




Frullati Nutritional Statement

																		
	Weight	Calories	Cals From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (DV %)	Vitamin C (DV %)	Calcium (DV %)	Iron (DV %)		
Sandwiches - Breakfast																		
Bacon and Egg Bagel	255	g	760	330	37.0	15.0	0.0	245	2730	61	3	13	41	15	2	20	35	
Ham and Egg Bagel	255	g	530	140	15.0	8.0	0.0	230	2020	64	3	15	32	15	0	20	30	
Sausage and Egg Bagel	255	g	650	290	32.0	14.0	0.0	240	1870	61	3	12	30	15	0	20	30	
Bacon and Egg Croissant	248	g	820	480	54.0	27.0	1.5	285	2550	42	1	7	38	15	2	20	20	
Ham and Egg Croissant	248	g	590	290	32.0	20.0	1.5	270	1840	44	1	9	29	15	0	20	15	
Sausage and Egg Croissant	248	g	710	440	49.0	26.0	1.5	280	1690	41	1	6	27	15	0	20	15	
Sandwiches																		
Bistro Ham & Cheese - Croissant	361	g	790	460	51.0	22.0	1.5	130	1850	50	3	13	33	70	20	30	15	
Bistro Ham & Cheese - Wheat Roll	340	g	640	330	37.0	10.0	0.0	90	1700	51	7	16	33	70	30	35	20	
Bistro Ham & Cheese - White Roll	340	g	670	320	36.0	10.0	0.0	90	1700	54	4	10	33	70	20	30	70	
Bistro Ham & Cheese -Sliced Wheat Bread	311	g	580	310	35.0	9.0	0.0	90	1650	40	6	11	31	70	20	30	15	
Chicken Pecan Salad - Croissant	319	g	630	330	37.0	18.0	1.5	90	960	48	3	11	27	80	30	30	25	
Chicken Pecan Salad - Wheat Roll	298	g	470	200	23.0	8.0	0.0	50	810	49	7	14	27	80	40	35	25	
Chicken Pecan Salad - White Roll	298	g	500	200	22.0	7.0	0.0	50	810	52	4	8	27	80	30	30	80	
Chicken Pecan Salad -Sliced Wheat Bread	269	g	420	190	21.0	6.0	0.0	50	780	38	6	9	25	80	30	30	20	
Pepper Jack Turkey - Croissant	330	g	550	250	28.0	17.0	1.5	100	1360	46	3	9	29	80	25	20	15	
Pepper Jack Turkey - Wheat Roll	309	g	400	120	14.0	7.0	0.0	60	1220	47	6	12	28	80	35	25	15	
Pepper Jack Turkey - White Roll	309	g	430	120	13.0	6.0	0.0	60	1220	50	3	6	28	80	25	20	70	
Pepper Jack Turkey - Sliced Wheat Bread	280	g	340	110	12.0	5.0	0.0	60	1160	36	6	7	27	80	25	20	10	
Tuna Pecan Salad - Croissant	319	g	640	350	39.0	19.0	1.5	85	950	48	3	11	25	80	35	30	15	
Tuna Pecan Salad - Wheat Roll	298	g	480	220	25.0	8.0	0.0	45	800	49	7	14	24	80	45	35	20	
Tuna Pecan Salad - White Roll	298	g	510	220	24.0	8.0	0.0	45	800	52	4	8	24	80	35	30	70	
Tuna Pecan Salad - Sliced Wheat Bread	269	g	430	210	23.0	7.0	0.0	45	750	38	6	9	23	80	35	30	15	
Veggie Max - Croissant	290	g	660	410	45.0	20.0	1.5	26	1310	48	5	9	17	70	20	25	20	
