving Size | Calories | Total Fat (g) | Sat. Fat (g) | Sodium (mg) | Carb. (g) | Dietary Fiber (g) | Protein (g) | Allergens | Gluten Friendly |
|------|--------------|----------|---------------|--------------|-------------|-----------|-------------------|-------------|-----------|-----------------|
|------|--------------|----------|---------------|--------------|-------------|-----------|-------------------|-------------|-----------|-----------------|

## Brewed Tea (nutrition for small)

|                   |      |     |     |     |     |    |   |   |                     |  |
|-------------------|------|-----|-----|-----|-----|----|---|---|---------------------|--|
| 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)

|           |      |     |   |   |     |    |   |   |                              |  |
|-----------|------|-----|---|---|-----|----|---|---|------------------------------|--|
| Hot Cocoa | 1 ea | 410 | 6 | 2 | 170 | 80 | 1 | 7 | Milk; Peanuts; Soy;Tree nuts |  |
|-----------|------|-----|---|---|-----|----|---|---|------------------------------|--|

### Cold Brew/Iced Espresso (nutrition for medium)

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

### Espresso (nutrition for small)

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

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

#### Iced Tea (nutrition for medium)

|               |      |    |   |  |    |    |  |   |                        |
|---------------|------|----|---|--|----|----|--|---|------------------------|
| Half and Half | 1 ea |    |   |  |    |    |  |   |                        |
| Iced Tea      | 1 ea | 70 | 1 |  | 40 | 13 |  | 1 | Milk;Soy;<br>Tree nuts |
| Lemonade      | 1 ea |    |   |  |    |    |  |   |                        |

#### Other Beverages

|              |      |    |  |  |    |   |  |  |                                |
|--------------|------|----|--|--|----|---|--|--|--------------------------------|
| Dr. Smoothie | 1 ea |    |  |  |    |   |  |  |                                |
| Lotus Soda   | 1 ea | 25 |  |  | 55 | 7 |  |  |                                |
| Lotus Whip   | 1 ea | 15 |  |  | 20 | 3 |  |  | Milk;<br>Peanuts;<br>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                    |