



## Frullati Nutritional Statement

		Weight	Calories	Cals From Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)
<b>Sandwiches - Breakfast</b>																	
FC - Bkft Sandwich, Bagel Bacon & Egg	255	Gram	756	330	37	15	0	247	62	3	13	41	705	1	2734	193	6
FC - Bkft Sandwich, Bagel Ham & Egg	255	Gram	516	153	17	8	0	229	61	3	12	31	686	0	2086	189	6
FC - Bkft Sandwich, Bagel Sausage & Egg	255	Gram	653	292	32	14	0	238	61	3	12	30	686	0	1867	215	6
FC - Bkft Sandwich, Croissant Bacon & Egg	248	Gram	901	517	57	21	0	253	54	1	11	40	1821	1	2565	239	4
FC - Bkft Sandwich, Croissant Ham & Egg	248	Gram	662	340	38	14	0	235	53	1	10	29	1802	0	1917	235	4
FC - Bkft Sandwich, Croissant Sausage & Egg	248	Gram	799	479	53	20	0	244	53	1	10	28	1802	0	1698	262	4
<b>Sandwiches</b>																	
FC - Panini, Cheddar Chicken	298	Gram	686	301	33	8	0	75	62	5	7	37	947	7	2152	313	6
FC - Panini, Club	326	Gram	808	414	46	12	0	99	61	4	7	40	825	6	2586	294	5
FC - Panini, Grilled Italiano	340	Gram	765	386	43	13	0	96	64	4	7	35	682	3	3847	341	6
FC - Panini, Pepper Beef & Cheddar	298	Gram	649	290	32	9	0	81	60	4	8	32	924	29	2113	281	7
FC - Panini, Rustic Veggie Melt	312	Gram	674	371	41	8	0	40	64	7	7	17	991	35	1529	349	6
FC - Panini, Tuscan Turkey	326	Gram	661	316	35	7	0	70	59	4	4	30	852	4	3108	337	6
FC - Sandwich, Bistro Ham & Cheese - Croissant	361	Gram	862	513	57	15	0	96	58	4	12	33	4854	13	1963	347	4
FC - Sandwich, Bistro Ham & Cheese - Wheat Roll	340	Gram	621	351	39	11	0	90	46	7	12	31	3688	19	1807	340	4
FC - Sandwich, Bistro Ham & Cheese - White Roll	340	Gram	651	344	38	10	0	90	49	4	6	31	3688	13	1807	291	13
FC - Sandwich, Chicken Pecan - Croissant	319	Gram	713	367	41	12	0	58	60	3	14	28	4967	19	970	341	5
FC - Sandwich, Chicken Pecan - Wheat Roll	298	Gram	472	204	23	8	0	52	49	7	14	27	3801	25	814	334	5
FC - Sandwich, Chicken Pecan - White Roll	298	Gram	502	198	22	7	0	52	52	4	8	27	3801	19	814	285	14
FC - Sandwich, Pepper Jack Turkey - Croissant	331	Gram	641	287	32	11	0	67	58	3	12	30	5054	15	1371	234	3
FC - Sandwich, Pepper Jack Turkey - Wheat	309	Gram	400	124	14	7	0	61	47	6	12	28	3888	21	1215	227	3
FC - Sandwich, Pepper Jack Turkey - White	309	Gram	430	117	13	6	0	61	50	3	6	28	3888	15	1215	178	13
FC - Sandwich, Tuna Pecan - Croissant	319	Gram	724	388	43	13	0	49	61	4	15	26	5009	20	959	346	4
FC - Sandwich, Tuna Pecan - Wheat Roll	298	Gram	483	225	25	8	0	43	49	7	14	24	3843	26	803	338	3
FC - Sandwich, Tuna Pecan - White Roll	298	Gram	513	218	24	8	0	43	52	4	8	24	3843	20	803	289	13
FC - Sandwich, Veggie Max - Croissant	347	Gram	778	454	50	14	0	26	65	7	15	19	4969	20	1470	320	5
FC - Sandwich, Veggie Max - Wheat Roll	326	Gram	537	291	32	9	0	20	54	10	14	17	3803	25	1313	313	4
