Cosi® Ingredient Information for USA Restaurants
(Information is current as of June 2026, unless otherwise stated)

Nutrition Statement:

Caloric and nutritional information is valid for the United States and may vary slightly due to food assembly and portioning. Items referenced in this Ingredient Information Guide may be seasonal and/or not available at all Cosi® locations. Cosi, Inc. reserves the right to modify its nutritional statements and/or discontinue any item at any time.

We encourage you to check these ingredient statements regularly for updates. This information is derived from published resources or from information provided by our suppliers. Variation in serving sizes, preparation techniques, sources of supply, ingredient substitutions, order customization, product testing, and new recipe testing, as well as regional and seasonal differences, may affect the nutrition values for each product. We may also change our menu items, recipes, or product formulations, and our suppliers may change ingredients. You should expect some variation in the nutrient content of the products purchased in our restaurants.

Allergen Statement:

In ALL Cosi® restaurants, we prepare and serve food that may contain allergens, including eggs, milk and dairy, peanuts, seafood, shellfish, soy, tree nuts, and wheat. We take care to keep allergy-causing food separate from food not known to, or that may rarely cause, allergies but we cannot guarantee any of our food is "allergen-free". If you KNOW or SUSPECT you have a specific food allergy or sensitivity or special dietary needs, please notify the Cosi® Manager BEFORE ORDERING. You may also ask the Cosi® Manager to show you the product case labels, if available, or you may contact using our TTU feedback system on our website for more information on specific products.

BEWARE! There is a risk of cross contamination or error during preparation, cooking, assembly, production and handling of our products, which may cause products to contain allergens that are not contained in the ingredient statements. Ingredients may change from time to time so please check these ingredient statements regularly.

To learn more about food allergies, we suggest you visit The Food Allergy and Anaphylaxis Network website at www.foodallergy.org. We also recommend you consult your physician BEFORE dining with us if you are concerned any of our food may cause you adverse health effects.

Bowls								
Menu Item	**Shellfish**	**Fish**	**Peanuts**	**Tree Nuts**	**Eggs**	**Milk**	**Soy**	**Wheat**
Bowl, Adobo Chicken with Avocado						X	X	
Bowl, Spicy Meatless Chorizo						X	X	X
Bowl, Shanghai Chicken							X	X
Bowl, Falafel & Harissa Hummus						X	X	X
New Grab & Go Items								
Menu Item	**Shellfish**	**Fish**	**Peanuts**	**Tree Nuts**	**Eggs**	**Milk**	**Soy**	**Wheat**
Orange Juice, Large								
Hard Boiled Eggs					X			
Fruit Cup								

"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Bread, Bagels & Pastries								
Menu Item	**Shellfish**	**Fish**	**Peanuts**	**Tree Nuts**	**Eggs**	**Milk**	**Soy**	**Wheat**
Bagel, Asiago (Just Bagels)						X		X
Bagel, Jalepeno (Just Bagels)								X
Bagel, Multi-Grain (Just Bagels)								X
Bagel, Plain (Just Bagels)								X
Bagel, Cinnamon Raisin (Just Bagels)								X
Bagel, Seasame (Just Bagels)								X
Bagel, Everything (Just Bagels)								X
Bagel, Poppy (Just Bagels)								X
Bread Slice, Original* (Corporate)							X	X
Bread Slice, Multi Grain* (Corporate)							X	X
Bread Slice, Original* (Franchisee)						X	X	X
Bread Slice, Multi Grain* (Franchisee)						X	X	X
Croissant, Butter*						X	X	X
Crumb Cake, Butter*					X	X	X	X
Loaf, Lemon Pound Cake*					X	X	X	X
Loaf, Marble Pound Cake*					X	X	X	X
Muffin, Blueberry					X	X	X	X
Muffin, Lemon Cranberry					X	X	X	X
Muffin, Double Chocolate Chip					X	X	X	X
Muffin, Apple Cinnamon					X	X	X	X
Scone, Blueberry*					X	X	X	X
Scone, Orange Cranberry*					X	X	X	X

***Disclaimer:** Manufacturers of our baked products cannot guarantee items have not come into contact with nuts or nut products.*

"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Breakfast & Snacks & Tofu								
Menu Item	**Shellfish**	**Fish**	**Peanuts**	**Tree Nuts**	**Eggs**	**Milk**	**Soy**	**Wheat**
Cream Cheese, Low-fat						X		
Cream Cheese, Plain						X		
Cream Cheese, Veggie						X		

Egg, Hard Boiled					X			
Fruit Salad								
Oatmeal								
Parfait, Strawberry				X		X		X
Parfait, Blueberry				X		X		X
Bagel (Plain) Sandwich, Bacon, Egg, Cheese					X	X		X
Bagel (Plain) Sandwich, Sausage, Egg, & Cheese					X	X		X
Bagel (Plain) Sandwich, Egg & Cheese					X	X		X
Bagel (Plain) Sandwich, Spicy Meatless Chorizo							X	X
Bagel (Plain) Sandwich, Sante Fe					X	X		X
Bagel (Plain) Sandwich, TBM					X	X		X
Avocado Toast - Garden Fresh							X	X
Avocado Toast - Nuts & Berries				X			X	X
Avocado Toast - Bacon & Tomato							X	X
Tofu (Plain)							X	

Allergen & Nutritional Reference Guide - Updated January 2019 - COSÌ, Inc. – Confidential & Proprietary information of COSÌ, Inc.
"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Desserts

Menu Item	Shellfish	Fish	Peanuts	Tree Nuts	Eggs	Milk	Soy	Wheat
Brownie Bites, Blondie				X	X	X	X	X
Brownie Bites, Chocolate Chunk*					X	X	X	X
Brownie, Blondie*				X	X	X	X	X
Brownie, Chocolate Chunk*					X	X	X	X
Cookie, Chocolate Chip*					X	X	X	X

Cookie, Oatmeal Raisin*					X	X	X	X

***Disclaimer:** Manufacturers of our baked products cannot guarantee items have not come into contact with nuts or nut products.*

Allergen & Nutritional Reference Guide - Updated January 2019 - COSÌ, Inc. – Confidential & Proprietary information of COSÌ, Inc.
"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Cold Beverages								
Menu Item	**Shellfish**	**Fish**	**Peanuts**	**Tree Nuts**	**Eggs**	**Milk**	**Soy**	**Wheat**
Blueberry Smash Lemonade								
Iced Tea								
Iced Tea, Raspberry								
Lemonade								
Mojito Lemonade								

Mojito Lemonade, Raspberry								
Orange Juice								

Hot Beverages								
Menu Item	**Shellfish**	**Fish**	**Peanuts**	**Tree Nuts**	**Eggs**	**Milk**	**Soy**	**Wheat**
Café Americano								
Cappuccino						X		
Caramel Latte						X	X	
Chai Tea Latte						X		
Coffee								
Espresso								
Hot Chocolate						X		
Latte						X		
Mocha						X		
Shot in the Dark								
White Hot Chocolate						X	X	