Veggie Max - Wheat Roll	269	g	500	280	31.0	9.0	0.0	20	1170	49	8	12	16	70	30	30	20	
Veggie Max - White Roll	269	g	530	270	30.0	8.0	0.0	20	1170	52	5	6	16	70	20	25	80	
Veggie Max - Sliced Wheat Bread	240	g	450	260	29.0	8.0	0.0	20	1110	38	8	7	15	70	20	25	15	
Cheddar Chicken Panini - Flatbread	425	g	1040	350	39.0	9.0	0.0	85	2730	130	9	11	49	20	15	50	60	
Cheddar Chicken Panini - Focaccia	328	g	740	290	32.0	9.0	0.0	85	1500	72	5	5	42	10	50	25	25	
Club Panini - Flatbread	439	g	1090	410	46.0	10.0	0.0	85	3320	130	9	11	46	20	10	45	60	
Club Panini - Focaccia	343	g	790	350	39.0	10.0	0.0	85	2090	73	5	6	38	15	50	20	25	
Grilled Italiano Panini - Flatbread	468	g	1120	440	48.0	13.0	0.0	95	4900	133	9	11	46	20	4	50	70	
Grilled Italiano Panini - Focaccia	371	g	830	370	41.0	13.0	0.0	95	3670	76	5	5	38	10	45	25	30	
Pepper Beef & Cheddar Panini - Flatbread	425	g	1020	350	39.0	10.0	0.0	85	2830	129	9	12	45	20	45	45	70	
Pepper Beef & Cheddar Panini - Focaccia	328	g	720	290	32.0	10.0	0.0	85	1600	72	5	6	37	10	90	25	30	
Rustic Veggie Melt Panini - Flatbread	439	g	1040	430	48.0	9.0	0.0	50	2510	133	11	12	27	30	60	45	70	
Rustic Veggie Melt Panini - Focaccia	343	g	750	370	41.0	9.0	0.0	50	1280	76	7	6	20	20	100	20	25	
Tuscany Turkey Panini - Flatbread	454	g	1020	370	41.0	7.0	0.0	70	4160	129	9	9	41	20	6	45	60	
Tuscany Turkey Panini - Focaccia	357	g	720	300	34.0	7.0	0.0	70	2930	72	5	3	33	15	45	25	25	
Sensible Selections																		
Apple Turkey Sandwich	289	g	290	70	8.0	1.5	0.0	35	1050	35	4	8	20	70	25	10	15	
Grilled Chicken Sandwich	263	g	310	50	5.0	0.5	0.0	45	1070	39	4	11	29	70	25	10	20	
Grilled Chicken Salad with Lo-Cal Italian	465	g	240	70	7.0	0.5	0.0	45	1420	18	5	9	25	310	70	10	15	
Roast Beef Sandwich	263	g	280	50	5.0	1.5	0.0	45	840	36	4	11	26	70	25	10	25	


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	Weight																	
Salads - no dressing																		
Asian Chicken	326	g	320	90	10.0	2.0	0.0	50	620	34	7	10	26	260	80	10	10	
Classic Caesar	213	g	200	90	10.0	5.0	0.0	25	520	17	4	2	13	200	70	35	10	
Chicken Caesar	298	g	300	90	10.0	5.0	0.0	75	1040	18	4	2	34	200	70	40	15	
Chicken Pecan Salad	255	g	190	100	11.0	1.5	0.0	25	400	11	4	6	12	160	90	6	15	
Tuna Pecan Salad	255	g	200	120	13.0	2.0	0.0	20	390	12	4	6	10	160	90	6	10	
