



NUTRITIONAL INFORMATION

Skip the Bread . Eat Better™

Oil-less Custom Crafted
Breakfast, Lunch & Dinner

Total Nutgrition Value of
each meal available at
check out poit

| Serving size (g) | Calories | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbogydrates (g) | Diatory Fiber (g) | Sugars (g) | Protein (g) |
|------------------|----------|---------------|-------------------|------------------|-------------|-------------------|-------------------|------------|-------------|
|------------------|----------|---------------|-------------------|------------------|-------------|-------------------|-------------------|------------|-------------|

LEAFY GREEN BASE

| | | | | | | | | | | |
|-----------------|----|----|-----|---|---|------|---|-----|-----|-----|
| Kale | 28 | 14 | 0.5 | 0 | 0 | 11 | 3 | 1 | 0.5 | 1 |
| Iceberg Lettuce | 28 | 4 | 0 | 0 | 0 | 8 | 2 | 0.5 | 0.5 | 0.5 |
| Romain Hearts | 28 | 5 | 0 | 0 | 0 | 2.5 | 1 | 0.5 | 0 | 1 |
| Spinach | 28 | 7 | 0 | 0 | 0 | 11 | 1 | 0.5 | 0.5 | 0.5 |
| Spring Mix | 28 | 9 | 0 | 0 | 0 | 13.5 | 2 | 0.5 | 0.5 | 0.5 |

TOPPINGS - VEGGIES

| | | | | | | | | | | |
|------------------------------|----|-----|------|-----|---|-----|---|-----|-----|-----|
| Avacado (1/2 medium) | 71 | 112 | 10.5 | 1.5 | 5 | 5 | 6 | 4.5 | 0.5 | 1.5 |
| Fresh Banana Peppers | 14 | 14 | 0.5 | 0 | 0 | 7 | 3 | 1.5 | 1 | 1 |
| Bean Sprouts | 14 | 5 | 0 | 0 | 0 | 1 | 1 | 0.0 | 1 | 0.5 |
| Beets | 14 | 6 | 0 | 0 | 0 | 11 | 2 | 0.5 | 1 | 0 |
| Bell Peppers (assorted) | 14 | 4 | 0 | 0 | 0 | 0.5 | 1 | 0 | 0.5 | 0 |
| Black Beans | 14 | 13 | 0 | 0 | 0 | 55 | 3 | 1.0 | 0 | 1 |
| Black Olives | 14 | 17 | 1.5 | 0 | 0 | 104 | 1 | 0.5 | 0 | 0 |
| Broccoli | 14 | 5 | 0 | 0 | 0 | 5 | 1 | 0 | 0.5 | 0.5 |
| Cabbage Mix (white & purple) | 14 | 8 | 0 | 0 | 0 | 6.5 | 2 | 0.5 | 1.0 | 0.5 |
| Carrots | 14 | 6 | 0 | 0 | 0 | 10 | 2 | 0.5 | 1.0 | 0 |
| Chick Peas (garbanzo beans) | 14 | 20 | 0.5 | 0 | 0 | 30 | 4 | 1.0 | 0.5 | 1 |
| Cilantro | 14 | 4 | 0 | 0 | 0 | 7 | 1 | 0.5 | 0 | 0 |
| Cucumbers | 14 | 3 | 0 | 0 | 0 | 0.5 | 1 | 0 | 0.5 | 0 |
| Edameme | 14 | 17 | 1 | 0 | 0 | 1 | 2 | 1.0 | 0.5 | 1.5 |
| Green Peas | 14 | 8 | 0 | 0 | 0 | 26 | 2 | 0.5 | 0.5 | 0.5 |
| Fresh Jalapinos | 14 | 4 | 0 | 0 | 0 | 0.5 | 1 | 0.5 | 0.5 | 0 |
| Kidney beans (red) | 14 | 12 | 0 | 0 | 0 | 37 | 2 | 0.5 | 0.5 | 0.5 |
| Mashrooms | 14 | 3 | 0 | 0 | 0 | 1.5 | 1 | 0 | 0.5 | 0 |

| | | | | | | | | | | |
|-------------------------|----|----|-----|---|---|-----|---|---|-----|-----|
| Onion white | 14 | 6 | 0 | 0 | 0 | 0.5 | 2 | 0 | 0.5 | 0 |
| Radish | 14 | 6 | 0.5 | 0 | 0 | 1 | 1 | 0 | 0 | 0.5 |
| Scalions (green onions) | 14 | 3 | 0 | 0 | 0 | 29 | 1 | 0 | 0.5 | 0 |
| Tomatoes | 14 | 2 | 0 | 0 | 0 | 6 | 1 | 0 | 0 | 0 |
| Yellow Corn Kernels | 14 | 10 | 0.5 | 0 | 0 | 29 | 2 | 0 | 1 | 0 |
| Zucchini | 14 | 2 | 0 | 0 | 0 | 2 | 1 | 0 | 0.5 | 0 |