Allergen & Nutritional Reference Guide - Updated January 2019 - COSÌ, Inc. – Confidential & Proprietary information of COSÌ, Inc.
"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Flatbread Pizza								
Menu Item	**Shellfish**	**Fish**	**Peanuts**	**Tree Nuts**	**Eggs**	**Milk**	**Soy**	**Wheat**
Cheese						X	X	X
Margherita Chicken						X	X	X
Margherita						X	X	X
Pepperoni						X	X	X

Smokey BBQ Chicken						X	X	X
Tuscan Buffalo Chicken						X	X	X
Tuscan BBQ Chicken						X	X	X
Tuscan Margherita						X	X	X
Tuscan Pepperoni						X	X	X
Tuscan Margherita						X	X	X
Kids Menu								
Menu Item	**Shellfish**	**Fish**	**Peanuts**	**Tree Nuts**	**Eggs**	**Milk**	**Soy**	**Wheat**
Kids Flatbread Cheese Pizza						X	X	X
Kids Flatbread Pepperoni Pizza						X	X	X
Kids Grape Cup								
Kids Grilled Cheese						X	X	X
Kids Ham & Cheese						X	X	X
Kids Mac & Cheese					X	X		X
Kids Peanut Butter & Jelly			X			X	X	X
Kids Turkey Sandwich						X	X	X

"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Protein Add-Ons								
Menu Item	**Shellfish**	**Fish**	**Peanuts**	**Tree Nuts**	**Eggs**	**Milk**	**Soy**	**Wheat**
Roasted Chicken								
Turkey						X		
Tofu							X	
Tuna Salad		X			X		X	

Salads *(include Dressings)*								
Menu Item	**Shellfish**	**Fish**	**Peanuts**	**Tree Nuts**	**Eggs**	**Milk**	**Soy**	**Wheat**
Southwest Adobo Chicken							X	
Caesar		X			X	X	X	X
Caesar - Chicken		X			X	X	X	X
Cobb					X	X	X	
Mediterranean Salad						X		
Mandarin Chicken							X	X
Signature				X		X	X	
Salad Dressing *(Portion Only)*								
Dressing - Adobo Vinaigrette							X	
Dressing - Caesar		X			X	X	X	
Dressing - Ginger Sesame					X		X	X
Dressing - Cosi® Vinaigrette (Balsamic Vinaigrette)								
Dressing - Green Goddess						X		
Dressing - Sherry Shallot								

Allergen & Nutritional Reference Guide - Updated January 2019 - COSÌ, Inc. – Confidential & Proprietary information of COSÌ, Inc.
"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Sandwiches & Melts								
Menu Item	**Shellfish**	**Fish**	**Peanuts**	**Tree Nuts**	**Eggs**	**Milk**	**Soy**	**Wheat**
Bacon Turkey Cheddar						X	X	X
Pesto Chicken Melt						X	X	X
Fiery Chipotle Chicken Melt					X	X	X	X
Buffalo Chicken					X	X	X	X
Old World Italiano						X	X	X

Proscuitto & Fig						X	X	X
Chicken TBM						X	X	X
Cheese Melt						X	X	X
Harissa Hummus, Avocado & Veggie							X	X
Falafel & Harissa Hummus							X	X
California Turkey Club					X		X	X
TBM						X	X	X
Tuna & Avocado		X			X	X	X	X
Turkey & Fontina						X	X	X
Turkey Light (Catering only)							X	X
Tuscan Pesto Chicken (Catering only)						X	X	X
Soups/Macaroni & Cheese								
Menu Item	**Shellfish**	**Fish**	**Peanuts**	**Tree Nuts**	**Eggs**	**Milk**	**Soy**	**Wheat**
Chicken Noodle					X			X
Fire Roasted Vegetable							X	
French Onion Soup						X	X	X
Italian Wedding Soup					X	X	X	X
Macaroni & Cheese					X	X		X
Mediterranean Lentil								
New England Clam Chowder	X	X				X		
Turkey Chili							X	X
Tomato Basil						X		
Chicken & Dumpling					X			X

"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Bowls

Menu Item	Serving Size	Servings Per Container	Calories	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin D%	Potassium	Calcium %	Iron %	Allergens
Bowl, Adobo Chicken with Avocado, with jasmine rice	15.2 oz	1	580	16g	21%	2.5g	13%	0g	110mg	37%	570mg	25%	72g	33%	11g	20%	10g	29g	10%	25%	4%	15%	milk, soy
Spicy Meatless Chorizo, with jasmine rice	16 oz	1	720	34g	43%	4.5g	23%	0g	45 mg	0%	1090mg	48%	56g	13%	19g	68%	9g	25g	0%	27%	15%	45%	milk, soy, wheat
Shanghai Chicken, with jasmine rice	13.4 oz	1	480	5g	5%	1.5g	6%	0g	100mg	21%	790mg	35%	16g	6%	4g	14%	3g	25 g	0%	7%	4%	10%	soy, wheat
Falafel & Harissa Hummus, with jasmine rice	15.2 oz	1	530	7g	9%	0g	0%	0g	0 mg	0%	1070 mg	47%	47g	17%	17g	60%	9g	14g	0%	15%	10%	25%	milk, soy, wheat

Allergen & Nutritional Reference Guide - Updated January 2026 Cosi Restaurant Holding, LLC. – Confidential & Proprietary information of COSÌ, Inc.
"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2026 Cosi, Inc. All rights reserved.

