

PARISI ARTISAN COFFEE NUTRITION FACTS

	Serving Size	Calories	Calories from fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D %DV	Calcium %DV	Iron %DV	Potassium %DV
% Daily Values are based on a 2,000 calorie a day diet.																	

BAKERY ITEMS

CROISSANTS

Plain	85g	350	200	22	14	0	60	340	34	2	6	6	6	0	2	8	15
Chocolate	90g	360	190	21	13	0	45	320	40	3	11	5	7	0	2	10	15
Fig & Goat Cheese	115g	500	255	28	18	0	80	420	52	2	20	6	10	0	4	8	15
Ham & Cheese	125g	520	300	33	20	0	100	630	44	2	8	7	13	2	10	10	20
Almond	90g	360	215	23	12	0	50	270	33	2	9	5	7	0	4	8	10

SCONES

Cinnamon Swirl Scone	128g	550	250	28	18	0	30	220	66	2	22	21	6	0	10	15	2
Lemon Lavender Scone	128g	500	250	28	18	0	30	220	54	2	10	10	6	0	10	15	2

MUFFINS

Cranberry Orange Muffin	130g	370	125	14	4.5	0	60	360	56	2	29	27	7	0	6	10	4
Blueberry Muffin	173g	320	90	10	2	0	50	360	53	2	28	25	6	0	4	8	4

COOKIES

Chocolate Chunk	84g	610	115	13	8	0	60	220	120	1	21	10	4	0	2	6	2
Oatmeal Raisin	98g	390	110	12	7	0	50	260	65	4	36	27	6	0	6	8	4
Peanut Butter	86g	410	190	22	10	0	55	270	48	2	28	26	8	0	6	8	4
Cornflake Marshmallow	90g	390	170	19	12	0	55	290	53	1	34	32	4	2	2	20	25
Iced Sugar	40g	210	100	11	7	0	25	75	25	1	2	6	3	0	0	4	2
Flourless Chocolate Walnut	45g	250	100	11	5	0	30	115	36	1	13	10	3	0	2	2	0

MACARONS

Vanilla Bean	28g	110	60	7	3	0	15	10	11	0	11	6	1	0	0	0	0
Raspberry Rose	27g	110	60	7	3	0	15	10	11	0	11	10	1	0	0	0	0

TREATS

Banana Bread	92g	330	55	6	1.5	0	10	95	19	0	15	4	1	0	2	2	4
Brownie	135g	560	260	29	17	0	110	105	76	3	51	45	7	0	0	0	0
Cherry Date Protein Bite	30g	120	55	6	2	0	0	45	18	2	13	6	2	0	0	4	4
Chocolate Espresso Protein Bite	30g	130	75	8	2	0	0	20	12	3	5	2	5	0	2	6	0
Cinnamon Roll	100g	750	340	38	23	0	215	500	90	3	51	17	13	2	4	15	15
Cocoa Nib Crispy Treat	81g	410	180	20	12	0.5	50	220	57	0	29	19	3	8	0	45	0
Coconut Macaroon	87g	370	150	17	15	0	0	2	54	0	39	37	4	0	0	6	4
Coffee Cake	100g	330	110	12	7	0	30	220	49	1	27	5	7	0	6	8	4
Granola Bar	110g	510	270	30	12	0	25	450	58	7	37	21	10	0	6	10	6
Lemon Loaf	130g	540	300	33	13	0	165	85	54	1	35	35	8	0	2	8	2
Palmier	73g	380	180	20	12	0	50	320	46	1	14	14	5	0	0	6	0
Plain Bagel	114g	300	10	1	0	0	0	230	32	1	4	0	5	0	2	15	3
Plain Bagel with Spread	143g	370	35	4	4	0	20	345	33	1	4	0	6	0	6	15	3
Seeded Pumpkin Loaf	149g	480	170	19	5	0	55	180	72	2	43	42	7	2	2	15	6
Red Velvet Loaf	120g	490	235	26	4	0	55	170	60	1	39	38	6	2	2	8	4

	Serving Size	Calories	Calories from fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D %DV	Calcium %DV	Iron %DV	Potassium %DV
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HOT BREAKFAST SANDWICHES

Egg & Cheese Croissant	175g	490	270	31	16	0	345	570	27	1	8	3	22	4	25	6	4
Bacon, Egg & Cheese Croissant	200g	570	335	37	18	0	355	1070	27	1	8	3	28	4	25	6	4
Sausage & Egg & Cheese Flatbread	232g	630	335	37	14	0	345	1050	45	2	7	0	28	4	20	4	2
Bacon, Egg & Cheese Biscuit	314g	930	465	52	26	0	480	2030	72	2	13	6	41	8	50	25	8
Sausage, Egg & Cheese Biscuit	295g	900	615	55	27	0	440	1510	65	2	11	6	34	8	40	25	8
Waffle Breakfast Sandwich	314g	720	325	36	13	0	430	1610	57	3	11	0	40	6	35	45	6
Buttermilk Biscuit	149g	460	180	20	12	0	90	540	60	2	7	6	12	0	25	20	6
Waffle	99g	289	95	9.4	2	0	16	663	44	2.4	4.5	0	7	0	10	36	2.3

LUNCH ITEMS

Arugula Blueberry Salad	180g	360	280	31	3	0	5	480	19	4	13	0	7	0	10	10	10
Ham & Cheese Baguette	395g	760	260	29	13	0	130	3670	73	5	7	0	51	6	45	40	15
Turkey Flatbread	425g	850	235	26	10	0	140	2020	94	3	36	0	60	2	30	40	6