TOPPINGS - NUTS & SEEDS

| | | | | | | | | | | |
|-------------------------------|----|----|-----|-----|---|-----|---|-----|-----|-----|
| Almonds Sliced (raw) | 14 | 82 | 7 | 0.5 | 0 | 0.5 | 3 | 1.5 | 1 | 3 |
| Peanuts (roasred) | 14 | 83 | 7 | 0.5 | 0 | 0.5 | 3 | 1 | 1 | 3.5 |
| Walnuts Pieces (raw) | 14 | 93 | 9 | 1 | 0 | 0.5 | 2 | 1 | 0.5 | 2 |
| Sunflower Seeds Kernels (raw) | 14 | 83 | 7.5 | 1.5 | 0 | 1 | 2 | 1 | 0.5 | 4 |
| Pumpikn Seeds Kernels (raw) | 14 | 59 | 7 | 1.5 | 0 | 1 | 2 | 1 | 0.5 | 4 |

TOPPINGS - FRUITS

| | | | | | | | | | | |
|-------------------|----|-----|-----|-----|---|-----|----|-----|------|-----|
| Apple | 14 | 8 | 0 | 0 | 0 | 0.5 | 4 | 0 | 2 | 0 |
| Banana | 14 | 13 | 0 | 0.5 | 0 | 0.5 | 4 | 0.5 | 2 | 0 |
| Cranberries | 14 | 44 | 0.5 | 0 | 0 | 1 | 2 | 0.5 | 10.5 | 0 |
| Mandarin - Orange | 14 | 8 | 0 | 0 | 0 | 0.5 | 2 | 0 | .1.5 | 0 |
| Pear | 14 | 8 | 0 | 0 | 0 | 0.5 | 4 | 0.5 | 1.5 | 0 |
| Peach | 14 | 8 | 0 | 0 | 0 | 1 | 2 | 0 | 2 | 0 |
| Pineapple | 14 | 7.0 | 0 | 0 | 0 | 0.5 | 2 | 0 | 2 | 0 |
| Raisins | 14 | 42 | 0 | 0 | 0 | 1.5 | 11 | 0.5 | 9 | 0.5 |
| Strawberries | 14 | 5 | 0 | 0 | 0 | 0.5 | 1 | 0 | 1 | 0 |

TOPPINGS - ESSENTIALS

| | | | | | | | | | | |
|------------------|----|-----|-----|-----|-----|-----|----|-----|-----|-----|
| Brown Rice | 14 | 18 | 0.5 | 0 | 0 | 0.5 | 4 | 0 | 0 | 0.5 |
| Crispy Bacon | 14 | 68 | 5.5 | 0.5 | 0 | 67 | 0 | 0 | 0 | 2 |
| Croutons | 14 | 58 | 1 | 0.5 | 0 | 100 | 11 | 0.5 | 0 | 1.5 |
| Hard Boiled Eggs | 14 | 22 | 1.5 | 0.5 | 53 | 18 | 0 | 0 | 0.5 | 2 |
| Pasta | 14 | 23 | 0.5 | 0 | 0 | 1 | 5 | 0 | 0 | 1 |
| Sesami Sticks | 14 | 77 | 5 | 1 | 0 | 4 | 7 | 0 | 0 | 1.5 |
| Tater Tots | 14 | 26 | 1.5 | 0.5 | 0 | 55 | 3 | 0.5 | 0 | 0 |
| White Rice | 14 | 19 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 0 |
| *Omelet regular | 99 | 154 | 12 | 3 | 313 | 155 | 1 | 0 | 0.5 | 11 |
| *Omelet Whites | 99 | 62 | 0.5 | 0 | 0 | 175 | 1 | 0 | 1 | 11 |