New Grab & Go Items

Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Orange Juice, Large		1	260	0	0g	0	0g	0%	0g	0mg	0%	0mg	0%	61g	20%	0g	0%	61g	5g	25%	490%	6%	6%	
Bagel, Egg & Cheese	1	1	600	190	21g	32%	7g	34%	0g	310mg	103%	1400mg	58%	72g	24%	3g	12%	5g	28g	15%	0%	25%	30%	eggs, milk, soy, wheat
Bagel, Bacon, Egg & Cheese	1	1	670	230	26g	39%	9g	43%	0g	320mg	107%	1600mg	67%	72g	24%	3g	12%	6g	33g	15%	0%	25%	30%	eggs, milk, soy, wheat
Bagel, Sausage, Egg & Cheese	1	1	730	290	32g	48%	10g	46%	0g	350mg	116%	1690mg	70%	72g	24%	3g	12%	5g	37g	15%	0%	25%	35%	eggs, milk, soy, wheat
Wrap, Buffalo Bleu	1	1	622	255	28g	43%	6g	29%	0g	107mg	36%	2236mg	97%	58g	19%	2.5g	10%	3g	37g	35%	2%	6%	70%	eggs, milk, soy, wheat
Wrap, Chicken Caesar	1	1	413	189	20g	30%	7.5g	34%	0g	119mg	40%	1061mg	46%	19g	6%	1g	4%	3g	36g	45%	2%	30%	70%	eggs, fish, milk, soy, wheat
Wrap, Shanghai Chicken	1	1	632	124g	25g	37%	5.5g	25%	0g	62mg	21%	1685mg	73%	77g	26%	4g	16%	12g	28g	45%	6%	2%	70%	milk, soy, wheat
Wrap, Tuna	1	1	557	83g	22g	33%	4g	19%	0g	56mg	19%	1323mg	58%	57g	19%	3g	12%	4g	39g	50%	20%	4%	60%	eggs, fish, soy, wheat
BBQ Stix & Bits	2 oz	2	260	130	14g	21%	2g	9%	0g	0g	0%	630mg	26%	30g	10%	2g	9%	2g	6g	0%	0%	4%	10%	wheat, peanut, almond
Milk Chocolate Pretzels	2 oz	2	270	100	11g	17%	7g	32%	0g	5mg	2%	240mg	10%	40g	13%	1g	6%	24g	3g	0%	0%	2%	45%	milk, peanut, soy
Trail Mix, Energy	2 oz	3.5	280	120	13g	20%	6g	26%	0g	0mg	0%	30mg	1%	32g	11%	4g	16%	25g	8g	0%	0%	0%	20%	peanuts, milk, soy
Gummi Bears	2 oz	4	180	0	0g	0%	0g	0%	0g	0mg	0%	35mg	1%	43g	14%	0g	0%	26g	3g	0%	0%	0%	0%	n/a
Milk Chocolate Peanut Clusters	2 oz	3.5	300	190	21g	31%	7g	34%	0g	5mg	2%	30mg	1%	27g	9%	3g	13%	22g	6g	0%	0%	2%	35%	milk, soy, wheat
Trail Mix, All The Right Stuff	2 oz	3	230	50	6g	9%	4.5g	21%	0g	0mg	0%	10mg	0%	0g	0%	2g	8%	30g	2g	0%	0%	0%	20%	milk, soy, coconut oil

"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Breakfast, Snacks, & Tofu

Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Cream Cheese, Low-fat	2 oz	1	106	72	8g	12%	5g	24%	0g	27mg	9%	266mg	11%	4g	1%	0g	0%	4g	5g	14%	0%	7%	0%	milk
Cream Cheese, Plain	2 oz	1	189	170	19g	28%	12g	55%	0g	67mg	22%	229mg	10%	0g	0%	0g	0%	0g	3g	11%	0%	5%	0%	milk
Cream Cheese, Veggie	2 oz	1	113	85	9g	14%	6g	26%	0g	28mg	9%	246mg	10%	2g	1%	0g	0%	2g	4g	19%	4%	4%	0%	milk
Croissant, Western	8.5 oz	1	556	290	32g	48%	16g	71%	0g	320mg	107%	1150mg	48%	44g	15%	1g	5%	10g	26g	26%	15%	29%	19%	eggs, milk, soy, wheat
Egg, Hardboiled	8.9oz	1	200	45	5g	8%	.5g	3%	0	0mg	0%	210mg	9%	34g	11%	6g	24%	7g	6g	0%	0%	6%	10%	eggs
Egg White Cup, Florentine	7.1 oz	1	177	39	4.6g	7%	2.3g	11%	0	10mg	3%	778mg	34%	9.6g	3%	.6g	2%	4.5g	23g	15%	2%	10%	2%	eggs, milk,
Egg White Cup, Pico de Gallo	7.5 oz	1	134	1.3	.1g	0%	0	0%	0	0	0%	785mg	34%	11g	4%	1g	4%	5g	20g	8%	10%	2%	2%	eggs
Egg White Portion Only	2.5 oz	1	36	0	0g	0%	0g	0%	0g	0mg	0%	259mg	11%	1g	0%	0g	0%	1g	9g	0%	0%	0%	0%	eggs
Fruit Salad	8 oz	1	64	0	0g	0%	0g	0%	0g	0mg	0%	22mg	1%	15g	5%	2g	8%	13g	1g	73%	128%	2%	2%	
Oatmeal, Bowl	13 oz	1	187	36	4g	6%	0g	0%	0g	0mg	0%	63mg	3%	36g	12%	5g	23%	1g	7g	0%	0%	0%	13%	
Oatmeal Cup	7 oz	1	150	27	3g	4%	0g	0%	0g	0mg	0%	47mg	2%	27g	9%	4g	16%	1g	5g	0%	0%	0%	10%	
Parfait, Banana	11oz	1	390	80	9g	13%	4g	17%	0g	15mg	5%	170mg	7%	65g	22%	3g	12%	47g	15g	4%	10%	40%	8%	tree nuts, milk, wheat
Parfait, Blueberry	10 oz	1	286	14	2g	3%	.25g	1%	0g	10mg	3%	157mg	7%	48g	16%	4g	16%	26g	27g	0%	6%	30%	8%	tree nuts, milk, wheat
Parfait, Strawberry	11.5 oz	1	293	14	2g	3%	.25g	1%	0g	10mg	3%	157mg	7%	49g	16%	3g	12%	28g	23g	2%	68%	28%	5%	tree nuts, milk, wheat
Bagel (Plain) Sandwich, Bacon Egg & Cheese	9.24 oz	1	522	91	19g	28%	6.8g	31%	0g	156mg	52%	924mg	40%	64g	22%	3g	12%	8g	24g	12%	6%	9%	29%	eggs, milk, soy, wheat
Bagel (Plain) Sandwich, Egg & Cheese	9.24 oz	1	469	61	15g	22%	5.5g	25%	0g	149mg	50%	758mg	33%	64g	22%	3g	12%	8g	21g	12%	6%	9%	29%	eggs, milk, soy, wheat
Bagel (Plain) Sandwich, Sausage, Egg & Cheese	9.24 oz	1	642	28	31g	46%	10.8g	49%	0g	184mg	61%	1227mg	53%	64g	22%	3g	12%	8g	28g	12%	6%	9%	29%	eggs, milk, soy, wheat
Bagel (Plain) Sandwich, TBM	7.1 oz	1	492	60	15g	22%	5.9g	27%	0g	145mg	48%	817mg	36%	70g	23%	4g	16%	10.5g	21g	20%	10%	15%	35%	eggs, milk, soy, wheat
Bagel (Plain) Sandwich, Western	7.1 oz	1	498	68	16g	24%	5.5g	25%	0g	162mg	54%	992mg	43%	65g	22%	3g	12%	8.5g	26g	20%	10%	15%	35%	eggs, milk, soy, wheat
Tofu - Plain	3 oz	1	150	110	12g	18%	1.5g	6%	0	0mg	0%	310mg	13%	1g	0%	0	0%	7g	10g	0%	0%	15g%	8%	soy
Wrap, Sante Fe	8.8 oz	1	470	258	29g	43%	12g	55%	0g	303mg	101%	1005mg	42%	30g	10%	3g	12%	3g	24g	20%	19%	35%	14%	eggs, milk, soy, wheat
Wrap, Sante Fe (Egg White)	8.3 oz	1	378	174	19g	29%	10g	43%	0g	57mg	19%	941mg	39%	29g	10%	3g	12%	2g	25g	15%	19%	30%	7%	eggs, milk, soy, wheat
Wrap, Spinach Florentine	7.3 oz	1	341	103	19g	34%	10.8g	49%	0g	144mg	48%	491mg	21%	27.4g	9%	3g	12%	2.7g	17g	45%	8%	37%	17%	eggs, milk, soy, wheat
Wrap, Spinach Florentine (Egg White)	6.8 oz	1	289	117	13g	20%	6g	29%	0g	29mg	10%	582mg	24%	27g	9%	2g	11%	1g	20g	40%	8%	32%	10%	eggs, milk, soy, wheat