GRAB & GO ITEMS

Fruit Cup	7.5oz	180	0	0	0	0	0	0	46	4	41	0	1	0	2	4	6
Hummus Snack Box	262g	600	370	41	6	0	0	460	55	11	24	0	11	0	15	25	10
Yogurt & Granola Parfait	9.5oz	350	80	9	1	0	10	100	51	4	34	0	22	0	15	2	6
Whole Milk Yogurt	5.3oz	190	65	7	4	0	30	65	21	0	18	12	12	20	20	0	4
Almonds	1oz	163	125	14	1.1	0	0	0	6	3.5	1.1	0	6	0	7	6	4
Cashews	1oz	157	110	12	2.2	0	0	3	9	0.9	1.7	0	5	0	1	10	5
Pistachios	1oz	159	115	13	1.6	0	0	0	8	3	2.2	0	6	0	3	6	8
Dried Apricots	1oz	110	0	0	0	0	0	0	5	2	17	0	1	0	2	8	1
Dried Cherries	1oz	98	10	1	0	0	0	0	25	1	31	0	0.8	0	10	2	2
Dried Cranberries	1oz	100	0	0	0	0	0	0	23	0	33	16	0	0	0	0	6
Jumbo Golden Raisins	1oz	85	0	0.1	0	0	0	3	22.5	1	59	0	0.9	0	0	0	4.5

CAFE ITEMS

SYRUPS

Almond	1oz	50	0	0	0	0	0	0	14	0	14	14	0	0	0	0	0
Amarena Cherry	1oz	50	0	0	0	0	0	0	14	0	13	13	0	0	0	0	10
Chai	1oz	70	0	0	0	0	0	0	20	0	18	6	0	0	0	0	0
Honey Cinnamon	1oz	60	0	0	0	0	0	0	16	0	16	13	0	0	2	0	0
Rhubarb Syrup	1oz	50	0	0	0	0	0	0	12	0	12	11	0	0	0	0	0
Root Beer	1oz	60	0	0	0	0	0	0	15	0	15	12	0	0	0	2	0
Vanilla	1oz	60	0	0	0	0	0	0	16	0	16	16	0	0	0	0	0
Sugar Free Vanilla	1oz	0	0	0	0	0	0	0	6	0	1	0	0	0	0	0	0

SAUCES

Cocoa	1oz	100	20	2	0	0	0	0	26	4	20	20	2	0	0	12	8
Caramel	1oz	120	60	6	4	0	0	0	15	0	15	15	0	0	0	0	0
Salted Caramel	1oz	110	50	6	4	0	0	320	14	0	14	14	0	0	0	0	0

MILK OPTIONS** All drinks made with Whole Milk by default

Whole Milk	8oz	150	70	8	5	0	30	120	11	0	11	0	8	25	30	0	9
Skim Milk	8oz	80	0	0	0	0	<5	120	12	0	11	0	8	25	30	0	11

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1% Milk	8oz	100	20	0.5	1.5	0	10	120	12	0	11	0	8	25	30	0	11
2% Milk	8oz	120	45	5	3	0	20	120	12	0	11	0	8	25	30	0	10
Almond Milk	8oz	60	30	3	0	0	0	150	8	0	7	0	1	25	2	2	4
Coconut Milk	8oz	60	35	4	4	0	0	110	5	0	3	0	0	25	6	2	7
Oat Milk	8oz	130	20	2.5	0	0	0	115	24	2	19	0	4	25	35	10	3
Soy Milk	8oz	70	20	2.5	0	0	0	115	9	1	6	0	5	0	2	4	6
COFFEE DRINKS																	
Daily Brew	8oz	2	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0
Daily Brew	12oz	5	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0
Daily Brew	16oz	5	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0
Café au Lait	8oz	75	35	4	2.5	0	15	65	5.5	0	5.5	0	4	12.5	15	0	4.5
Café au Lait	12oz	115	55	6	3.8	0	22.5	95	8.3	0	8.3	0	6	18.8	22.5	0	6.8
Café au Lait	16oz	155	70	8	5	0	30	130	11	0	11	0	8	25	30	0	9
Red Eye	8oz	4	0	0.2	0	0	0	5	0	0	0	0	0	0	0	0	0
Red Eye	12oz	7	0	0.2	0	0	0	10	0	0	0	0	0	0	0	0	0
Red Eye	16oz	7	0	0.2	0	0	0	10	0	0	0	0	0	0	0	0	0
ESPRESSO DRINKS																	
Americano	8oz	2	0	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano	12oz	2	0	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano	16oz	2	0	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0
Breve	8oz	200	135	15	10	0	75	75	5	0	5	0	1	0	20	0	1
Breve	12oz	300	205	22.5	15	0	113	113	7.5	0	7.5	0	1.5	0	30	0	1.5
Breve	16oz	400	270	30	20	0	150	150	10	0	10	0	2	0	40	0	2
Café Latte	8oz	115	60	6.5	4	0	22.5	90	8	0	8	0	6	19	22.5	0	7
Café Latte	12oz	190	90	10	6	0	35	150	14	0	12	0	10	30	37	0	11
Café Latte	16oz	230	115	13	8	0	45	180	16	0	16	0	12	38	45	0	14
Café Mocha	8oz	170	110	12	7	0	25	85	13	1	11	1	6	15	20	0	6
Café Mocha	12oz	280	170	19	11	0	40	140	22	1	18	1	10	25	35	0	10
Café Mocha	16oz	380	225	25	15	0	55	200	29	1	25	2	14	40	50	0	15
Cappuccino	8oz	75	35	4	2.5	0	15	60	5.5	0	5.5	0	4	12.5	15	0	4.5
Cappuccino	12oz	135	65	7	4.4	0	26	105	9.5	0	9.5	0	7	22	26	0	8
Cappuccino	16oz	190	90	10	6.5	0	38	150	14	0	14	0	10	30	38	0	11
Con Panna	6oz	60	55	6	4	0	25	0	0	0	0	0	0	0	0	0	0
Cortado	6oz	40	20	2	1	0	7.5	30	3	0	3	0	2	6	0.5	0	2
Espresso	2oz	2	0	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0
Macchiato	6oz	20	10	1	0.5	0	4	15	1.5	0	1.5	0	1	3	4	0	1
TEA DRINKS																	
Hot Tea	12oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hot Tea	16oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Tea (unsweetened)	16oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Tea (unsweetened)	24oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Chai	8oz	100	15	1.5	1	0	5	40	16	0	16	16	3	0	10	0	8
Chai	12oz	150	25	2.5	1.5	0	10	60	24	0	24	24	4	0	15	0	10

