

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.](http://www.foodallergy.org)

<b>Bowls</b>								
<b>Menu Item</b>	<b>Shellfish</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Tree Nuts</b>	<b>Eggs</b>	<b>Milk</b>	<b>Soy</b>	<b>Wheat</b>
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
<b>New Grab &amp; Go Items</b>								
<b>Menu Item</b>	<b>Shellfish</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Tree Nuts</b>	<b>Eggs</b>	<b>Milk</b>	<b>Soy</b>	<b>Wheat</b>
Orange Juice, Large								
Hard Boiled Eggs					X			
Fruit Cup								

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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, Sesame (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.*

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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	

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<b>Desserts</b>								
<b>Menu Item</b>	<b>Shellfish</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Tree Nuts</b>	<b>Eggs</b>	<b>Milk</b>	<b>Soy</b>	<b>Wheat</b>
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





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
<b>Kids Menu</b>								
<b>Menu Item</b>	<b>Shellfish</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Tree Nuts</b>	<b>Eggs</b>	<b>Milk</b>	<b>Soy</b>	<b>Wheat</b>
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

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

<b>Salads (include Dressings)</b>								
<b>Menu Item</b>	<b>Shellfish</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Tree Nuts</b>	<b>Eggs</b>	<b>Milk</b>	<b>Soy</b>	<b>Wheat</b>
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	
<b>Salad Dressing (Portion Only)</b>								
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								

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<b>Sandwiches &amp; Melts</b>								
<b>Menu Item</b>	<b>Shellfish</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Tree Nuts</b>	<b>Eggs</b>	<b>Milk</b>	<b>Soy</b>	<b>Wheat</b>
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
<b>Soups/Macaroni &amp; Cheese</b>								
<b>Menu Item</b>	<b>Shellfish</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Tree Nuts</b>	<b>Eggs</b>	<b>Milk</b>	<b>Soy</b>	<b>Wheat</b>
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

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