"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Bread, Squagels & Pastries

Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens	Ingredients
Bread Slice, Original (Franchisee)	3.2 oz	1	214	6	1g	1%	0g	0%	0g	0mg	0%	82mg	3%	43g	14%	2g	8%	1g	8g	0%	0%	0%	15%	milk, soy, wheat	
Bread Slice, Multi Grain (Franchisee)	3.2 oz	1	235	19	2g	3%	0g	0%	0g	0mg	0%	72mg	3%	46g	15%	3g	12%	1g	9g	0%	0%	1%	16%	milk, soy, wheat	
Bread Slice, Original (Corporate)	3.2 oz	1	220	9	2.5g	3%	0	0%	0g	0mg	0%	490mg	21%	43g	16%	1g	4%	2g	7g	0%	0%	0%	10%	wheat, Produced in a facility that has soy, seasame and milk	Water, "00" flour, Enriched Wheat Flour, Contains less than 2% of: Salt, Canola Oil, Olive Oil, Yeast Sugar, Natural Mold Inhibitor (Cultured Wheat Flour, Vinegar), Asorbic Acid
Bread Slice Multigrain (Corporate)	3.2 oz	1	260	9	5g	6%	.5g	3%	0g	0mg	0%	520mg	23%	46g	17%	3g	11%	5g	8g	0%	0%	2%	15%	wheat, seasame Produced in a facility that has soy and milk	Enriched wheat flour, Water, Multigrain Mix (Rye Flakes, Rolled Oats, Millet, Flax Seed, Seasame Seed), Raw Sugar, Contains less than 2% of: Olive Oil, Salt, Yeast, Natural mold inhibitor (cultured wheat flour, vinegar), Ascorbic Acid
Croissant, Butter	3 oz	1	330	140	15g	23%	9g	45%	0g	40mg	13%	390mg	16%	41g	14%	1g	4%	6g	7g	10%	0%	2%	10%	milk, soy, wheat	
Crumb Cake, Classic	2.75 oz	2	320	140	15g	24%	7g	36%	0g	80mg	27%	230mg	9%	42g	14%	1g	3%	21g	4g	10%	0%	2%	6%	eggs, milk, soy, wheat	
Loaf, Lemon Pound Cake	4.5 oz	1	470	190	21g	32%	11g	57%	og	140mg	46%	510	21%	66g	22%	1g	3%	41g	6g	10%	4%	4%	8%	eggs, milk, soy, wheat	
Loaf, Marble Pound Cake	4 oz	1	450	210	24g	36%	13g	66%	0g	150mg	50%	560mg	23%	54g	18%	1g	4%	30g	7g	15%	0%	4%	10%	eggs, milk, soy, wheat	
Muffin, Blueberry	4 oz	1	400	_	19g	24%	3g	15%	0g	65mg	22%	390mg	17%	51g	19%	1g	4%	30g	5g	_	_	2%	10%	eggs, milk, soy, wheat	
Muffin, Lemon Cranberry	4 oz	1	380	_	17g	22%	3.5g	18%	0g	65mg	22%	340 mg	15%	52g	19%	1g	4%	30g	5g	_	_	2%	10%	egg, milk, soy, wheat	
Muffin, Double Chocolate Chunk	4 oz	1	400	_	19g	24%	5g	25%	0g	65mg	22%	350mg	15%	56g	20%	3g	11%	37g	6g	_	_	6%	20%	egg, milk, soy, wheat	
Muffin, Apple Cinnamon	4 oz	1	410	_	18g	23%	3g	15%	0g	65mg	22%	370mg	16%	55g	20%	1g	4%	33g	5g	_	_	2%	10%	egg, milk, soy, wheat	
Scone, Blueberry	2.5 oz	2	371	170	19g	28%	11g	50%	0g	120mg	40%	491mg	21%	42g	14%	1g	4%	8g	6g	10%	2%	6%	10%	eggs, milk, soy, wheat	
Scone, Cranberry Orange	2.9 oz	2	310	150	16g	25%	10g	50%	0g	75mg	25%	340mg	14%	36g	12%	2g	6%	9g	5g	10%	4%	6%	10%	eggs, milk, soy, wheat	
Bagel, Asiago (Just Bagel)	4 oz.	1	300	25	2.5g	5%	1g	6%	0g	5mg	2%	680mg	30%	59g	22%	2g	7%	7g	11g	0%	0%	6%	6%	milk, wheat	
Bagel, Cinnamon Raisin (Just Bagel)	4 oz.	1	300	10	1g	1%	0g	0%	0g	0mg	0%	590mg	26%	63g	23%	2g	8%	11g	9g	0%	0%	2%	8%	wheat	
Bagel, Everything (Just Bagel)	4 oz.	1	290	10	1g	1%	0g	0%	0g	0mg	0%	720mg	31%	62g	62%	2g	7%	7g	10g	0%	0%	2%	6%	wheat	
Bagel, Jalepeno (Just Bagel)	4 oz.	1	290	15	1.5g	2%	0g	0%	0g	0mg	0%	700mg	31%	62g	23%	2g	8%	7g	10g	0%	0%	2%	10%	wheat	
Bagel, Multigrain (Just Bagel)	4 oz.	1	290	30	3g	4%	0g	0%	0g	0mg	0%	620mg	27%	58g	21%	4g	14%	7g	12g	0%	0%	2%	10%	wheat	
Bagel, Plain (Just Bagel)	4 oz.	1	290	10	1g	1%	0g	0%	0g	0mg	0%	630mg	28%	62g	22%	2g	7%	7g	10g	0%	0%	2%	6%	wheat	
Bagel, Sesame (Just Bagel)	4 oz.	1	290	10	1g	1%	0g	0%	0g	0mg	0%	630mg	28%	62g	22%	2g	7%	6g	10g	0%	0%	2%	6%	wheat	