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Chai	16oz	200	30	3.5	2	0	15	80	32	0	32	32	6	0	20	0	16
Chai	24oz	260	40	4.5	3	0	20	105	42	0	43	43	7	0	25	0	22
OTHER DRINKS																	
Hot Cocoa	8oz	240	155	17	10	0	35	115	19	1	16	1	8	20	25	0	8
Hot Cocoa	12oz	360	225	25	15	0	50	170	28	2	23	2	13	30	40	0	10
Hot Cocoa	16oz	450	260	29	18	0	65	230	35	2	29	2	17	45	50	0	15
Italian Soda (Amarena Cherry)	16oz	150	0	0	0	0	0	80	39	0	34	34	0	0	2	0	0
Italian Soda (Amarena Cherry)	24oz	190	0	0	0	0	0	125	50	0	44	44	0	0	2	0	0
Ciccolato	8oz	370	200	22	14	0	25	105	36	1	33	1	8	15	15	0	6
Frappe	16oz	190	55	6	4.5	0	25	90	27	0	26	25	5	0	20	0	6
Frappe	24oz	270	80	9	6	0	35	130	40	0	38	36	7	0	25	0	10
Mocha Frappe	16oz	270	65	7	5	0	25	90	47	3	41	40	7	0	20	8	10
Mocha Frappe	24oz	370	95	7.5	7.5	0	35	130	66	3	58	56	9	0	27	10	16
Rhubarb Ginger Lemonade	16oz	190	0	0	0	0	0	35	48	1	38	37	1	0	6	2	4
Rhubarb Ginger Lemonade	24oz	290	0	0	0	0	0	55	72	2	57	56	1	0	10	2	6

PARISI ARTISAN COFFEE INGREDIENTS

BAKERY ITEMS

Croissants

Plain	Unbleached Enriched Hard Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin [Vitamin B3], Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Butter (Pasteurized Cream, Natural Flavoring), Milk, Sugar, Salt, Egg Whites, Active Dry Yeast, Diastatic Malt Powder, Egg.	Contains: Egg, Milk, Wheat.
Chocolate	Wheat Bread Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Unsalted Butter, Chocolate (Sugar, Cocoa Paste, Cocoa Butter, Soya Lecithin, Vanilla Flavor), Whole Milk (Grade A Milk, Vitamin D3 Added), Cocoa Powder (Processed with Alkali), Sugar, Powdered Milk (Extra Grade Sweet Cream Dairy Whey, Highly Refined Soy Flour, Buttermilk and High-Heat Non-Fat Dry Milk), Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Salt, Egg.	Contains: Egg, Milk, Wheat.
Fig & Goat Cheese	Wheat Bread Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Unsalted Butter, Goat Cheese (Pasteurized Goat Milk, Cheese Cultures, Vegetable Rennet, Salt), Fig Spread (Figs, Pure Cane Sugar, Citric Acid, Fruit Pectin, Lactic Acid, Ascorbic Acid), Whole Milk (Grade A Milk, Vitamin D3 Added), Sugar, Powdered Milk (Extra Grade Sweet Cream Dairy Whey, Highly Refined Soy Flour, Buttermilk and High-Heat Non-Fat Dry Milk), Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Salt, Egg.	Contains: Egg, Milk, Soy, Wheat.
Ham & Cheese	Wheat Bread Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Unsalted Butter, Oven Roasted Ham With Rosemary (Pork, Water, Dextrose, Sodium Phosphate, Corn Syrup Solids, Carrageenan, Sugar, Spices [Contains Rosemary], Sodium Ascorbate, Sodium Nitrite), Gruyere Cheese (Fresh Part Skim Cow's Milk, Cheese Culture, Salt, Enzymes), Whole Milk (Grade A Milk, Vitamin D3 Added), Sugar, Powdered Milk (Extra Grade Sweet Cream Dairy Whey, Highly Refined Soy Flour, Buttermilk And High-Heat Non-Fat Dry Milk), Salt, Egg.	Contains: Egg, Milk, Soy, Wheat.
Almond	Wheat Bread Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Unsalted Butter, Chocolate (Sugar, Cocoa Paste, Cocoa Butter, Soya Lecithin, Vanilla Flavor), Whole Milk (Grade A Milk, Vitamin D3 Added), Cocoa Powder (Processed with Alkali), Sugar, Powdered Milk (Extra Grade Sweet Cream Dairy Whey, Highly Refined Soy Flour, Buttermilk and High-Heat Non-Fat Dry Milk), Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Salt, Egg.	Contains: Egg, Milk, Wheat, Tree Nuts (Almond).

Scones

Cinnamon Swirl	All-Purpose Flour (Unbleached Enriched Hard Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin (Vitamin B3), Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid]), Heavy Whipping Cream, Butter (Pasteurized Cream, Natural Flavorings), Brown Sugar, Sugar, Lowfat Buttermilk (Grade A Cultured Lowfat Milk, Locust Bean Gum, Modified Cornstarch, Carrageenan, Salt, Sodium Citrate, Mono and Diglycerides, Vitamin A Palmitate, and Vitamin D3 Added), Baking Powder, Cinnamon, Corn Syrup (Corn Syrup, Water, High Fructose Corn Syrup, Natural Flavor, Salt), Kosher Salt, Vanilla Extract.	Contains: Milk, Wheat.
Lemon Lavender	All-Purpose Flour (Unbleached Enriched Hard Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin (Vitamin B3), Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid]), Heavy Whipping Cream, Butter (Pasteurized Cream, Natural Flavorings), Sugar, Lowfat Buttermilk (Grade A Cultured Lowfat Milk, Locust Bean Gum, Modified Cornstarch, Carrageenan, Salt, Sodium Citrate, Mono and Diglycerides, Vitamin A Palmitate, and Vitamin D3 Added), Lemon Zest, Baking Powder, Dried Lavender, Kosher Salt, Vanilla Extract, Lemon Oil.	Contains: Milk, Wheat.