*Nutrition fact provided for 2-egg omelete. For 1-egg omelet divide by 2

TOPPINGS - CHEESES

| | | | | | | | | | | |
|--------------------|----|-----|-----|-----|------|-----|---|-----|-----|-----|
| American Cheese | 21 | 71 | 5.5 | 3.5 | 13.5 | 205 | 2 | 0 | 0 | 4 |
| Blue Cheese | 21 | 75 | 6 | 4 | 15.8 | 244 | 1 | 0 | 1 | 4.5 |
| Cheddar Cheese | 21 | 86 | 7 | 4 | 21 | 138 | 1 | 0 | 1 | 5 |
| Feta Cheese | 21 | 56 | 4.5 | 3 | 19 | 195 | 1 | 0 | 1 | 3 |
| Parmasan Cheese | 21 | 91 | 6 | 4 | 4.5 | 245 | 1 | 0 | 0 | 8 |
| Pepper Jack Cheese | 21 | 107 | 5.5 | 1 | 1 | 184 | 6 | 0.5 | 0.5 | 2 |

**Total Nutritional
Value of each meal
available at check
out point**

Serving size (g)

Calories

Total Fat (g)

Saturated Fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Sugars (g)

Protein (g)

DRESSINGS, SPREADS & CONDIMENTS - Lite

| | | | | | | | | | | |
|------------------------------|-----|-----|-----|-----|----|-----|-----|-----|-----|-----|
| Lite Creamy Italian | 28 | 28 | 1 | 0.5 | 3 | 133 | 2 | 0 | 1 | 1 |
| Lite Caesar Delight | 28 | 27 | 2 | 1 | 4 | 212 | 2 | 0 | 1 | 1 |
| Lite Buttermilk Ranch | 28 | 27 | 1.5 | 0.5 | 3 | 201 | 2 | 0 | 1 | 1 |
| Lite Creamy French | 28 | 50 | 3.5 | 0.5 | 5 | 113 | 5 | 0 | 4 | 0 |
| Lite 1000 Island | 28 | 26 | 1 | 0 | 2 | 254 | 3 | 0 | 2.5 | 0.5 |
| Lite Balsamic Vinaigrette | 28 | 33 | 1.5 | 0 | 0 | 197 | 4 | 0 | 3.5 | 0.5 |
| Lite Creamy Honey Mustard | 28 | 28 | 1 | 0.5 | 0 | 87 | 4 | 0 | 4 | 1 |
| Lite Blue Cheese | 28 | 40 | 3 | 2 | 7 | 180 | 2 | 0 | 1 | 2 |
| Lite Asian Salad Dressing | 28 | 21 | 1 | 0 | 0 | 40 | 3 | 0 | 2 | 0 |
| Lite Best Burger & H/D Sauce | 28 | 17 | 0.5 | 0 | 0 | 77 | 4 | 0.5 | 2 | 0.5 |
| Lite Smoky BBQ Sauce | 28 | 27 | 0 | 0 | 0 | 211 | 6 | 0 | 4 | 0 |
| Lite Chipotle Lemon Ranch | 28 | 17 | 0 | 0 | 0 | 112 | 2 | 0 | 1 | 2.5 |
| Lite Green Garden Goodness | 28 | 46 | 3.5 | 0.5 | 5 | 176 | 3 | 0.5 | 0.5 | 1 |
| Lite WRAPPY Secrete Sauce | 28 | 24 | 1 | 0 | 1 | 110 | 4 | 0 | 3.5 | 0 |
| Guacamole | 42 | 47 | 4 | 1.0 | 0 | 38 | 3 | 2 | 1.0 | 1 |
| Hummus Herb | 42 | 143 | 8 | 1.5 | 0 | 323 | 12 | 5 | 6 | 2 |
| Hot Salsa | 28 | 10 | 0 | 0 | 0 | 240 | 4 | 0 | 2 | 0 |
| Mild Salsa | 28 | 10 | 0 | 0 | 0 | 300 | 4 | 0 | 2 | 0 |
| Sour Cream | 28 | 76 | 5 | 3 | 20 | 70 | 6 | 0 | 4 | 4 |
| Salt (pinch) | 0.5 | 0 | 0 | 0 | 0 | 200 | 0 | 0 | 0 | 0 |
| Sugar (1 tsp) | 4 | 16 | 0 | 0 | 0 | 0 | 4 | 0 | 4 | 0 |
| WRAPPY Seasoning | 3.5 | 7 | 0 | 0 | 0 | 434 | 1.5 | 0.5 | 0.5 | 0 |
| WRAPPY Grilling Solution | 28 | 4 | 0 | 0 | 0 | 10 | 0 | 0 | 0.5 | 0 |

