

TOPPER GRIND

Nutrition Facts	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
TOAST												
Blueberry Chia Toast	1 each	200	22.5	2.5	0.5	0	0	280	36	3	10	8
Peanut Butter Power Toast	1 each	410	180	20	305	0	0	420	49	6	14	13
Smashed Avocado Toast	1 each	220	72	8	1.5	0	0	310	33	5	5	6
Chicken Salad Toast	1 each	250	63	7	1.5	0	15	320	33	3	7	12
Pimento Cheese & Bacon Toast	1 each	430	225	25	10	0	50	790	33	2	7	16
Banana Berry Nutella® Toast	1 each	510	180	20	8	0	0	310	73	6	41	9
OVERNIGHT OATS & PARFAITS												
Peach Overnight Chia Oats	1 each	350	63	7	2	0	5	170	61	8	26	15
Blueberry Greek Yogurt Parfait	1 each	200	13.5	1.5	0	0	<5	105	33	3	16	14
Greek Yogurt Strawberry Parfait	1 each	190	13.5	1.5	0	0	<5	105	30	3	14	14
Blueberry Overnight Chia Oats	1 each	350	63	7	2	0	5	170	62	8	26	14
Strawberry Overnight Chia Oats	1 each	330	63	7	1.5	0	5	170	58	8	24	14
Peach Greek Yogurt Parfait	1 each	200	13.5	1.5	0	0	<5	105	32	3	17	15
BAGELS & MUFFINS												
Plain Bagel	1 each	290	18	2	0.5	0	0	570	60	2	6	11
Everything Bagel	1 each	310	22.5	2.5	0	0	0	580	61	2	8	11
Blueberry Bagel	1 each	240	10	1	0	0	0	320	48	1	8	8
Banana Walnut Muffin	1 each	340	140	15	2	0	6	405	47	3	24	3
Orange Cranberry Muffin	1 each	280	110	12	2	0	8	264	43	3	24	2
Chocolate Chocolate Chip Muffin	1 each	330	130	14	3	0	6	318	48	3	28	3
Blueberry Muffin	1 each	310	120	13	2	0	8	270	46	3	26	2

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FRUIT												
Apple	1 each	100	0	0	0	0	0	0	28	5	21	<1
Orange	1 each	100	0	0	0	0	0	0	24	5	19	2
Red Grapes	½ cup	60	0	0	0	0	0	0	15	<1	13	1
BYO BOWL												
Spring Salad Mix	2ozw	0	0	0	0	0	0	50	2	0	<1	<1
Romaine Lettuce	2ozw	10	0	0	0	0	0	0	2	1	<1	<1
Quinoa	¼ cup	70	0	1	0	0	0	0	11	1	0	2
Shredded Carrots	2 tbsp	5	0	0	0	0	0	10	2	0	<1	0
Cucumbers	4 slice	0	0	0	0	0	0	0	1	0	0	0
Grape Tomatoes	5 each	15	0	0	0	0	0	0	3	1	2	1
Edamame	¼ cup	60	25	2.5	0	0	0	10	5	2	0	5
Roasted Sweet Potatoes	¼ cup	45	0	0	0	0	0	55	10	2	2	<1
Feta Cheese Crumbles	2 tbsp	50	35	3.5	2.5	0	10	200	<1	0	<1	3
Blueberries	2 tbsp	15	0	0	0	0	0	0	4	<1	3	0
Strawberries	¼ cup	10	0	0	0	0	0	0	3	<1	1	0
Sliced Almonds	1 tbsp	40	35	3.5	0	0	0	0	1	<1	0	2
Parmesan	2 tbsp	60	30	3.5	2.5	0	10	200	0	0	0	5
Dried Cranberries	1 tbsp	30	0	0	0	0	0	0	8	<1	7	0
Pumpkin Seeds	1 tbsp	40	30	3.5	0	0	0	0	1	0	0	2

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BYO BOWL												
Croutons	¼ cup	60	18	2	0	0	0	170	9	0	<1	1
Avocado	4 slices	45	35	4	0.5	0	0	0	2	2	0	1
Chicken	¼ cup	45	10	1	0	0	25	50	0	0	0	8
Hard Cooked Egg	2 each	150	99	11	3.5	0	370	125	1	0	1	13
Fruited Almond Chicken Salad	2 oz	80	27	3	0	0	25	55	3	0	3	8
Chickpeas	¼ cup	70	10	1	0	0	0	50	11	2	0	4
Balsamic Vinaigrette	2 fl oz	120	90	10	1	0	0	400	9	0	9	0
Creamy Caesar Dressing	2 fl oz	280	270	30	5	0	<5	530	2	0	<1	1
Ranch Dressing	2 fl oz	200	198	22	3.5	0	20	490	2	0	1	<1
Vegan Green Goddess Dressing	2 fl oz	380	378	42	3.5	0	<5	560	3	0	2	0
Lemon Honey Vinaigrette Dressing	2 fl oz	320	306	34	4.5	0	0	100	4	0	3	0
BYO OATMEAL												
Honey Cinnamon Oatmeal	8 oz	220	27	3	0.5	0	0	10	47	4	18	6
Blueberries	2 tbsp	15	0	0	0	0	0	0	4	<1	3	0
Strawberries	¼ cup	10	0	0	0	0	0	0	3	<1	1	0
Peaches	¼ cup	20	0	0	0	0	0	0	5	<1	5	<1
Granola	1 oz	110	35	4	0	0	0	60	15	2	4	2
Sliced Almonds	1 tbsp	40	35	3.5	0	0	0	0	1	<1	0	2
Cacao Nibs	1 tbsp	60	45	5	3	0	0	<5	3	3	<1	1
Nutella	2 tbsp	210	110	12	4	0	0	15	23	1	22	2

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Nutrition Facts												
BYO OATMEAL												
Honey	1 tbsp	45	0	0	0	0	0	0	12	<1	12	0
Peanut Butter	2 tbsp	190	140	16	3.5	0	0	150	6	2	3	8
Strawberry Preserves	2 tbsp	100	0	0	0	0	0	0	25	0	23	0
Dried Cranberries	1 tbsp	30	0	0	0	0	0	0	8	<1	7	0
Pumpkin Seeds	1 tbsp	40	30	3.5	0	0	0	0	1	0	0	2
Shredded Coconut	1 tbsp	35	18	2	2	0	0	15	4	1	3	1