Muffins

Blueberry	All-Purpose Flour (Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Blueberries, Sugar, Egg, Lowfat Buttermilk (Grade A Cultured Lowfat Milk, Locust Bean Gum, Modified Cornstarch, Carrageenan, Salt, Sodium Citrate, Mono and Diglycerides, Vitamin A Palmitate, and Vitamin D3 Added), Canola Oil, Butter (Pasteurized Cream, Natural Flavoring), Vanilla Extract, Baking Powder, Salt, Turbinado, Orange Zest.	Contains: Milk, Egg, Wheat.
Cranberry Orange	All-Purpose Flour (Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cranberries, Sugar, Egg, Lowfat Buttermilk (Grade A Cultured Lowfat Milk, Locust Bean Gum, Modified Cornstarch, Carrageenan, Salt, Sodium Citrate, Mono and Diglycerides, Vitamin A Palmitate, and Vitamin D3 Added), Butter (Pasteurized Cream, Natural Flavoring), Canola Oil, Orange Zest, Vanilla Extract, Baking Powder, Salt, Turbinado.	Contains: Milk, Egg, Wheat.

Cookies

Chocolate Chunk	Chocolate (Sugar, Cocoa Paste, Cocoa Butter, Soya Lecithin, Vanilla Flavor), All-Purpose Flour (Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream, Natural Flavoring), Brown Sugar, Sugar, Egg, Salt, Vanilla Extract, Baking Soda.	Contains: Milk, Egg, Wheat, Soy.
Oatmeal Raisin	Brown Sugar, Dry Oatmeal, Raisins, Butter (Pasteurized Cream, Natural Flavoring), Wheat Bread Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Egg, Vanilla Extract, Baking Powder, Baking Soda, Salt, Cinnamon.	Contains: Milk, Egg, Wheat.
Peanut Butter	Flour Unbleached Enriched Hard Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin (Vitamin B3), Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Peanut Butter (Roasted Peanuts And Sugar, Contains 2% Or Less Of: Molasses, Fully Hydrogenated Vegetable Oils (Rapeseed And Soybean), Mono And Diglycerides, Salt), Butter, Sugar, Brown Sugar, Egg, Baking Powder, Vanilla Extract, Salt.	Contains: Milk, Egg, Peanuts, Wheat.
Cornflake Marshmallow	Butter (Pasteurized Cream, Natural Flavoring), Sugar, All-Purpose Flour (Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Semisweet Chocolate Chips (Sugar, Unsweetened Chocolate, Dextrose, Cocoa Butter, Soy Lecithin), Corn Flakes (Milled Corn, Sugar, Malt Flavor, Contains 2% Or Less Of: Salt, BHT Added to Packaging for Freshness), Marshmallows (Corn Syrup, Sugar, Modified Cornstarch, Gelatin), Egg, Powdered Milk (Extra Grade Sweet Cream Dairy Whey, Highly Refined Soy Flour, Buttermilk and High-Heat Non-Fat Dry Milk), Salt, Baking Powder, Vanilla Extract.	Contains: Eggs, Milk, Soy, Wheat.
Iced Sugar	All-Purpose Flour (Unbleached Enriched Hard Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin (Vitamin B3), Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid]), White Chocolate Coating (Sugar, Hydrogenated Vegetable Fat, Skim Milk Powder, Lactose, Soy Lecithin), Butter (Sweet Cream, Salt), Sugar, Egg White, Vanilla Extract, Baking Powder, Kosher Salt.	Contains: Eggs, Milk, Wheat, Soy.
Flourless Chocolate Walnut	Bittersweet Chocolate (Cocoa Paste, Sugar, Cocoa Butter, Reduced Fat Cocoa Powder, Emulsifier: Soya Lecithin, Vanilla Flavor), Sugar, Egg, Chocolate (Sugar, Chocolate Liquor, Cocoa Butter, Chocolate Liquor Processed With Alkali, Soy Lecithin, Salt), Walnuts, Butter, Almond Flour, Rice Flour (Rice Flour, Corn Starch, Tapioca Dextrin, Xanthan Gum), Powdered Sugar, Baking Powder, Vanilla Extract (Sugar, Water, Vanilla Extract, Vanilla Beans, Gum Tragacanth [A Natural Thickener]), Salt.	Eggs, Milk, Soy, Tree Nuts (Almond, Walnut).

Macarons

Vanilla Bean	Sugar, Butter (Pasteurized Cream (Milk), Natural Flavor), Almond Flour, Milk (Vitamin D3 Added), Eggs, Contains 2% Or Less Of: Vanilla Extract, Vanilla Beans, Water, Gum Tragacanth (A Natural Thickener), Cornstarch.	Contains: Eggs, Milk, Tree Nuts (Almond).
Raspberry Rose	Raspberry Jam (Sugar, Red Raspberries (Red Raspberries, Red Raspberry Puree From Concentrate), Glucose Syrup, Dextrose, Water, Sorbitol, Apple Pectin, Citric Acid (Acidifier), Natural Color, Sodium Citrate, Artificial Raspberry Flavor, Potassium Sorbate (Preservative), Sunflower Oil), Almond Flour, Powdered Sugar (Sugar, Cornstarch), Sugar, Egg Whites, Rosewater (Water, Rose Flavor), Color (Water, Corn Syrup, Glycerine, High Fructose Corn Syrup, Sugar, Sorbitol, Red 3, Modified Food Starch, Yellow 5, Carageenan Gum, Agar Gum, Sodium Benzoate And Potassium Sorbate (Preservatives), Citric Acid).	Contains: Egg, Tree Nuts (Almond).
Mango	Sugar, Butter (Pasteurized Cream (Milk), Natural Flavor), Almond Flour, Milk (Vitamin D3 Added), Eggs, Contains 2% Or Less Of: Mango Juice And Puree, Cornstarch, Water, Corn Syrup, High Fructose Corn Syrup, Yellow 5, Glycerine, Sorbitol, Modified Food Starch, Carageenan Gum, Agar Gum, Sodium Benzoate And Potassium Sorbate (Preservatives), Citric Acid, Salt.	Contains: Eggs, Milk, Tree Nuts (Almond).