PROTEINS - MEATS, SEAFOOD & MORE

| | | | | | | | | | | |
|---------------------------|----|-----|------|------|------|-----|----|-----|-----|------|
| WRAPBURGER™ Beef Patty | 99 | 269 | 17 | 7 | 87 | 73 | 0 | 0 | 0 | 26 |
| WRAPBURGER™ Chicken Patty | 99 | 283 | 20 | 3 | 42 | 527 | 13 | 0.5 | 0 | 15 |
| WRAPBURGER™ Turkey Patty | 99 | 248 | 16 | 4 | 11 | 80 | 0 | 0 | 0 | 25 |
| WRAPBURGER™ Veggie Patty | 99 | 210 | 13 | 7 | 0 | 324 | 8 | 2 | 1 | 16 |
| WRAPdog beef / Wiener | 85 | 189 | 25.8 | 10.5 | 48 | 573 | 2 | 0 | 1.5 | 9.5 |
| WRAPdog chicken / Wiener | 85 | 190 | 14 | 3.5 | 82 | 873 | 3 | 0 | 2.5 | 13 |
| WRAPdog turkey / Wiener | 85 | 187 | 14.4 | 3.5 | 64.8 | 906 | 4 | 0 | 1 | 10.2 |

| | | | | | | | | | | |
|-------------------------|----|-----|------|-----|-----|------|----|-----|---|------|
| Chicken Tenders Grilled | 57 | 162 | 9 | 2 | 28 | 402 | 10 | 1.0 | 0 | 10 |
| Turkey Strips Grilled | 57 | 56 | 1 | 0 | 31 | 208 | 0 | 0 | 0 | 12 |
| Beef Pastrami Grilled | 85 | 120 | 5 | 2.5 | 5.5 | 918 | 1 | 0 | 0 | 19 |
| Roas Beef Grilled | 85 | 105 | 3 | 1 | 57 | 66 | 0 | 0 | 0 | 19 |
| Shrimp | 85 | 72 | 0.5 | 0 | 137 | 101 | 0 | 0 | 0 | 17 |
| Tilapia Filet | 85 | 110 | 2.5 | 1 | 50 | 49 | 0 | 0 | 0 | 23 |
| Tuna Chunks | 85 | 122 | 4 | 1.0 | 32 | 33 | 0 | 0 | 0 | 20 |
| Falafel | 85 | 282 | 15.5 | 2 | 0 | 249 | 27 | 0 | 0 | 11.4 |
| Tofu | 85 | 231 | 17.1 | 2.5 | 0 | 13.5 | 8 | 3.5 | 0 | 15.9 |

SOUPS

| | | | | | | | | | | |
|------------------------|-----|-----|-----|---|---|-----|----|---|---|----|
| Lite Cream of Broccoli | 227 | 53 | 5 | 4 | 0 | 80 | 2 | 0 | 0 | 1 |
| Lite Chicken Noodle | 227 | 140 | 3.5 | 0 | 0 | 160 | 11 | 1 | 1 | 17 |
| Lite Cream of Potato | 227 | 178 | 2 | 0 | 9 | 274 | 26 | 0 | 0 | 14 |

Nutrition facts provided for 8 oz. cup. For 12 oz. bowl multiply by 1.5

SIDE WRAPS

| | | | | | | | | | | |
|--------------------------------|-----|-----|------|-----|-----|-----|----|-----|-----|----|
| Tater Tots | 126 | 234 | 13.5 | 4.5 | 0 | 495 | 27 | 4.5 | 0 | 0 |
| <i>Healthy</i> Mac n' Cheese | 142 | 142 | 3.4 | 0.8 | 0 | 170 | 28 | 2.9 | 1.5 | 6 |
| Kale, Cranberry & Yougurt Slaw | 142 | 131 | 3.9 | 0.8 | 0.8 | 88 | 13 | 3 | 14 | 8 |
| Chicken Tenders - 2 pcs. | 114 | 324 | 18 | 4 | 56 | 804 | 20 | 2.0 | 0 | 20 |
| Turkey Strips - 2 pcs. | 114 | 112 | 2 | 0 | 62 | 416 | 0 | 0 | 0 | 24 |