Pasta	142	g	340	150	17.0	3.5	0.0	10	320	36	2	2	9	2	0	10	8	
Sampler	454	g	570	270	30.0	5.0	0.0	30	710	57	5	18	20	120	110	15	20	
Individual Items																		
Breads-per whole sandwich																		
Bagel	113	g	290	10	1.0	0.0	0.0	0	700	58	3	12	11	2	0	2	25	
Butter Croissant	106	g	350	160	18.0	12.0	1.5	40	520	38	1	6	8	0	0	0	10	
Wheat Roll	85	g	195	35	3.5	1.5	0.0	0	370	39	5	9	7	0	10	4	10	
White Roll	85	g	230	25	3.0	0.8	0.0	0	380	42	2	3	8	0	0	0	70	
Flatbread	227	g	640	90	10.0	0.0	0.0	0	1870	123	8	8	20	8	0	25	60	
Sliced Focaccia	130	g	340	25	3.0	0.0	0.0	0	640	66	4	2	12	0	40	0	20	
Sliced Whole Wheat Bread	56	g	140	20	2.0	0.0	0.0	0	320	28	4	4	6	0	0	0	8	
Vegetables																		
Avocado	1	oz	45	35	4.0	0.5	0.0	0	0	2	2	0	1	0	4	0	0	
Cucumber	1	oz	5	0	0.0	0.0	0.0	0	0	1	0	0	0	0	2	0	0	
Lettuce	1.5	oz	5	0	0.0	0.0	0.0	0	10	1	1	0	1	60	15	2	2	
Olives	1	oz	35	25	3.0	0.0	0.0	0	250	2	1	0	0	2	0	2	6	
Onion	3.0	ea	10	0	0	0	0	0	0	3	0	1	0	0	4	0	0	
Pepperoncini	2	oz	10	5	0.0	0.0	0.0	0	1200	2	0	0	0	4	0	2	4	
Tomato	2.0	ea	5	0	0	0	0	0	0	2	0	1	0	6	8	0	0	
Roasted Peppers and Onions	2	oz	35	20	2.0	0.0	0.0	0	20	4	1	2	1	4	45	0	0	
Meats																		
Bacon	0.7	oz	110	70	8.0	3.0	0.0	15	450	0	0	0	7	0	0	0	2	
Chicken Strips	3	oz	100	10	1.0	0.0	0.0	50	520	1	0	0	21	0	4	2	4	
Ham	3	oz	110	20	2.5	1.0	0.0	45	840	5	0	5	15	0	0	0	4	
Roast Beef	3	oz	90	20	2.5	0.0	0.0	45	440	0	0	0	17	0	0	0	10	
Salami	1.5	oz	180	140	15.0	6.0	0.0	45	680	2	0	0	9	0	0	0	4	
Turkey	3	oz	70	5	1.0	0.0	0.0	30	650	2	0	2	14	0	0	0	0	
Chicken Pecan Salad	3	oz	150	100	11.0	1.5	0.0	25	360	4	1	2	10	2	10	2	10	
Tuna Pecan Salad	3	oz	170	120	13.0	2.0	0.0	20	350	4	1	3	8	4	10	2	4	
Cheese																		
American	1	oz	100	80	9.0	5.0	0.0	25	510	1	--	1	5	8	0	15	0	
Cheddar	1	oz	110	80	9.0	6.0	0.0	30	180	0	0	0	7	6	0	20	2	
Provolone	1	oz	100	70	8.0	4.0	0.0	20	240	1	--	--	7	4	0	20	0	
Swiss	1	oz	100	70	8.0	5.0	0.0	25	60	1	0	0	8	6	0	25	0	
Pepper Jack	1	oz	110	80	9.0	5.0	0.0	30	170	1	0	0	6	8	0	15	0	
Sauces/Dressings																		
Herb Mayo	1	oz	200	190	22.0	3.0	0.0	20	200	0	0	0	0	0	0	0	0	
Creamy Italian	1	oz	120	110	12.0	1.5	0.0	0	280	3	0	2	0	2	0	0	0	
Ranch	1	oz	170	170	18.0	2.5	0.0	5	160	1	--	1	1	0	0	2	0	
Yellow Mustard	0.5	oz	15	10	1.0	0.0	0.0	0	220	1	1	0	1	0	0	2	2	

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	Weight																