PARISI ARTISAN COFFEE INGREDIENTS

Passion Fruit	Sugar, Butter (Pasteurized Cream (Milk), Natural Flavor), Almond Flour, Milk (Vitamin D3 Added), Eggs, Contains 2% Or Less Of: Passionfruit, Black Sesame Seeds, Cornstarch, High Fructose Corn Syrup, Water, Glycerine, Corn Syrup, Yellow 5, Modified Food Starch, Sorbitol, Citric Acid, Sodium Benzoate And Potassium Sorbate (Preservatives), Carageenan Gum, Agar Gum.	Contains: Eggs, Milk, Tree Nuts (Almond).
Pomegranate	Sugar, Butter (Pasteurized Cream (Milk), Natural Flavor), Almond Flour, Milk (Vitamin D3 Added), Eggs, Contains 2% Or Less Of: Pomegranate, Natural Flavor, Cornstarch, Water, Glycerine, Corn Syrup, High Fructose Corn Syrup, Red 40, Sorbitol, Modified Food Starch, Red 3, Yellow 5, Carageenan Gum, Agar Gum, Sodium Benzoate And Potassium Sorbate (Preservatives), Salt, Citric Acid.	Contains: Eggs, Milk, Tree Nuts (Almond).
Toasted Coconut	Sugar, Butter (Pasteurized Cream (Milk), Natural Flavor), Almond Flour, Milk (Vitamin D3 Added), Eggs, Contains 2% Or Less Of: Coconut, Coconut Puree, Water, Corn Syrup, Glycerine, High Fructose Corn Syrup, Sorbitol, Blue 1, Cornstarch, Modified Food Starch, Carageenan Gum, Agar Gum, Sodium Benzoate And Potassium Sorbate (Preservatives), Salt, Citric Acid.	Contains: Eggs, Milk, Tree Nuts (Almond, Coconut).
Blackberry	Sugar, Butter (Pasteurized Cream (Milk), Natural Flavor), Almond Flour, Milk (Vitamin D3 Added), Eggs, Contains 2% Or Less Of: Blackberry, Citric Acid, Ascorbic Acid, Natural Flavor, Pectin, Water, Glycerine, Corn Syrup, High Fructose Corn Syrup, Sorbitol, Modified Food Starch (Corn), Plant Extractive And/Or Red 40, Cornstarch, Carageenan Gum, Agar Gum, Red 3, Blue 1, Sodium Benzoate And Potassium Sorbate (Preservatives), Salt.	Contains: Eggs, Milk, Tree Nuts (Almond).
Pistachio	Sugar, Butter (Pasteurized Cream (Milk), Natural Flavor), Almond Flour, Milk (Vitamin D3 Added), Eggs, Contains 2% Or Less Of: Cornstarch, Pistachio Paste (Glucose Syrup, Almond Pulp, Pistachio Pulp, Hazelnut Pulp, Concentrates (Carrot, Spirulina), Natural Flavor), Water, Glycerine, Corn Syrup, High Fructose Corn Syrup, Yellow 5, Sorbitol, Modified Food Starch, Blue 1, Citric Acid, Carageenan Gum, Agar Gum, Sodium Benzoate And Potassium Sorbate (Preservatives), Salt.	Contains: Milk, Tree Nuts (Almond, Pistachio, Hazelnut), Egg.
Blood Orange	Sugar, Butter (Pasteurized Cream (Milk), Natural Flavor), Almond Flour, Milk (Vitamin D3 Added), Eggs, Contains 2% Or Less Of: Blood Orange Juice, Cornstarch, Water, High Fructose Corn Syrup, Corn Syrup, Glycerine, Sorbitol, Red 40, Modified Food Starch, Red 3, Yellow 5, Sodium Benzoate And Potassium Sorbate (Preservatives), Carageenan Gum, Agar Gum, Citric Acid, Salt.	Contains: Eggs, Milk, Tree Nuts (Almond).