***Regular size Nutrition. WRAP is not included in calculation.**

Choose you Wrap below and add. For large size multiply by 1.5

WRAPS

| | | | | | | | | | | |
|----------------------------|-----|-----|----|-----|---|-----|----|-----|---|---|
| Collard Green Leaf (2pcs.) | 71 | 11 | 0 | 0 | 0 | 7 | 2 | 1.5 | 0 | 1 |
| Chipotle Chili & Pepper | 110 | 310 | 70 | 2.5 | 0 | 380 | 51 | 2 | 0 | 7 |
| Garden Spinach | 110 | 310 | 70 | 2.5 | 0 | 380 | 51 | 2 | 0 | 7 |
| Honey Wheat | 110 | 300 | 70 | 3.5 | 0 | 360 | 53 | 1 | 1 | 7 |
| Jalapeno Cilantro | 110 | 310 | 70 | 2.5 | 0 | 370 | 51 | 2 | 0 | 7 |
| Lettuce Leaf (3 pcs.) | 71 | 12 | 0 | 0 | 0 | 20 | 2 | 1 | 1 | 1 |
| Pesto & Garlic | 110 | 310 | 80 | 2.5 | 0 | 370 | 51 | 2 | 0 | 7 |
| Premium White 12" | 110 | 310 | 80 | 4 | 0 | 360 | 54 | 0 | 1 | 7 |
| Sundried Tomato | 110 | 310 | 70 | 2.5 | 0 | 360 | 51 | 2 | 1 | 7 |
| Whole Wheat | 110 | 300 | 80 | 2.5 | 0 | 370 | 49 | 5 | 1 | 8 |
| Crepe White Flour (thin) | 71 | 200 | 50 | 2.5 | 0 | 230 | 33 | 1 | 1 | 4 |
| Small White Flour | 57 | 150 | 40 | 1.5 | 0 | 200 | 26 | 2 | 1 | 3 |

DESSERTS

| | | | | | | | | | | |
|------------------------------|----|-----|------|-----|-----|-----|----|-----|----|-----|
| Chocolate Chip Cokie | 42 | 196 | 9.5 | 4.5 | 9.5 | 112 | 19 | 1 | 17 | 2 |
| Oatmeral Raisins Cookie | 42 | 187 | 7.5 | 3.5 | 14 | 122 | 28 | 1 | 15 | 3 |
| Peanut Butter Cookie | 42 | 205 | 11 | 4.5 | 9.5 | 103 | 24 | 0.5 | 15 | 3.5 |
| White Chips Macadamia Cookie | 42 | 205 | 10.5 | 4.5 | 9.5 | 122 | 26 | 0.5 | 16 | 2 |

CREPE WRAPS - SPREADS, JAMS & SWEETS

| | | | | | | | | | | |
|----------------------------|----|-----|-----|-----|-----|------|------|-----|------|-----|
| Caramel | 28 | 61 | 0 | 0 | 0 | 96.6 | 16 | 0 | 16 | 0 |
| Chocolate sauce (unsweet.) | 28 | 148 | 8.5 | 5 | 6.5 | 22 | 17 | 1 | 14.4 | 2 |
| Natella | 28 | 155 | 9 | 3 | 0 | 11.1 | 16 | 1 | 16 | 1.5 |
| Blueberry Jam | 28 | 79 | 0 | 0 | 0 | 9 | 20 | 0.5 | 14 | 0 |
| Strawberry Jam | 28 | 79 | 0 | 0 | 0 | 8 | 20 | 0.5 | 14 | 0 |
| Rainbow Sprinbles | 28 | 142 | 7 | 0 | 0 | 0 | 21.3 | 0 | 22 | 0 |
| Sugar Powder (1 tsp) | 4 | 16 | 0 | 0 | 0 | 0 | 4 | 0 | 4 | 0 |
| Whipped Cream | 14 | 35 | 3 | 2 | 11 | 1 | 2 | 0 | 2 | 0.5 |
| Chocolate Chips | 28 | 153 | 8.5 | 5.5 | 6.5 | 22.6 | 17 | 1 | 14.8 | 2 |
| M & M's milk chocolate | 28 | 143 | 6 | 4 | 3.5 | 17 | 20.4 | 0.5 | 18.4 | 1 |
| Yogurt Chips | 28 | 140 | 7 | 7 | 0 | 25 | 20 | 0 | 20 | 0 |