Dessert

Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Brownie Bite, Blondie	1.5oz	1	190	80	9g	14%	4.5g	21%	0g	25mg	9%	70mg	3%	24g	8%	1g	3%	14g	2g	0%	0%	0%	15%	tree nuts (walnuts), eggs, milk, soy, wheat
Brownie Bite, Chocolate Chunk	1.5oz	1	200	100	11g	16%	7g	30%	0g	35mg	12%	120mg	5%	26g	9%	1g	6%	17g	2g	4%	0%	0%	4%	eggs, milk, soy, wheat
Brownie, Blondie	4 oz	1	540	310	34g	52%	10g	50%	0g	35mg	12%	360mg	15%	60g	20%	4g	16%	35g	6g	15%	0%	4%	25%	eggs, milk, nuts, soy, wheat
Brownie, Double Fudge Chunk	4 oz	1	500	250	28g	43%	11g	55%	0g	90mg	30%	180mg	8%	62g	21%	3g	12%	47g	5g	15%	0%	2%	20%	eggs, milk, soy, wheat
Cookie, Chocolate Chip	4 oz	1	500	210	24g	36%	8g	42%	0g	25mg	8%	230mg	9%	69g	23%	3g	11%	39g	7g	0%	0%	2%	15%	eggs, milk, soy, wheat
Cookie, Oatmeal Raisin	4 oz	1	450	160	18g	28%	4g	19%	0g	35mg	11%	270mg	11%	68g	23%	3g	12%	39g	7g	0%	0%	4%	6%	eggs, milk, soy, wheat

Disclaimer: *The Manufacturer of our dessert products cannot guarantee items have not come into contact with nuts or nut products.*

"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Cold Drinks

Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Country Club Tea, Large	13oz	1	90	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	24g	8%	0g	2%	21g	0g	0%	30%	2%	2%	
Blueberry Smash Lemonade	13 oz	1	358	0	0g	0%	0	0%	0	0mg	0%	10mg	0%	68g	23%	1g	3%	64g	0g	0%	40%	2%	2%	
Iced Tea, Large	20 oz	1	5	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	2g	1%	0g	1%	0g	0g	0%	10%	0%	2%	
Iced Tea, Raspberry, Large	14oz	1	150	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	39g	13%	0g	1%	36g	0g	0%	0%	10%	2%	
Lemonade, Large	13oz	1	170	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	45g	15%	0g	1%	42g	0g	0%	35%	2%	2%	
Mojito Lemonade, Large	13 oz	1	260	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	68g	23%	1g	3%	64g	0g	0%	40%	2%	2%	
Orange Juice, Small	12 oz	1	138	0	0g	0%	0g	0%	0g	0mg	0%	0mg	0%	33g	11%	0g	0%	33g	3g	13%	264%	3%	3%	
Raspberry Lemonade, Large	20 oz	1	238	0	0g	0%	0g	0%	0g	0mg	0%	30mg	1%	58g	19%	0g	0%	57g	0g	0%	24%	0%	0%	
Raspberry Mojito Lemonade, Large	13.5oz	1	310	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	81g	27%	1g	4%	76g	0g	0%	45%	2%	2%	

"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Hot Drinks

Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Caffe Americano, Large	19 oz	1	10	2	0g	0%	0g	0%	0g	0mg	0%	29mg	1%	2g	1%	0g	0%	0g	0g	0%	0%	1%	1%	
Caffe Americano, Medium	15 oz	1	8	1	0g	0%	0g	0%	0g	0mg	0%	22mg	1%	1g	0%	0g	0%	0h	0g	0%	0%	1%	1%	
Caffe Americano, Small	11 oz	1	5	1	0g	0%	0g	0%	0g	0mg	0%	16mg	1%	1g	0%	0g	0%	0g	0g	0%	0%	1%	1%	
Cappuccino, Large	12 oz	1	179	85	9g	14%	6g	26%	0g	41mg	14%	153mg	6%	15g	5%	0g	0%	14g	9g	7%	3%	35%	0%	milk
Cappuccino, Medium	10 oz	1	145	68	8g	11%	5g	21%	0g	33mg	11%	124mg	4%	12g	4%	0g	0%	11g	7g	6%	2%	28%	0%	milk
Cappuccino, Small	7 oz	1	107	51	6g	8%	3g	16%	0g	24mg	8%	91mg	4%	9g	3%	0g	0%	8g	6g	4%	1%	21%	0%	milk
Chai Tea Latte, Large	19 oz	1	379	79	9g	13%	6g	25%	0g	39mg	13%	209mg	9%	65g	22%	0g	0%	58g	9g	7%	2%	33%	0%	milk
Chai Tea Latte, Medium	15 oz	1	299	63	7g	10%	4g	20%	0g	30mg	10%	165mg	7%	52g	17%	0g	0%	46g	7g	5%	2%	26%	0%	milk
Chai Tea Latte, Small	11 oz	1	220	46	5g	8%	3g	14%	0g	22mg	7%	121mg	5%	38g	13%	0g	0%	38g	5g	4%	1%	19%	0%	milk
Coffee, Large	19 oz	1	11	0	0g	0%	0g	0%	0g	0mg	0%	11mg	0%	2g	1%	0g	0%	0g	1g	0%	0%	1%	1%	
Coffee, Medium	15 oz	1	9	0	0g	0%	0g	0%	0g	0mg	0%	9mg	0%	2g	1%	0g	0%	0g	0g	0%	0%	1%	1%	
Coffee, Small	11 oz	1	6	0	0g	0%	0g	0%	0g	0mg	0%	6mg	0%	1g	0%	0g	0%	0g	0g	0%	0%	1%	1%	
Espresso Macchiato, Double	2.5 oz	1	14	5	1g	1%	0g	1%	0g	2mg	1%	15mg	1%	2g	1%	0g	0%	1g	0g	0%	0%	2%	0%	milk
Espresso Macchiato, Single	1.3 oz	1	7	3	0g	0%	0g	1%	0g	1mg	0%	8mg	0%	1g	0%	0g	0%	0g	0g	0%	0%	1%	0%	milk

Allergen & Nutritional Reference Guide - Updated January 2019 - COSÌ, Inc. – Confidential & Proprietary information of COSÌ, Inc.
"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Hot Drinks Continued

Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Hot Chocolate, Large	17.7 oz	1	600	160	18g	27%	11g	47%	0g	60mg	19%	210mg	9%	98g	33%	0g	0%	92g	15g	15%	0%	40%	0%	milk
Hot Chocolate, Medium	15.7 oz	1	490	140	15g	23%	9g	40%	0g	50mg	16%	160mg	7%	81g	27%	0g	0%	76g	11g	15%	0%	30%	0%	milk
Hot Chocolate, Small	11.7 oz	1	410	120	13g	20%	8g	35%	0g	45mg	14%	130mg	5%	66g	22%	0g	0%	61g	9g	10%	0%	25%	0%	milk
Latte, Large	19 oz	1	301	143	16g	24%	10g	44%	0g	69mg	23%	255mg	11%	25g	8%	0g	0%	24g	16g	12%	4%	59%	0%	milk
Latte, Medium	15 oz	1	232	110	12g	18%	8g	34%	0g	53mg	18%	197mg	8%	19g	6%	0g	0%	18g	12g	9%	3%	45%	0%	milk
Latte, Small	11 oz	1	177	84	9g	14%	6g	26%	0g	41mg	14%	149mg	6%	14g	5%	0g	0%	14g	9g	7%	2%	35%	0%	milk
Mocha, Large	19.6 oz	1	588	164	18g	27%	11g	51%	0g	75mg	25%	248mg	10%	91g	30%	3g	13%	78g	15g	14%	3%	46%	0%	milk
Mocha, Medium	15.6 oz	1	463	139	15g	23%	10g	43%	0g	63mg	21%	0mg	8%	2g	23%	2g	10%	59g	12g	12%	3%	36%	0%	milk
Mocha, Small	11.6 oz	1	352	122	14g	20%	8g	38%	0g	55mg	18%	0mg	6%	49g	16%	2g	7%	42g	9g	10%	2%	29%	0%	milk
Shot in the Dark, Large	19 oz	1	15	1	0g	0%	0g	0%	0g	0mg	0%	18mg	1%	3g	1%	0g	0%	0g	0g	0%	0%	1%	2%	
Shot in the Dark, Medium	15 oz	1	12	1	0g	0%	0g	0%	0g	0mg	0%	15mg	1%	2g	1%	0g	0%	0g	0g	0%	0%	1%	1%	
Shot in the Dark, Small	11 oz	1	8	0	0g	0%	0g	0%	0g	0mg	0%	10mg	0%	2g	1%	0g	0%	0g	0g	0%	0%	1%	1%	
Vanilla Latte, Large	20 oz	1	377	154	17g	26%	11g	48%	0g	74mg	25%	276mg	11%	39g	13%	0g	0%	37g	17g	13%	4%	64%	0%	milk
Vanilla Latte, Medium	16 oz	1	289	118	13g	20%	8g	37%	0g	57mg	19%	213mg	9%	30g	10%	0g	0%	28g	13g	10%	3%	49%	0%	milk
Vanilla Latte, Small	12 oz	1	203	84	9g	14%	6g	26%	0g	41mg	14%	150mg	6%	21g	7%	0g	0%	20g	9g	7%	2%	35%	0%	milk
White Hot Chocolate, Large	19.9 oz	1	612	188	21g	31%	13g	59%	0g	88mg	29%	414mg	17%	86g	29%	0g	0%	78g	18g	16%	4%	57%	0%	milk, soy
White Hot Chocolate, Medium	16.2 oz	1	504	163	18g	27%	11g	51%	0g	75mg	25%	335mg	14%	69g	23%	0g	0%	62g	14g	14%	3%	46%	0%	milk, soy
White Hot Chocolate, Small	12.6 oz	1	397	138	15g	23%	10g	43%	0g	63mg	21%	256mg	11%	52g	17%	0g	0%	47g	11g	12%	2%	36%	0%	milk, soy

"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Pizza

Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Tuscan Margherita Pizza	24.2 oz	1	1462	265	50.8g	62%	14.3g	70%	0g	67mg	20%	2352mg	102%	120g	40%	8g	32%	22g	62g	40%	20%	90%	60%	milk, soy, wheat
Tuscan Mediterranean Pizza	25.2 oz	1	831	555	65.6g	66%	10g	23%	0g	28mg	10%	819mg	40%	1230g	40%	8g	32%	22g	62g	40%	20%	90%	60%	milk, soy, wheat
Tuscan Pepperoni Pizza	26.2 oz	1	1144	443	72g	110%	32g	148%	0g	143mg	52%	4226mg	184%	162g	40%	8g	32%	22g	68g	16%	0%	200%	12%	milk, soy, wheat
Tuscan Buffalo Chicken Pizza	29 oz	1	1693	823	76g	120%	16g	128%	0g	189mg	60%	5115mg	200%	183g	50%	5g	20%	72g	72g	40%	0%	200%	14%	milk, soy, wheat
Tuscan BBQ Pizza	29 oz	1	1390	364	42g	62%	41.2g	96%	0g	204mg	64%	5598mg	244%	148g	30%	6.6g	26%	68g	80g	40%	20%	80%	80%	milk, soy, wheat

Allergen & Nutritional Reference Guide - Updated January 2019 - COSÌ, Inc. – Confidential & Proprietary information of COSÌ, Inc.
"Cosi", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Kids

Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Kids Flatbread Cheese Pizza	4.6 oz	1	250	90	10g	15%	5g	24%	0g	30mg	10%	970mg	1%	29g	10%	2g	9%	3g	12g	15%	15%	25%	10%	milk, soy, wheat
Kids Flatbread Pepperoni Pizza	5 oz	1	300	140	15g	22%	8g	34%	0g	45mg	14%	1150mg	48%	29g	10%	2g	9%	3g	14g	15%	15%	25%	10%	milk, soy, wheat
Kids Grape Cup	2 oz	1	40	0	0g	0%	0g	0%	0g	0mg	0%	0mg	0%	10g	3%	1g	2%	9g	0g	2%	4%	2%	2%	
Kids Grilled Cheese Sandwich	3.3 oz	1	280	130	14g	22%	8g	35%	0g	40mg	13%	1080mg	45%	26g	9%	1g	4%	1g	12g	10%	0%	25%	10%	milk, soy, wheat
Kids Ham and Cheese	4.3oz	1	310	140	15g	23%	8g	37%	0g	55mg	18%	1390mg	58%	27g	9%	1g	4%	1g	17g	10%	0%	25%	10%	milk, soy, wheat
Kids Peanut Butter & Jelly	3.8 oz	1	370	140	15g	22%	2.5g	10%	0g	0mg	0%	430mg	18%	50g	17%	3g	12%	20g	11g	0%	0%	2%	10%	peanuts, milk, soy, wheat
Kids Turkey Sandwich	3.6oz	1	170	10	1g	2%	0g	0%	0g	20mg	7%	620mg	26%	26g	9%	1	4%	1g	14g	0%	0%	2%	10%	milk, soy, wheat
Kids Mac & Cheese	6.7oz	1	400	200	22g	34%	14g	63%	0g	70mg	23%	770mg	32%	33g	11%	2g	7%	2g	16g	15%	0%	25%	6%	eggs, milk, wheat
Kids Tuna	4.8 oz	1	320	90	10g	16%	1g	5%	0g	50mg	16%	720mg	30%	27g	9%	2g	7%	1g	28g	10%	4%	2%	10%	eggs, fish, milk, soy, wheat