Treats

Bagel	Flour (Wheat, Malted Barley), Water, Sugar, Contains Less Than 2% Of: Salt, Degerminated Yellow Corn Meal, Yeast, Guar gum, Xanthan Gum, Inactive Dry Yeast, Soybean Oil, Ascorbic Acid, Enzymes.	Contains: Wheat.
Spread	Pasteurized Nonfat Milk And Milkfat, Whey Protein Concentrate, Whey, Cheese Culture, Salt, Carob Bean Gum, Xanthan Gum, Guar Gum, Sorbic Acid (As A Preservative), Vitamin A Palmitate.	Contains: Milk.
Banana Bread	Vanilla Extract, Bananas, Shortening (Hydrogenated Soybean Oil and/or Hydrogenated Palm Oil), All-Purpose Flour, Sugar, Egg, Sour Cream, Nuts, Walnuts, Dry Roasted, With Salt Added, Baking Soda, Salt.	Contains: Eggs, Milk, Tree Nuts (Walnut), Wheat.
Brownie	Sugar, Bittersweet Chocolate (Cocoa Paste, Sugar, Cocoa Butter, Reduced Fat Cocoa Powder, Emulsifier: Sunflower Lecithin, Vanilla Flavor), Enriched Pastry Flour (Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream, Natural Flavoring), Egg, Vanilla Extract, Salt.	Contains: Milk, Egg, Wheat, Soy.
Cherry Date Protein Bite	Dried Cherries (Cherries, Sugar, Sunflower Oil), Dates, Cashew Nuts, Coconut Meal, Macadamia Nuts, Flaxseed Meal.	Contains: Tree Nuts (Cashews, Coconut, Macadamia Nuts).
Chocolate Espresso Protein Bite	Almond Butter, Natural Peanut Butter (Peanuts, Sugar, Water), Oats, Semisweet Chocolate Chips (Sugar, Unsweetened Chocolate, Anhydrous Dextrose, Cocoa Butter, Soy Lecithin, Natural Vanilla Extract), Flaxseed Meal, Honey, Espresso, Protein Powder (Whole Grain Brown Rice Protein, Rice Oligodextrin, Vanilla Extract, Stevia, Xanthan Gum, Sea Salt, Pectin), Kosher Salt.	Contains: Tree Nuts (Almond), Peanuts, Soy.
Cinnamon Roll	All-Purpose Flour (Unbleached Enriched Hard Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin (Vitamin B3), Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid]), Butter, Brown Sugar, Powdered Sugar, Egg, Milk, Milk, Cinnamon, Salt, Active Dry Yeast, Vanilla Paste.	Contains: Milk, Egg, Wheat.
Cocoa Nib Crispy Treat	Crispy Rice Cereal (Rice, Sugar, Salt, Malt Flavoring, Nicotinamide, Reduced Iron, Riboflavin, Folic Acid), Butter, Sugar, Water, Glucose Syrup, Honey, Cocoa Nibs, Gelatin, Vanilla Extract, Salt.	Contains: Milk.
Coconut Macaroon	Sugar, Toasted Coconut, Egg Whites, Chocolate (Sugar, Unsweetened Chocolate, Anhydrous Dextrose, Cocoa Butter, Soy Lecithin, Natural Vanilla Extract).	Contains: Tree Nuts (Coconut), Eggs.
Coffee Cake	Sour Cream (Cultured Milk, Cream, Nonfat Dry Milk, Modified Corn Starch, Sodium Phosphate, Locust Bean Gum, Carrageenan, Enzymes, Vitamin A Palmitate), Sugar, All-Purpose Flour (Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream, Natural Flavoring), Egg White, Almond Meal, Baking Powder, Salt, Vanilla Paste, Cocoa Powder.	Contains: Milk, Egg, Tree Nuts (Almond).
Granola Bar	Oats, Honey, Almonds, Coconut Meat, Brown Sugar, Butter (Pasteurized Cream, Natural Flavoring), Peanut Butter (Peanuts, Sugar, Palm Oil, Contains 2% or Less of: Salt, Molasses), Semisweet Chocolate Chips (Sugar, Unsweetened Chocolate, Dextrose, Cocoa Butter, Soy Lecithin), Flaxseed Meal, Water, Salt, Vanilla Paste, Cinnamon.	Contains: Milk, Tree Nuts (Coconut, Almond), Peanuts.
Lemon Loaf	Sugar, Egg, All-Purpose Flour (Unbleached Enriched Hard Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin (Vitamin B3), Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid]), Vegetable Shortening (Soybean And Cottonseed Oil), Butter, Sour Cream, Cake Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), Lemon Zest, Lemon Oil, Kosher Salt, Baking Powder.	Contains: Milk, Egg, Wheat.
Palmier	Unbleached Enriched Hard Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin (Vitamin B3), Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Butter (Pasteurized Cream, Natural Flavoring), Milk, Sugar, Salt, Egg Whites, Active Dry Yeast, Diastatic Malt Powder.	Contains: Egg, Milk, Wheat.
Seeded Pumpkin Loaf	Sugar, All-Purpose Flour (Unbleached Enriched Hard Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin (Vitamin B3), Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid]), Pumpkin Puree, Soybean Oil, Eggs, Water, Butter (Pasteurized Cream, Natural Flavoring), Brown Sugar, Whole Wheat Flour, Pumpkin Seeds, Sunflower Seeds, Baking Soda, Spices.	Contains: Egg, Milk, Wheat.
Red Velvet Loaf	All-Purpose Flour (Unbleached Enriched Hard Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin (Vitamin B3), Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid]), Sugar, Oil, Whole Buttermilk, Powdered Sugar, Egg, Red Food Color (Water, High Fructose Corn Syrup, Glycerine, Sugar Fd&C Red 40, Modified Food Starch, F&D Red 3, Fd&C Yellow 5, Carageenan Gum, Potassium Sorbate And Sodium Benzoate [Preservatives], Xanthan Gum), Butter (Sweet Cream, Salt), Cream Cheese (Pasteurized Milk And Cream, Salt, Carob Bean Gum, Cheese Culture), Shortening (Hydrogenated Soybean Oil And/Or Hydrogenated Palm Oil), Cocoa Powder, Baking Soda, Kosher Salt, Vinegar, Lemon Juice.	Contains: Eggs, Milk, Wheat.