CREPE WRAPS - FRUITS & NUTS

| | | | | | | | | | | |
|--------|----|----|---|---|---|-----|---|-----|-----|---|
| Apples | 28 | 16 | 0 | 0 | 0 | 0.5 | 7 | 0.5 | 3.5 | 0 |
| Banana | 28 | 25 | 0 | 0 | 0 | 0.5 | 7 | 0.5 | 3.5 | 0 |

| Total Nutritional Value of each meal available at check out point | Serving size (g) | Calories | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbogydrates (g) | Diatory Fiber (g) | Sugars (g) | Protein (g) |
|---|------------------|----------|---------------|-------------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| Pear | 28 | 16 | 0 | 0 | 0 | 0.5 | 9 | 1 | 3 | 0 |
| Pineapple | 28 | 14 | 0 | 0 | 0 | 1.4 | 4 | 0.5 | 4 | 0 |
| Raisins | 28 | 84 | 0 | 0 | 0 | 3 | 22 | 1 | 18 | 1 |
| Strawberries | 28 | 10 | 0 | 0 | 0 | 0.5 | 2 | 0.5 | 1.5 | 0 |
| Almonds (raw) | 28 | 164 | 14 | 1 | 0 | 0.5 | 6 | 3.5 | 1 | 6 |
| Peanuts Diced (roasted) | 28 | 166 | 14 | 1 | 0 | 0.5 | 6 | 2.5 | 1.5 | 7 |
| Walnuts (raw) | 28 | 186 | 15 | 3 | 0 | 1 | 4 | 2 | 1 | 4 |

Smoothies Nuthrion facts for 8 oz. cup. For 16 oz. cup mulitply by 2

SHAKES - FLAVORS

| | | | | | | | | | | |
|----------------------|---|----|---|---|---|-----|---|---|-----|---|
| Banana | 7 | 25 | 0 | 0 | 0 | 0 | 6 | 0 | 5.5 | 0 |
| Cramel | 7 | 25 | 0 | 0 | 0 | 0 | 6 | 0 | 5.5 | 0 |
| Chocolate | 7 | 23 | 0 | 0 | 0 | 0 | 6 | 0 | 6 | 0 |
| French Vanilla | 7 | 23 | 0 | 0 | 0 | 0 | 6 | 0 | 6 | 0 |
| Hazelnut | 7 | 23 | 0 | 0 | 0 | 1.5 | 5 | 0 | 5.5 | 0 |
| Raspberry | 7 | 23 | 0 | 0 | 0 | 0 | 6 | 0 | 5.5 | 0 |
| Strawberry | 7 | 23 | 0 | 0 | 0 | 0 | 6 | 0 | 5.5 | 0 |
| Toasted Almond Mocha | 7 | 25 | 0 | 0 | 0 | 0 | 6 | 0 | 6 | 0 |

| | | | | | | | | | | |
|-------------------|-----|---|---|---|---|---|---|---|---|---|
| Earl Grey | 454 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| English Breakfast | 454 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Green | 454 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lemon Lift | 454 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Nutrition facts without sugar. Add sugar Nutrition per your intake

BEVERAGES & DRINKS - HOT COFFE & MORE

| | | | | | | | | | | |
|-------------------------------|-----|---|---|---|---|----|---|---|---|---|
| Columbia Suprfemo, Light rst. | 227 | 7 | 0 | 0 | 0 | 12 | 0 | 0 | 0 | 1 |
| Columbia Suprfemo, Med. Rst. | 227 | 7 | 0 | 0 | 0 | 12 | 0 | 0 | 0 | 1 |
| Columbia Supremo, Dark roast. | 227 | 7 | 0 | 0 | 0 | 12 | 0 | 0 | 0 | 1 |
| Columbia Supremo, Decaff | 227 | 7 | 0 | 0 | 0 | 12 | 0 | 0 | 0 | 1 |

Nutrition facts provided for 8 oz. Cup. For 16 oz. cup multiply by 2

BEVERAGES & DRINKS - LIGHT DRAFT BEER

| | | | | | | | | | | |
|-----------------------|-----|----|---|---|---|---|---|---|---|-----|
| Budweiser Beer, Light | 227 | 69 | 0 | 0 | 0 | 7 | 3 | 0 | 0 | 0.5 |
| Coors Beer, Light | 227 | 77 | 0 | 0 | 0 | 8 | 4 | 0 | 0 | 0.5 |
| Corona Beer, Light | 227 | 74 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 0.5 |
| Michelob Beer, Light | 227 | 85 | 0 | 0 | 0 | 0 | 6 | 0 | 0 | 1 |

Nutrition information listed here is based on standard recipes and product formulations.

Recommended portion sizes are individually portioned and may vary from portion to portion.

A 2000 calories a day diet is used for general nutritional advice; however individual needs may vary

Recommanded limits for 2000 calorie a day diet are 20g saturated fat and 2300mg sodium

Nutrition information for cold bavarages do not include ice and is based on full cup size.