"Cosi", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Salads & Dressings

Menu Item (Salad with 2 oz of Dressing)	Serving Size	Servings Per Container	Calories	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Potassium %	Calcium %	Iron %	Allergens
Southwest Adobo Chicken	13.86 oz	1	340	11g	14%	1.5	7%	0g	80mg	27%	590mg	26%	38g	14%	8g	14%	12g	24g%	18%	15%	23%	soy, milk
Kale Caesar	10.4 oz	1	425	30g	44%	8.3g	38%	0g	78mg	26%	1034mg	45%	25g	8%	3g	12%	4g	24g	10%	38%	22%	fish, eggs, milk, soy, wheat
Kale Caesar, Chicken	11.6 oz	1	535	32g	47%	9g	40%	0g	116mg	39%	1314mg	57%	27g	9%	3g	12%	5g	46g	10%	45%	20%	fish, eggs, milk, soy, wheat
Green Goddess Cobb	13.6 oz	1	744	53g	79%	16g	74%	0g	339mg	113%	1817mg	79%	87g	29%	5g	20%	12g	49g	33%	26%	16%	eggs, milk, soy
Lemon Mediterranean Salad	13.75 oz	1	509	47g	74%	9g	43%	0g	25mg	8%	1491mg	65%	83g	28%	7g	28%	6g	8g	29%	28%	12%	milk, soy
Mandarin Chicken Salad	11.5 oz	1	490	27g	41%	4.5g	21%	0g	75mg	25%	1374mg	60%	104g	35%	5	20%	20g	25g	17%	6%	15%	milk, soy, wheat
Signature	13.5 oz	1	714	44g	67%	11g	50%	0g	25mg	8%	668mg	29%	138g	46%	8g	32%	52g	13g	23%	27%	11%	tree nuts (pistachio), milk, soy
Green Goddess & Grains	15.2 oz	1	279	7g	8%	1g	3%	0g	0mg	0%	30mg	2%	2g	2%	2g	6%	0g	0g	1%	2%	2%	milk
Dressing - Bleu Cheese	2 oz	1	248	25g	37%	4g	17%	0g	28mg	9%	400mg	17%	2g	1%	0g	0%	2g	4g	3%	9%	3%	eggs, milk, soy
Dressing - Adobo Vinaigrette	2 oz	1	100	2g	2%	0g	0%	0g	0 mg	0%	100 mg	4%	4 g	2%	0g	0%	6 g	0g	1%	2%	2%	soy
Dressing - Cosi® Caesar	2 oz	1	265	70	7g	8%	1g	3%	0g	0mg	0%	30mg	2%	2g	2%	2g	6%	0g	0g	1%	2%	milk
Dressing - Green Goddess	2 oz	1	87	7g	8%	1g	3%	0g	0mg	0%	30mg	2%	2g	2%	2g	6%	0g	0g	1%	2%	2%	milk
Dressing - Sesame Ginger Dressing	2 oz	1	160	10g	14%	2g	10%	0g	0mg	0%	420mg	18%	14g	4%	0g	0%	7g	0g	0%	0%	0%	soy, wheat
Dressing - Cosi® Vinaigrette	2 oz	1	343	38g	57%	3g	12%	0g	0mg	0g	162mg	7%	2g	1%	0g	2%	0g	0g	0%	1%	1%	soy
Dressing - Lemon Herb Vinaigrette	2 oz	1	246	26g	40%	5g	21%	0g	0mg	0%	378mg	16%	2g	1%	0g	0%	2g	2g	0%	4%	0%	milk, soy
Dressing - Sherry Shallot	2 oz	1	283	26g	40%	4g	17%	0g	0mg	0%	151mg	6%	9g	3%	0g	0%	8g	0g	4%	0%	0%	soy

"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Sandwiches & Melts

Menu Item	Serving Size	Servings Per Container	Calories	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Calcium %	Iron %	Allergens
Bacon Turkey Cheddar	12.2 oz	1	597	26g	40%	11g	50%	0g	122mg	41%	1407mg	61%	47g	16%	1.5g	6%	5g	41g	6%	21%	milk, soy, wheat
Buffalo Spicy Chicken	9.9 oz	1	530	25 g	32%	4.5g	13%	0g	72mg	24%	1446mg	63%	46g	16%	1.5	6%	4g	27g	6%	25%	eggs, milk, soy, wheat
Cheese Melt	8 oz	1	579	36g	54%	21g	96%	0g	99mg	33%	925mg	40%	44g	15%	1g	4%	2g	24g	3%	12%	milk, soy, wheat
Chicken Parmesan	11.5 oz	1	661	24g	36%	14g	62%	0g	137mg	46%	1755mg	76%	58g	19%	3g	14%	8g	65g	80%	25%	milk, soy, wheat
Chicken TBM	9.9 oz	1	630	35g	45%	8g	39%	0g	102mg	34%	1220mg	53%	48g	17%	1g	5%	3	3g	15%	15%	milk, soy, wheat
Chipotle Chicken Melt	11.5 oz	1	740	44g	57%	11g	55%	0g	155mg	52%	1550mg	52%	48g	18%	2g	8%	4g	37g	15%	15%	milk, soy, wheat, egg
Falafel	13.9 oz	1	570	12g	15%	0g	1%	0g	0 mg	0%	1820 mg	79%	91g	33%	18g	64%	11g	21g	15%	40%	soy, wheat
Gyro Sandwich	11.5 oz	1	590	31g	47%	11g	50%	1g	73mg	30%	1559mg	64%	52g	18%	2g	8%	7g	28g	1%	31%	milk, soy, wheat
Harrisa, Hummus & Veggie	10.2 oz	1	483	16g	25%	2g	9%	0g	0mg	0%	1469mg	63%	67g	23%	10g	40%	8g	20g	1%	31%	wheat
Old World Italiano	9.7 oz	1	670	14g	71%	14g	71%	0g	100mg	33%	2440mg	106%	52g	19%	2g	6%	9g	31g	15%	15%	milk, soy, wheat
Pesto Chicken	10.95 oz	1	493	18g	27%	7.7g	35%	0g	96mg	32%	1015mg	44%	50g	17%	2g	8%	4g	47g	25%	25%	milk, soy, wheat
Prosciutto & Fig	8.7 oz	1	660	36g	46%	15g	77%	0g	95mg	32%	2600mg	113%	53g	19%	2g						
California Roasted Club	11.99 oz	1	630	35g	46%	6g	28%	0g	70mg	24%	2060mg	90%	52g	52g%	4g	16%	6g	29g	4%	20%	eggs, milk, soy, wheat
Roast Beef & Cheddar	9.7 oz	1	587	29g	44%	10g	49%	0g	108mg	36%	1705mg	74%	48g	16%	1g	4%	5g	32g	3%	12%	eggs, milk, soy, wheat
TBM	9.6 oz	1	590	33g	50%	11g	49%	0g	36mg	12%	743mg	32%	49g	17%	2g	8%	5g	22g	40%	15%	milk, soy, wheat
Tuna & Avocado	11.6 oz	1	660	41g	53%	6g	28%	0g	35mg	12%	1360mg	59%	48g	17%	3g	12%	2g	26g	8%	15%	fish, eggs, milk, soy, wheat
Turkey, Fig, Fontina	10.1 oz	1	550	21g	28%	7g	33%	0g	85mg	28%	2070mg	90%	58g	21%	2g	6%	14g	30g	15%	15%	milk, soy, wheat
Turkey Stuffing	11.7 oz	1	819	43g	65%	9.5g	43%	0g	110mg	37%	1887mg	82%	71g	24%	2g	8%	7g	35g	2%	40%	milk, soy, wheat
Turkey Light	8.5 oz	1	343	5g	8%	1g	5%	0g	65mg	22%	800mg	35%	45g	15%	1g	4%	3g	26g	4%	25%	milk, soy, wheat
Tuscan Pesto Chicken (Catering only)	9.45 oz	1	420	7g	10%	7g	30%	0g	75mg	25%	640mg	27%	48g	16%	3g	14%	3g	35g	2%	30%	milk, soy, wheat
Italiano Sandwich (catering only)	11.25 oz	1	507	21g	32%	8.8g	38%	0g	63mg	21%	1708mg	71%	50g	17%	2g	8%	5g	31g	3%	53%	milk, soy, wheat
Shrimp Salad Sandwich (catering only)	10.2 oz	1	428	2g	3%	2g	10%	0g	118mg	40%	1024mg	50%	45g	15%	2g	8%	3g	20g	4%	14%	milk, soy, wheat, shellfish