Hot Breakfast Sandwiches

Egg & Cheese Croissant	Egg Scramble (Milk, Liquid Egg, Spices), Fontha Cheese (Cultured Pasteurized Milk, Enzymes, Salt), Croissant (Wheat Bread Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Unsalted Butter, Whole Milk [Grade A Milk, Vitamin D3 Added], Sugar, Powdered Milk [Extra Grade Sweet Cream Dairy Whey, Highly Refined Soy Flour, Buttermilk and High-Heat Non-Fat Dry Milk], Yeast [Yeast, Sorbitan Monostearate, Ascorbic Acid], Salt, Egg).	Contains: Egg, Milk, Wheat.
Bacon, Egg & Cheese Croissant	Egg Scramble (Milk, Liquid Egg, Spices), Applewood Smoked Bacon (Pork, Water, Sea Salt, Cane Sugar, Natural Flavors), Fontha Cheese (Cultured Pasteurized Milk, Enzymes, Salt), Croissant (Wheat Bread Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Unsalted Butter, Whole Milk [Grade A Milk, Vitamin D3 Added], Sugar, Powdered Milk [Extra Grade Sweet Cream Dairy Whey, Highly Refined Soy Flour, Buttermilk and High-Heat Non-Fat Dry Milk], Yeast [Yeast, Sorbitan Monostearate, Ascorbic Acid], Salt, Egg).	Contains: Egg, Milk, Wheat.
Sausage, Egg & Cheese Flatbread	Egg Scramble (Milk, Liquid Egg, Spices), Sausage (Pork, Water, Contains 2% Or Less: Salt, Dextrose, Spices, Sodium Phosphates, Sugar), Fontha Cheese (Cultured Pasteurized Milk, Enzymes, Salt), Flatbread (Soft Wheat Flour, Water, Extra Virgin Olive Oil, Sunflower Oil, Salt, Yeast).	Contains: Egg, Milk, Wheat.
Bacon, Egg & Cheese Biscuit	Egg Scramble (Milk, Liquid Egg, Spices), Applewood Smoked Bacon (Pork, Water, Sea Salt, Cane Sugar, Natural Flavors), Buttermilk Biscuit (Lowfat Buttermilk [Grade A Cultured Lowfat Milk, Locust Bean Gum, Modified Cornstarch, Carrageenan, Salt, Sodium Citrate, Mono and Diglycerides, Vitamin A Palmitate, and Vitamin D3 Added], All-purpose Flour [Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Wheat Bread Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Butter [Pasteurized Cream, Natural Flavoring], Egg, Sugar, Baking Powder, Kosher Salt), Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes).	Contains: Egg, Milk, Wheat.
Sausage, Egg & Cheese Biscuit	Egg Scramble (Milk, Liquid Egg, Spices), Sausage (Pork, Water, Contains 2% Or Less: Salt, Dextrose, Spices, Sodium Phosphates, Sugar), Buttermilk Biscuit (Lowfat Buttermilk [Grade A Cultured Lowfat Milk, Locust Bean Gum, Modified Cornstarch, Carrageenan, Salt, Sodium Citrate, Mono and Diglycerides, Vitamin A Palmitate, and Vitamin D3 Added], All-purpose Flour [Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Wheat Bread Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Butter [Pasteurized Cream, Natural Flavoring], Egg, Sugar, Baking Powder, Kosher Salt), Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes).	Contains: Egg, Milk, Wheat.

PARISI ARTISAN COFFEE INGREDIENTS

Bacon, Egg & Cheese Waffle	Egg Scramble (Milk, Liquid Egg, Spices), Applewood Smoked Bacon (Pork, Water, Sea Salt, Cane Sugar, Natural Flavors), Waffle (Unbleached Un-Bromated Wheat Flour, Pearl Sugar [Non-GMO Beet], Non-Hydrogenated Margarine [Palm Oil, Non-GMO Canola Oil, Water, Non-Iodized Salt, Mono and Diglycerides, Citric Acid, Beta-Carotene], Eggs, Water, Invert Sugar, Yeast, Non-GMO Soy Flour, Non-Iodized Salt), Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes).	Contains: Egg, Milk, Soy, Wheat.
Buttermilk Biscuit	Lowfat Buttermilk (Grade A Cultured Lowfat Milk, Locust Bean Gum, Modified Cornstarch, Carrageenan, Salt, Sodium Citrate, Mono and Diglycerides, Vitamin A Palmitate, and Vitamin D3 Added), All-Purpose Flour (Enriched Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Wheat Bread Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream, Natural Flavoring), Egg, Sugar, Baking Powder, Kosher Salt.	Contains: Eggs, Milk, Wheat.
Waffle	Unbleached Unbromated Wheat Flour, Pearl Sugar (Non-Gmo Beet), Non-Hydrogenated Margarine (Palm Oil, Non-Gmo Canola Oil, Water, Non-Iodized Salt, Mono And Diglycerides, Citric Acid, Beta-Carotene).	Contains: Wheat.

Lunch Items

Arugula Blueberry Salad	Blueberries, Spinach, Arugula, Oil, Fennel, Ricotta (Whole Milk, Skim Milk, Vinegar, Salt), Almonds, Rice Wine Vinegar, Honey, Salt, Vanilla Extract, Black Pepper, Citric Acid.	Contains: Milk, Tree Nuts (Almonds).
Ham & Cheese Baguette	Ham (Cured With Water, Honey, Contains 2% Or Less Of: Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Ascorbate (Vitamin C), Sodium Nitrite.), French Bread (Enriched Wheat Flour (Wheat Flour, Malt Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Malted Wheat Flour, Salt, Dextrose, Sugar, Soybean Oil, Yeast, And 2% Or Less Of Each Of The Following: Corn Starch, Mono- And Diglycerides, Defatted Soy Flour, Ascorbic Acid (Vitamin C), Enzymes (Contains Wheat), Wheat Flour, L-Oxysteine Hydrochloride.), Dijon Mustard (White Vinegar, Water, Mustard Seed, Sea Salt, Clove), Gruyere (Pasteurized Cow's Milk, Salt, Cheese Culture, Microbial Rennet, Calcium Chloride), Arugula.	Contains: Milk, Wheat.
Turkey Flatbread	Flatbread (Flour, Water, Palm Oil, Yeast, Salt, Sugar, Modified Food Starch), Turkey (Turkey Breast, Turkey Broth, Salt, Less Than 2% Of: Dextrose, Modified Food Starch, Potassium Lactate, Sodium Phosphate, Carrageenan, Sodium Diacetate, Sodium Erythorbate, Natural Flavoring, Honey, Sodium Nitrite), Fig Jam, Gouda (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto (Vegetable Color)), Lettuce.	Contains: Milk, Wheat.