Smoothies																	
Banana Banana Sm	396	g	290	35	4.0	3.0	0.0	0	190	63	2	39	2	0	8	2	8
Banana Banana Med	629	g	430	50	6.0	4.5	0.0	0	290	95	3	59	3	2	15	2	10
Banana Banana Lrg	928	g	580	70	8.0	6.0	0.0	0	390	126	4	79	4	2	15	4	15
Blueberry Banana Sm	395	g	280	35	4.0	3.0	0.0	0	190	60	2	38	2	0	6	2	8
Blueberry Banana Med	626	g	410	50	6.0	4.0	0.0	0	290	88	3	57	2	0	6	2	10
Blueberry Banana Lrg	926	g	550	70	8.0	6.0	0.0	0	390	120	4	77	3	2	10	4	15
Blueberry Pineapple Sm	395	g	270	35	4.0	3.0	0.0	0	190	58	2	39	1	0	6	2	8
Blueberry Pineapple Med	625	g	400	50	6.0	4.0	0.0	0	290	86	3	57	2	0	6	2	10
Blueberry Pineapple Lrg	924	g	540	70	8.0	6.0	0.0	0	390	115	3	77	3	2	10	4	15
Mango Banana Sm	395	g	280	35	4.0	3.0	0.0	0	190	61	2	40	2	4	15	2	8
Mango Banana Med	626	g	420	50	6.0	4.5	0.0	0	290	91	3	60	2	10	30	2	10
Mango Banana Lrg	926	g	560	70	8.0	6.0	0.0	0	390	123	4	80	3	10	35	4	15
Orange Orange Sm	447	g	290	30	3.5	3.0	0.0	0	210	64	0	46	1	0	45	2	8
Orange Orange Med	698	g	430	50	5.0	4.0	0.0	0	310	95	1	68	2	0	60	2	10
Orange Orange Lrg	1078	g	600	60	7.0	6.0	0.0	0	420	133	1	97	2	0	110	2	15
Peach Mango Sm	394	g	270	35	3.5	3.0	0.0	0	190	57	1	39	2	6	60	2	1
Peach Mango Med	625	g	400	50	5.0	4.0	0.0	0	290	85	2	57	2	8	110	2	10
Peach Mango Lrg	924	g	530	70	7.0	6.0	0.0	0	390	115	2	78	3	10	120	4	15
Pineapple Coconut Orange Sm	399	g	280	40	4.0	3.5	0.0	0	200	59	1	41	1	0	15	2	8
Pineapple Coconut Orange Med	630	g	410	50	6.0	4.5	0.0	0	300	89	2	61	2	0	20	2	10
Pineapple Coconut Orange Lrg	926	g	540	70	8.0	6.0	0.0	0	400	116	2	80	3	0	30	4	15
Pineapple Peach Sm	390	g	260	35	3.5	3.0	0.0	0	190	56	1	38	2	2	50	2	8
Pineapple Peach Med	617	g	400	50	5.0	4.0	0.0	0	290	85	2	58	2	2	60	2	10
Pineapple Peach Lrg	916	g	530	70	7.0	6.0	0.0	0	390	113	2	76	3	4	100	4	15
Raspberry Banana Sm	395	g	270	35	3.5	3.0	0.0	0	190	59	2	37	2	0	15	2	8
Raspberry Banana Med	626	g	400	50	6.0	4.0	0.0	0	290	87	2	55	3	0	20	2	10
Raspberry Banana Lrg	926	g	550	70	7.0	6.0	0.0	0	390	118	3	75	4	2	25	4	15
Strawberry Banana Sm	395	g	290	35	3.5	3.0	0.0	0	190	64	2	43	2	0	25	2	8
Strawberry Banana Med	619	g	440	50	6.0	4.0	0.0	0	290	96	3	66	2	0	45	2	15
Strawberry Banana Lrg	912	g	580	70	7.0	6.0	0.0	0	390	128	4	85	3	2	50	4	15
Strawberry Peach Sm	394	g	280	35	3.5	3.0	0.0	0	190	60	1	42	2	2	70	2	8