FC - Sandwich, Veggie Max - White Roll	326	Gram	567	284	32	8	0	20	57	7	8	17	3803	20	1313	264	14
<b>Salads - Dressings/Crackers not included</b>																	
FC - Salad, Asian	298	Gram	333	132	15	3	0	0	49	7	22	5	13212	48	527	81	2
FC - Salad, Asian Chicken	383	Gram	452	151	17	3	0	43	51	8	22	26	13212	49	1190	98	2
FC - Salad, Classic Caesar	269	Gram	475	359	40	9	0	25	20	4	5	14	10313	41	1071	397	2
FC - Salad, Classic Caesar w/ Chicken	354	Gram	594	378	42	9	0	68	22	5	5	35	10313	42	1735	414	3
FC - Salad, Fruit	227	Gram	83	3	0	0	0	0	21	2	18	1	2956	54	25	18	0
FC - Salad, Garden	184	Gram	95	12	1	0	0	0	18	4	3	4	8032	46	138	61	2
FC - Salad, Pasta	227	Gram	537	247	27	6	0	15	58	2	4	15	166	0	504	161	2
FC - Salad, Sampler	464	Gram	566	266	30	5	0	32	57	5	18	20	6103	63	709	149	3
<b>Chillers</b>																	
FC - Fruit Chiller, Strawberry Apple, 12 oz.	386	Gram	110	1	0	0	0	0	29	1	28	0	14	23	22	12	0
FC - Fruit Chiller, Strawberry Apple, 20 oz.	642	Gram	193	1	0	0	0	0	50	2	48	1	27	47	35	23	1
FC - Fruit Chiller, Strawberry Apple, 32 oz.	965	Gram	275	2	0	0	0	0	72	3	69	1	41	70	49	35	1
FC - Fruit Chiller, Strawberry Crush, 12 oz.	379	Gram	90	5	1	0	0	0	23	1	22	1	37	57	9	29	1
FC - Fruit Chiller, Strawberry Crush, 20 oz.	631	Gram	162	8	1	0	0	0	42	2	39	2	63	97	15	48	1
FC - Fruit Chiller, Strawberry Crush, 32 oz.	951	Gram	234	11	1	0	0	0	61	3	57	2	88	138	24	68	2
FC - Fruit Chiller, Strawberry Guava, 12 oz.	386	Gram	129	2	0	0	0	0	34	2	32	0	121	47	11	18	0
FC - Fruit Chiller, Strawberry Guava, 20 oz.	641	Gram	221	3	0	0	0	0	58	4	54	1	189	82	19	31	1
FC - Fruit Chiller, Strawberry Guava, 32 oz.	964	Gram	312	4	0	0	0	0	82	5	77	1	256	117	28	46	1
FC - Fruit Chiller, Strawberry Orange, 12 oz.	387	Gram	116	1	0	0	0	0	31	1	29	0	14	53	24	12	0
FC - Fruit Chiller, Strawberry Orange, 20 oz.	643	Gram	202	1	0	0	0	0	53	2	50	1	27	92	38	23	1
FC - Fruit Chiller, Strawberry Orange, 32 oz.	966	Gram	287	2	0	0	0	0	76	3	72	1	41	130	54	35	1
FC - Fruit Chiller, Strawberry Peach, 12 oz.	436	Gram	112	6	1	0	0	0	28	2	26	2	222	61	9	32	1
FC - Fruit Chiller, Strawberry Peach, 20 oz.	745	Gram	206	10	1	0	0	0	53	4	49	3	432	105	15	54	2
FC - Fruit Chiller, Strawberry Peach, 32 oz.	1121	Gram	301	14	2	0	0	0	77	6	71	4	643	149	24	78	2
FC - Fruit Chiller, Strawberry Pineapple, 12 oz.	386	Gram	119	1	0	0	0	0	31	1	29	0	64	29	10	32	1
FC - Fruit Chiller, Strawberry Pineapple, 20 oz.	641	Gram	206	1	0	0	0	0	53	2	50	1	102	56	17	53	1
FC - Fruit Chiller, Strawberry Pineapple, 32 oz.	964	Gram	293	2	0	0	0	0	76	3	72	1	141	82	26	75	1
FC - Fruit Chiller, Strawberry Watermelon, 12 oz.	379	Gram	109	1	0	0	0	0	29	1	28	0	14	47	8	12	0
FC - Fruit Chiller, Strawberry Watermelon, 20 oz.	631	Gram	191	1	0	0	0	0	50	2	48	1	27	83	14	23	1
FC - Fruit Chiller, Strawberry Watermelon, 32 oz.	951	Gram	273	2	0	0	0	0	72	3	69	1	41	118	21	35	1