Grab & Go Foods

Hummus Snack Box	Hummus with Olive Tapenade (Chickpeas, Water, Olive Oil, Ground Sesame Seed, Salt, Water, Garlic, Olive Tapenade (Black & Green Olives [Water, Salt, Pimento, Lactic Acid, Sodium Alginate, Guar Gum, Calcium Chloride], Canola Oil, Garlic, Capers, Spices, Ascorbic Acid), Lemon Juice from concentrate, Lemon Zest, Spices), Celery Carrots, Bruschetta (Wheat Flour, Durum Wheat Semolina, Olive Oil, Salt, Yeast, Barley and Corn Malt Extract, Sugar).	Wheat.
Seasonal Fruit Cup	Pineapple, Mandarin Oranges, Strawberries, Blueberries.	
Yogurt & Granola Parfait Cup	Nonfat Greek Yogurt (Cultured Pasteurized Grade A Nonfat Milk), Granola (Rolled Oats, Soy Oil, Sugar, Water, Salt), Strawberries, Blueberries, Honey.	Contains: Milk, Soy.
Oatmeal Cup	Whole Grain Rolled Oats, Organic Cane Sugar, Flax Seeds, Natural Vanilla Flavor. Other Ingredient Contents Vary By Flavor.	Contains: Tree Nuts (Varies By Flavor).
Whole Milk Yogurt	Cultured Grade A Milk and Cream, Milk Protein Concentrate, Whey Protein Concentrate, Sugar, Modified Corn Starch, Natural Flavors, Pectin, Citric Acid, Vitamin D3 Added.	Contains: Milk.
Almonds	Almonds.	Contains: Tree Nuts (Almond).
Cashews	Cashews, Salt.	Contains: Tree Nuts (Cashew).
Pistachios	Shelled Pistachios.	Contains: Tree Nuts (Pistachio).
Dried Apricots	Apricots. Sulfite Dioxide Added To Promote Color Retention.	
Dried Cherries	Cherries, Sugar, Sunflower Oil.	
Dried Cranberries	Cranberries, Sugar, Sunflower Oil.	
Raisins	Raisins. Sulphur Dioxide Added As A Preservative.	

Cafe Items

Syrups

Almond	Water, Sugar, Almond Oil.	Contains: Almonds.
Amarena Cherry	Sugar, Water, Amarena Cherries.	
Chai	Honey, Sugar, Palm, Water.	
Honey Cinnamon	Water, Brown Sugar, Honey, Cinnamon.	
Rhubarb Syrup	Water, Rhubarb, Sugar.	
Root Beer	Water, Sugar, Honey, Molasses, Spices.	
Vanilla	Water, Sugar, Vanilla Paste, Lemon Juice.	
Sugar Free Vanilla	Water, Natvia, Vanilla Paste.	

Sauces

Cocoa	Cocoa Powder (Processed with Alkali), Sugar.	
Caramel	Sugar, Heavy Whipping Cream.	Contains: Milk.
Salted Caramel	Sugar, Heavy Whipping Cream, Sea Salt.	Contains: Milk.

Specialty Drinks

Frappe	Ice, Coffee , Cream Base (Milk, Cream, Sugar, Corn Syrup, Nonfat Milk, Whey, Guar Gum, Mono and Diglycerides, Cellulose Gum, Polysorbate 65, Carrageenan, Artificial Vanilla, Annatto, Vitamin A Palmitate).	Contains: Mil.
Mocha Frappe	Ice, Coffee, Smoothie Mix (Milk, Cream, Sugar, Corn Syrup, Nonfat Milk, Whey, Guar Gum, Mono and Diglycerides, Cellulose Gum, Polysorbate 65, Carrageenan, Artificial Vanilla, Annatto, Vitamin A Palmitate), Cocoa Sauce (Sugar, Cocoa Powder).	Contains: Milk.
Rhubarb Ginger Lemonade	Lemonade (Water, High Fructose Corn Syrup, Concentrated Lemon/Orange Juice Concentrate Blend, Citric Acid, Lemon Pulp, Natural Lemon Flavors, Natural Flavors), Rhubarb Ginger Syrup (Water, Ginger, Rhubarb).	

MILK OPTIONS** All Drinks Made With Whole Milk By Default

Whole Milk	Grade A Milk, Vitamin D3 Added.	Contains: Milk.
Skim Milk	Grade A Fat Free Milk, Vitamin A Palmitate, Vitamin D3 Added.	Contains: Milk.
1% Milk	Grade A Lowfat Milk, Vitamin A Palmitate, Vitamin D3 Added.	Contains: Milk.
2% Milk	Grade A Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3 Added.	Contains: Milk.
Almond Milk	Almond Base (Water, Almonds), Dried Cane Syrup, Potassium Citrate, Sea Salt, Carrageenan, Riboflavin (B2), Vitamin A Palmitate, Vitamin D2.	Contains: Tree Nuts (Almond).

PARISI ARTISAN COFFEE INGREDIENTS

Coconut Milk	Water, Coconut Cream, Coconut Water Concentrate, Sodium Citrate, Natural Flavors, Xanthan Gum, Tricalcium Phosphate, Guar Gum, Gellan Gum, Zinc Oxide, Vitamin A Palmitate, Vitamin D2, Vitamin B12.	Contains: Tree Nuts (Coconut).
Oat Milk	Water, Oats, Oat Bran, Tricalcium Phosphate, Sea Salt, Gellan Gum, Riboflavin (B2), Vitamin A Palmitate, Vitamin D2.	
Soy Milk	Organic Soy Base (Water, Whole Organic Soybeans), Dried Cane Syrup, Natural Flavor, Sea Salt, Carrageenan.	Contains: Soy.