"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2026 Cosi Restaurant Holdings, LLC. All rights reserved.

Soups

Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Vitamin A %	Vitamin C %	Calcium %	Iron %	Allergens
Chicken Noodle (Bowl)	15 oz	1	150	30	3.5g	5%	1.5g	8%	0g	45mg	12%	1150mg	48%	18g	6%	2g	8%	3g	12g	30%	6%	4%	10%	eggs, wheat
Chicken Noodle (Cup)	8 oz	1	100	20	2	3%	1g	5%	0g	30mg	10%	760mg	32%	12g	4%	1g	4%	2g	11g	20%	4%	2%	8%	
Macaroni & Cheese (Bowl)	15 oz	1	720	368	41g	62%	26g	121%	0g	117g	59%	1940mg	84%	61g	21%	1g	4%	2g	39g	40%	0%	70%	15%	eggs, milk, wheat
Macaroni & Cheese (Cup)	8 oz	1	490	250	28g	42%	18g	82%	0g	80g	40%	1320mg	57%	42g	14%	1g	4%	2g	16g	25%	0%	45%	10%	
Mediterranean Lentil (Bowl)	15 oz	1	320	170	19g	29%	3g	15%	0g	0mg	0%	1050mg	44%	30g	10%	9g	36%	6g	8g	100%	8%	8%	20%	
Mediterranean Lentil (Cup)	8 oz	1	210	110	13g	20%	2g	10%	0g	0mg	0%	700mg	29%	20g	7%	6g	24%	4g	6g	70%	6%	4%	10%	
New England Clam Chowder (Bowl)	15 oz	1	630	270	46 g	1	23g	117%	0g	162mg	54%	1368mg	57%	43g	14%	1.8g	7%	9 g	19.8	27%	18%	27%	72%	Shellfish, Fish, Milk
New England Clam Chowder (Cup)	8 oz	1	350	150	23g	35%	13g	65%	0g	90mg	30%	760mg	32%	24g	8%	1g	4%	5g	11g	15%	10%	15%	40%	Shellfish, Fish, Milk
Shrimp & Corn Chowder			413	188	20g	32%	9g	47%	0g	84mg	28%	1462mg	62%	47g	15%	4g	16%	19g	13g	19%	47%	19%	8%	Shellfish, Milk, Soy, Wheat
Shrimp & Corn Chowder (cup)	8 oz	1	220	100	11g	17%	5g	25%	0g	45mg	15%	780mg	33%	25g	8%	2g	8%	10g	7g	10%	25%	10%	4%	
Turkey Chili (Bowl)	15 oz	1	360	60	7g	11%	2g	8%	0g	20mg	6%	1370mg	57%	67g	22%	22g	98%	9g	24g	10%	4%	15%	35%	soy, wheat
Turkey Chili (Cup)	8 oz	1	240	45	5g	7%	1g	6%	0g	10mg	4%	910mg	38%	45g	15%	15g	65%	6g	16g	8%	2%	10%	25%	
Tomato Basil (Bowl)	15 oz	1	600	420	47g	70%	32g	143%	0g	180mg	59%	750mg	31%	30g	10%	0g	0%	17g	4g	45%	15%	10%	1000%	milk
Tomato Basil (Cup)	8 oz	1	400	280	31g	47%	21g	96%	0g	120mg	40%	500mg	21%	20g	7%	0g	0%	11g	2g	30%	10%	8%	8%	

Allergen & Nutritional Reference Guide - Updated January 2019 - COSI, Inc. – Confidential & Proprietary information of COSI, Inc.

"Cosi", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Dinners

Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Allergens
Braised Beef Short Ribs in Demi Glace	18 oz	1	912	519	59g	88%	26g	112%	0g	169mg	56%	1110mg	44%	36g	14%	5g	20%	5g	64g	dairy
Herb Roasted Chicken Breast	18 oz	1	503	145	15g	24%	3.2g	17%	0g	136mg	45%	1215mg	37%	35g	13%	5g	20%	6g	62g	dairy
Oven Roasted Wild Keta Salmon	18 oz	1	553	219	25g	37%	11g	47%	0g	174mg	58%	641mg	26%	32g	11%	5g	20%	4g	50g	fish, dairy
Rigatoni with Meatballs	18 oz	1	1363	806	92g	119%	38g	172%	0g	179mg	59%	3216mg	139%	75g	30%	7.5g	25%	15g	55g	dairy, wheat

"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.

Dinners

Menu Item	Serving Size	Servings Per Container	Calories	Calories From Fat	Total Fat	Total Fat %	Saturated Fat	Sat Fat %	Trans Fat	Cholesterol	Cholesterol %	Sodium	Sodium %	Total Carbohydrates	Total Carbohydrates %	Dietary Fiber	Dietary Fiber %	Sugars	Protein	Allergens
Cheese Platter	3 oz	10	176	118	13.5g	16%	8.4g	40%	0g	39mg	11%	485mg	11%	5g	2%	1g	4%	3g	10g	dairy
Veggie Platter, with Hummus	3 oz	10	49	14	1.5g	2%	0g	0%	0g	1mg	0%	7mg	0%	7.5g	3%	1g	4%	2g	2g	dairy

"Così", "(Sun and Moon Design)" and related marks are registered trademarks of Cosi, Inc. in the U.S.A. and certain other countries. ©2019 Cosi, Inc. All rights reserved.