<b>Lemonade</b>																	
FC - Lemonade 20 oz	754	Gram	228	0	0	0	0	0	54	0	54	0	0	105	10	10	0
FC - Lemonade, Raspberry 20 oz.	783	Gram	239	0	0	0	0	0	57	1	56	0	19	106	11	14	0
FC - Lemonade, Strawberry 20 oz.	783	Gram	237	1	0	0	0	0	56	1	56	0	3	122	10	15	0
FC - Lemonade, Watermelon 20 oz.	783	Gram	241	0	0	0	0	0	58	0	58	0	0	111	10	10	0



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<b>Toppings - Proteins</b>																	
FC - Bacon, serving	1 oz	150	102	11	4	--	24	0	0	0	0	10	9	0	638	2	0
FC - Egg, serving	2 oz	61	36	4	1	--	199	2	0	0	5	189	0	251	30	1	
FC - Ham, serving	3 oz	91	41	5	2	0	46	0	0	0	14	0	0	942	0	1	
FC - Roast Beef, serving	3 oz	91	21	2	1	0	46	0	0	0	17	0	0	440	0	2	
FC - Salami, serving	2 oz	182	137	15	6	0	46	2	0	0	9	0	0	683	0	1	
FC - Turkey, serving	3 oz	68	7	1	0	0	30	2	--	--	14	0	0	653	0	0	
<b>Salads - Prepared</b>																	
FC - Salad, Chicken Pecan, serving	85 Gram	154	97	11	1	0	27	4	1	2	10	115	6	364	10	2	
FC - Salad, Tuna Pecan, serving	85 Gram	166	118	13	2	0	18	4	1	3	8	157	6	353	14	1	
FC - Salad, Pasta, serving	8 oz	537	247	27	6	0	15	58	2	4	15	166	0	504	161	2	
<b>Cheese</b>																	
FC - Cheese, American, serving	1 oz	104	81	9	6	0	--	1	--	--	6	448	0	507	149	0	
FC - Cheese, Pepper Jack, serving	1 oz	111	82	9	5	--	30	1	0	0	6	405	0	172	152	0	
FC - Cheese, Provolone, serving	1 oz	101	73	8	4	0	20	1	--	--	7	202	0	243	202	0	
FC - Cheese, Swiss, serving	1 oz	100	72	8	5	0	25	1	0	0	8	300	0	60	250	0	
<b>Sauces/Dressings</b>																	
FC - Mayonnaise, Herb	28 Gram	196	194	22	3	0	20	0	0	0	0	0	0	196	0	0	
FC - Dressing, Creamy Italian, serving	1 oz	119	107	12	2	0	0	3	0	2	0	66	0	277	0	0	
FC - Dressing, Ranch, serving	1 oz	171	166	18	3	0	7	1	--	1	1	--	0	158	26	0	
FC - Mustard, Deli, serving	1 oz	16	8	1	0	--	0	1	1	0	1	3	0	220	16	0	
<b>Smoothie Base</b>																	
Smoothie Mix Base, large serving	237 Gram	473	65	7	6	0	0	99	1	65	2	0	--	373	12	3	
Smoothie Mix Base, regular serving	177 Gram	354	48	5	4	0	0	75	1	48	2	0	--	280	9	2	
Smoothie Mix Base, small serving	118 Gram	236	32	4	3	0	0	50	0	32	1	0	--	186	6	1	
<b>Supplements</b>																	
FC - Supplement, Bee Pollen	2 Gram	6	1	0	0	0	0	1	0	--	0	0	1	0	2	0	
FC - Supplement, Carbohydrate Powder	2 Gram	8	0	0	--	--	--	2	0	0	0	0	0	2	1	0	
FC - Supplement, Ginseng	2 Gram	7	1	0	0	--	--	2	0	0	0	--	--	2	0	0	
FC - Supplement, Multivitamin	6 Gram	14	0	0	0	0	0	3	0	0	0	5000	60	0	1000	18	
FC - Supplement, Protein	10 Gram	25	0	0	0	--	1	4	0	3	8	--	--	25	--	--	
FC - Supplement, Spirulina	2 Gram	8	0	0	0	--	--	0	0	0	1	1488	0	0	0	0	
FC - Supplement, Wheat Grass	2 Gram	6	1	0	--	--	--	1	1	--	--	1000	6	1	10	1	
<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>																	