

HOT DRINKS													SERVING SIZE	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARBOHYDRATE	DIETARY FIBER	SUGARS	PROTEIN
	BREWED COFFEE	12 fl.oz.	4	1	0.1g	0.0g	0.0g	0.0mg	7.1mg	0.0g	0.0g	0.0g	0.4g											
	JAPANESE STYLE ICED COFFEE	16 fl.oz	5	1	0.1g	0.0g	0.0g	0.0mg	9.5mg	0.0g	0.0g	0.0g	0.6g											
	CAFE AU LAIT	12 fl.oz.	113	54	6.0g	3.4g	0.0g	18.3mg	81.4mg	8.8g	0.0g	9.2g	5.9g											
	ICED TEA	16 fl.oz.	2	0	0.0g	0.0g	0.0g	0.0mg	7.1mg	0.7g	0.0g	0.0g	0.0g											
	CHAI LATTE	12 fl.oz.	112	54	5.9g	3.4g	0.0g	18.3mg	78.7mg	8.8g	0.0g	9.2g	5.8g											
	HOT CHOCOLATE	12 fl.oz	268	101	11.2g	6.3g	0.0g	33.6mg	155.8mg	30.0g	1.2g	30.8g	11.1g											
	ESPRESSO	1.5 fl.oz	1	1	0.1g	0.0g	0.0g	0.0mg	6.2mg	0.0g	0.0g	0.0g	0.1g											
	MACCHIATO	2.0 fl.oz.	10	5	0.6g	0.3g	0.0g	1.5mg	12.8mg	0.7g	0.0g	0.8g	0.5g											
	CORTADO	5.5 fl.oz.	75	36	4.0g	2.3g	0.0g	12.2mg	58.7mg	5.9g	0.0g	6.2g	3.9g											
	CAPPUCCINO	12 fl.oz.	196	94	10.5g	6.0g	0.0g	32.0mg	143.9mg	15.4g	0.0g	16.2g	10.1g											
	LATTE	12 fl.oz.	199	94	10.5g	6.0g	0.0g	32.0mg	143.9mg	16.1g	0.0g	16.2g	10.1g											
	AMERICANO	12 fl.oz.	1	1	0.1g	0.0g	0.0g	0.0mg	15.6mg	0.0g	0.0g	0.0g	0.1g											
	RED EYE	12 fl.oz	3	1	0.1g	0.0g	0.0g	0.0mg	10.9mg	0.0g	0.0g	0.0g	0.3g											
	MOCHA	12 fl.oz.	298	149	16.6g	9.8g	0.0g	52.9mg	129.2mg	27.3g	0.9g	26.3g	9.8g											
	CARAMEL MACCHIATO	12 fl.oz.	262	86	9.6g	5.6g	0.0g	29.7mg	110.1mg	34.5g	0.0g	31.7g	7.9g											
	SWEET MATCHA TEA	12 fl.oz.	50	0	0.0g	0.0g	0.0g	0.0mg	0.0mg	12.0g	0.0g	0.0g	0.0g											
	OTHER RISHI TEAS	12 fl.oz.	0	0	0.0g	0.0g	0.0g	0.0mg	0.0mg	0.0g	0.0g	0.0g	0.0g											

BLENDER DRINKS																								
	CINCO SHAKE	24 fl.oz.	427	72	8.0g	5.0g	0.0g	26.9mg	114.9mg	83.2g	0.0g	73.3g	1.2g											
	MOCHA SHAKE	24 fl.oz.	252	79	8.8g	5.0g	0.0g	26.9mg	59.5mg	39.1g	2.9g	37.5g	2.7g											
	JAVA SHAKE	24 fl.oz.	313	72	8.0g	5.0g	0.0g	26.9mg	30.4mg	59.4g	0.0g	57.8g	1.2g											
	PROTEIN POWER SHAKE	24 fl.oz.	638	29	3.3g	1.6g	0.0g	0.0mg	98.4mg	133.7g	3.1g	98.4g	21.3g											
	SPoTSICLE	24 fl.oz.	407	80	8.9g	5.1g	0.0g	27.5mg	128.7mg	73.2g	0.0g	73.9g	8.6g											
	SPoT SLUSH	24 fl.oz.	200	0	0.0g	0.0g	0.0g	0.0mg	0.0mg	50.0g	0.0g	50.0g	0.0g											
	JET TEA SMOOTHIE	20 fl.oz.	403	8	0.9g	0.0g	0.0g	0.0mg	57.1mg	99.8g	0.0g	84.0g	0.0g											

SALADS																								
GF	V	MESCLUN SALAD	164g	333	175	19.5g	6.2g	0.0g	23.1mg	356.3mg	32.8g	5.9g	21.1g	12.2g										
GF	V	GREEK SALAD	294g	194	194	21.6g	6.3g	0.0g	25.2mg	1715.8mg	21.3g	8.3g	5.3g	8.5g										
GF	V	SPINACH SALAD	204g	134	56	6.2g	4.2g	0.0g	13.0mg	197.0mg	12.5g	3.8g	5.7g	8.0g										
GF	V	QUINOA MEDITERRANEAN SALAD	189g	202	49	5.4g	6.6g	0.0g	0.6mg	571.2mg	30.2g	6.3g	2.9g	9.0g										