Strawberry Peach Med	625	g	420	50	5.0	4.0	0.0	0	290	92	2	65	2	2	90	2	15
Strawberry Peach Lrg	924	g	550	70	7.0	6.0	0.0	0	390	120	2	83	3	4	140	4	15
Triple Berry Sm	422	g	290	35	4.0	3.0	0.0	0	190	63	3	43	2	0	15	2	8
Triple Berry Med	625	g	410	50	6.0	4.0	0.0	0	290	88	3	59	2	0	15	2	10
Triple Berry Lrg	924	g	540	70	8.0	6.0	0.0	0	390	115	4	77	3	0	25	4	15
Chocolate Banana Sm	395	g	340	35	3.5	3.0	0.0	0	210	74	1	50	2	0	4	2	8
Chocolate Banana Med	619	g	530	50	5.0	4.0	0.0	0	330	116	2	81	4	0	4	2	15
Chocolate Banana Lrg	926	g	670	70	7.0	6.0	0.0	0	430	148	3	101	5	0	8	4	20
Chocolate Covered Strawberry Sm	384	g	320	30	3.5	3.0	0.0	0	210	69	1	48	2	0	15	2	10
Chocolate Covered Strawberry Med	616	g	510	50	5.0	4.0	0.0	0	330	111	1	78	3	0	15	2	15
Chocolate Covered Strawberry Lrg	904	g	630	60	7.0	6.0	0.0	0	430	138	2	95	4	0	25	4	25
Extreme OREO® Sm	348	g	290	50	6.0	3.5	0.2	0	250	58	1	37	1	0	0	2	10
Extreme OREO® Med	563	g	460	90	10.0	6.0	0.3	0	410	91	1	58	3	0	0	2	15
Extreme OREO® Lrg	844	g	630	130	14.0	8.0	0.4	0	570	124	2	79	4	0	0	2	20
Mocha Java Sm	394	g	310	30	4.5	3.0	0.0	0	210	67	0	47	2	0	0	2	8
Mocha Java Med	625	g	500	50	5.0	4.0	0.0	0	330	110	1	78	3	0	0	2	15
Mocha Java Lrg	924	g	620	60	7.0	6.0	0.0	0	430	135	1	94	4	0	0	2	15
Peanut Butter Banana Sm	405	g	480	200	23.0	7.0	0.0	0	370	64	4	39	11	0	4	2	10
Peanut Butter Banana Med	637	g	630	220	25.0	8.0	0.0	0	460	96	5	59	12	0	8	4	15
Peanut Butter Banana Lrg	945	g	970	410	45.0	13.0	0.0	0	740	128	7	79	22	0	8	6	25
Peanut Butter Chocolate Sm	403	g	530	200	23.0	7.0	0.0	0	380	75	3	50	11	0	0	2	10
Peanut Butter Chocolate Med	635	g	720	220	24.0	8.0	0.0	0	500	117	3	81	13	0	0	4	15
Peanut Butter Chocolate Lrg	942	g	1060	410	45.0	13.0	0.0	0	770	149	5	101	23	0	0	6	25

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Chillers																	
Apple Strawberry Sm	389	g	80	0	0.0	0.0	0.0	0	20	20	0	20	0	0	0	0	0
Apple Strawberry Med	646	g	140	0	0.0	0.0	0.0	0	30	34	0	34	0	0	0	2	0
Apple Strawberry Lrg	972	g	190	0	0.0	0.0	0.0	0	45	47	0	47	0	0	0	2	0
Guava Strawberry Sm	382	g	90	0	0.0	0.0	0.0	0	10	21	0	21	0	0	45	0	0
Guava Strawberry Med	636	g	150	0	0.0	0.0	0.0	0	20	35	0	34	0	0	70	2	0
Guava Strawberry Lrg	958	g	200	0	0.0	0.0	0.0	0	30	49	0	48	1	0	90	2	0
Lemon Strawberry Sm	382	g	80	0	0.0	0.0	0.0	0	10	22	0	21	0	0	10	2	0
Lemon Strawberry Med	636	g	130	0	0.0	0.0	0.0	0	15	36	1	35	0	0	15	2	0