BREAKFAST																								
	V	BAGEL (PLAIN)	142g	380	15	1.5g	0.5g	0.0g	0.0mg	830.0mg	77.0g	3.0g	3.0g	15.0g										
	V	ENGLISH MUFFIN	57g	134	9	1.0g	0.1g	0.0g	0.0mg	264.5mg	26.0g	1.5g	1.0g	4.4g										
		MIKE SANDWICH	328g	922	443	49.2g	27.3g	0.5g	414.5mg	342.0mg	81.8g	3.0g	3.4g	37.6g										
		BREAKFAST WRAP	435g	923	428	47.6g	22.3g	0.5g	1097.2mg	1078.1mg	51.9g	0.5g	1.1g	49.6g										
	V	BELGIAN WAFFLE WITH SYRUP	177g	422	176	19.6g	12.0g	0.7g	77.8mg	929.9mg	52.5g	1.4g	7.3g	10.1g										
GF	V	CHEESE OMELET	230g	500	351	39.0g	19.0g	0.0g	830.0mg	450.0mg	0.0g	0.0g	0.0g	30.9g										
GF	V	SPINACH FEAT OMELET	241g	448	309	34.3g	262.4g	0.0g	778.8mg	258.9mg	0.9g	0.0g	0.0g	26.7g										
GF		WESTERN OMELET	300g	538	366	40.6g	19.5g	0.0g	766.7mg	790.0mg	4.9g	1.0g	2.7g	33.6g										
GF	V	CALIFORNIA VEGGIE OMELET	366g	537	356	39.5g	19.0g	0.0g	830.0mg	459.2mg	7.1g	2.3g	1.4g	31.9g										
GF	V	EGG WHITE OMELET	224g	317	196	21.8g	13.3g	0.5g	30.5mg	494.1mg	1.3g	0.0g	1.3g	26.9g										

LIGHT FARE																								
	V	OATMEAL	28g	100	18	2.0g	0.5g	0.0g	0.0mg	0.0mg	19.0g	3.0g	0.0g	4.0g										
	V	YOGURT PARFAIT	312g	407	143	15.9g	3.6g	0.0g	0.0mg	134.0mg	50.1g	7.4g	16.9g	16.7g										
	V	HOUSE MADE GRANOLA	397g	1778	891	99.1g	19.8g	0.2g	0.0mg	24.9mg	192.6g	26.1g	83.5g	41.2g										
	V	HUMMUS PLATE	422g	754	185	20.5g	2.8g	0.0g	0.0mg	1547.0mg	119.4g	9.1g	5.3g	23.0g										
		B.L.T.	312g	855	417	46.3g	9.4g	0.0g	32.4mg	280.1mg	80.4g	4.1g	5.2g	24.9g										
		PIZZA BAGEL	223g	677	251	27.9g	4.3g	0.0g	18.1mg	400.3mg	90.9g	3.0g	3.3g	22.8g										

PANINIS																								
		SPoT'S PESTO CHICKEN	350g	1078	640	71.1g	12.9g	0.0g	79.2mg	1365.6mg	69.8g	2.7g	0.3g	41.8g										
		ROASTED TURKEY	296g	679	511	56.8g	15.9g	0.7g	141.7mg	1389.5mg	6.4g	1.1g	2.4g	34.1g										
		SPICY TUNA	275g	919	558	62.0g	11.9g	0.0g	37.9mg	1719.5mg	69.5g	3.5g	6.1g	17.4g										
		SMOKED PASTRAMI	398g	539	132	14.7g	3.3g	0.0g	43.5mg	2626.0mg	72.3g	3.8g	2.5g	26.5g										
	V	GRILLED CHESE	260g	901	519	57.7g	17.7g	0.1g	15.0mg	1467.4mg	67.3g	2.7g	0.5g	25.8g										
	V	GARDEN VEGGIE BURGER	478g	727	178	19.8g	2.5g	0.0g	0.0mg	2316.9mg	96.4g	16.4g	6.5g	30.4g										

WRAPS																								
		CHICKEN FETA WRAP	219g	283	161	17.8g	251.5g	0.0g	78.0mg	314.0mg	7.5g	1.6g	2.3g	22.7g										
		CAJUN TURKEY WRAP	253g	658	481	53.5g	15.3g	0.0g	114.0mg	1701.4mg	6.9g	1.7g	4.5g	30.0g										
	V	HUMMUS WRAP	398g	640	213	23.7g	3.7g	0.0g	0.0mg	2118.7mg	81.7g	7.7g	6.9g	16.6g										
		SPICY TUNA WRAP	205g	770	686	76.2g	17.4g	0.1g	50.0mg	2056.1mg	5.3g	1.7g	12.0g	11.8g										
	V	QUESADILLA	392g	806	283	31.5g	17.2g	1.0g	89.6mg	1556.8mg	85.4g	8.0g	5.0g	37.9g										
		QUESADILLA WITH CHICKEN	467g	894	299	33.2g	17.2g	1.0g	142.6mg	1592.1mg	85.4g	8.0g	5.0g	54.7g										

PIZZA																								
	V	MARGHERITA	50g	103	23	2.6g	1.4g	0.1g	7.6mg	226.6mg	14.6g	0.8g	1.0g	5.0g										
		NEW YORKER	58g	114	31	3.5g	1.7g	0.0g	10.6mg	272.9mg	14.1g	0.9g	0.9g	5.9g										
	V	MEDITERRANO	58g	151	72	8.0g	2.4g	0.0g	10.3mg	252.7mg	14.7g	0.5g	0.4g	5.8g										
		HOT CALABRESE	58g	135	48	5.4g	2.0g	0.1g	10.3mg	459.1mg	15.8g	1.3g	1.0g	5.9g										
	V	FUNGI	51g	124	51	5.7g	1.2g	0.0g	7.5mg	198.4mg	13.2g	0.6g	0.4g	5.1g										
		POLLO & PESTO	42g	148	53	5.9g	1.8g	0.1g	10.9mg	126.2mg	3.0g	1.3g	0.7g	4.5g										

||
||
||