Lemon Strawberry Lrg	958	g	180	0	0.0	0.0	0.0	0	25	50	1	49	0	0	20	4	0
Orange Strawberry Sm	389	g	90	0	0.0	0.0	0.0	0	25	23	0	22	0	0	50	0	0
Orange Strawberry Med	648	g	150	0	0.0	0.0	0.0	0	35	37	0	36	0	0	80	2	0
Orange Strawberry Lrg	974	g	210	0	0.0	0.0	0.0	0	50	52	0	51	0	0	100	2	0
Pineapple Strawberry Sm	377	g	100	0	0.0	0.0	0.0	0	5	24	1	23	1	2	20	2	2
Pineapple Strawberry Med	629	g	160	0	0.0	0.0	0.0	0	10	39	2	37	1	2	25	4	2
Pineapple Strawberry Lrg	949	g	220	0	0.0	0.0	0.0	0	20	55	3	52	1	2	35	6	4
Strawberry Crush Sm	382	g	80	0	0.0	0.0	0.0	0	5	20	0	20	0	0	0	0	0
Strawberry Crush Med	636	g	140	0	0.0	0.0	0.0	0	10	33	0	33	0	0	0	2	0
Strawberry Crush Lrg	958	g	190	0	0.0	0.0	0.0	0	15	46	0	46	0	0	0	2	0
Watermelon Strawberry Sm	382	g	80	0	0.0	0.0	0.0	0	5	21	0	21	0	0	40	0	0
Watermelon Strawberry Med	636	g	140	0	0.0	0.0	0.0	0	10	34	0	34	0	0	60	2	0
Watermelon Strawberry Lrg	958	g	190	0	0.0	0.0	0.0	0	15	48	0	48	0	0	80	2	0
Lemonade																	
Lemonade Med	595	g	160	0	0.0	0.0	0.0	0	15	48	0	42	0	0	70	2	0
Raspberry Lemonade Med	623	g	170	0	0.0	0.0	0.0	0	15	51	1	44	0	0	80	2	0
Strawberry Lemonade Med	623	g	180	0	0.0	0.0	0.0	0	15	55	1	49	1	0	90	2	2
Supplements**																	
Bee Pollen	2	g	6	1	0.1	0.1	0.0	0	0	1	0	--	0	0	1	2	0
Brewers Yeast	2	g	8	1	0.1	0.0	0.0	0	0	1	0	0	1	0	0	1	0
Creatine	2	g	4	0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0
Echinacea	2	g	5	0	0.0	0.0	0	0	0	2	1	0	0	0	2	0	0
Gingko	2	g	10	4	0.0	0.0	0.0	0	0	1	0	0	0	--	--	--	--
Ginseng	2	g	7	1	0.1	0.1	--	--	2	2	0	0	0	--	--	0	0
Lecithin	8	g	60	60	7.0	1.0	0	0	0	1	0	0	0	0	0	6	0
Multi-Vitamin	2	g	5	0	0.0	0.0	0	0	0	1	0	0	0	35	35	35	35
Protein-Whey	10	g	40	1	0.1	0.0	0.0	0	25	0	0	0	10	0	0	4	0
Spirulina	2	g	10	0	0.0	0.0	0	0	0	0	0	0	1	30	0	0	0
<p>The Nutritional Information Frullati has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.</p> <p>**These supplements have not been evaluated by the FDA. They are not intended to diagnose, prevent, treat, mitigate or cures, any disease but rather as a dietary supplement intended only for nutritional support to a well balanced diet of food. Please consult your physician before starting any supplement program, especially if you are pregnant, nursing or taking medication. These products are not recommended for children.</p>																	