

Cosi® Ingredient Information for USA Restaurants
(Information is current as of September 2023, 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)

Bowls									
Menu Item	Shellfish	Fish	Peanuts	Tree Nuts	Eggs	Milk	Soy	Wheat	Sesame
Bowl, Adobo Chicken with Avocado							X		
Bowl, Meatless Chorizo with Avocado							X		
Falafel Bowl							X		X
Hot Honey Tofu							X		
Hot Honey Chicken									
Shanghai Bowl							X	X	X
Italian Beef					X	X			
New Grab & Go Items									
Menu Item	Shellfish	Fish	Peanuts	Tree Nuts	Eggs	Milk	Soy	Wheat	Sesame
Orange Juice, Large									
Bagel, Egg & Cheese					X	X	X	X	
Bagel, Bacon, Egg & Cheese					X	X	X	X	
Bagel, Sausage, Egg & Cheese					X	X	X	X	
Wrap, Buffalo Bleu					X	X	X	X	
Wrap, Chicken Caesar		X			X	X	X	X	
Wrap, Shanghai Chicken						X	X	X	
Wrap, Tuna		X			X		X	X	
BBQ Stix & Bits			X	X				X	
Milk Chocolate Pretzels						X	X	X	
Trail Mix, Energy			X			X	X		
Gummi Bears									
Milk Chocolate Peanut Clusters			X			X	X		
Trail Mix, All The Right Stuff				X		X	X		

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Bread, Bagels & Pastries									
Menu Item	Shellfish	Fish	Peanuts	Tree Nuts	Eggs	Milk	Soy	Wheat	Sesame
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	X
Bagel, Everything (Just Bagels)								X	
Bagel, Poppy (Just Bagels)								X	
Bread Slice, Original* (Corporate)							X	X	
Bread Slice, Multi Grain* (Corporate)							X	X	X
Bread Slice, Original* (Franchisee)						X	X	X	
Bread Slice, Multi Grain* (Franchisee)						X	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	Sesame
Cream Cheese, Low-fat						X			
Cream Cheese, Plain						X			
Cream Cheese, Veggie						X			
Cream Cheese, Vegan									
Croissant, Western					X	X	X	X	

Egg, Hard Boiled					X				
Egg White Portion Only					X				
Egg White Cup, Florentine					X	X	X		
Egg White Cup, Pico de Gallo					X				
Fruit Salad									
Oatmeal									
Parfait, Strawberry				X		X		X	
Parfait, Blueberry				X		X		X	
Bagel (Plain) Sandwich, Cosi® Club					X	X	X	X	
Bagel (Plain) Sandwich, TBM					X	X	X	X	
Tofu (Plain)							X		
Wrap, Sante Fe (or w/Egg White)					X	X	X	X	
Wrap, Meatless Chorizo (or w/Egg White)							X	X	

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Desserts									
Menu Item	Shellfish	Fish	Peanuts	Tree Nuts	Eggs	Milk	Soy	Wheat	Sesame
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	

Salads (include Dressings)									
Menu Item	Shellfish	Fish	Peanuts	Tree Nuts	Eggs	Milk	Soy	Wheat	Sesame
Adobo Lime Chicken						X	X		
Mixed Green Salad									
Caesar		X			X	X	X	X	
Caesar - Chicken		X			X	X	X	X	
Cosi® Cobb					X	X	X		
Greek						X	X		
Shanghai Chicken							X	X	X
Signature				X		X	X		
Salad Dressing (Portion Only)									
Dressing - Chili Lime Vinaigrette							X		
Dressing - Abodo Lime Vinaigrette						X	X		
Dressing - Cosi® Caesar		X			X	X	X		
Dressing - Cosi® Sesame Dressing					X		X	X	X
Dressing - Cosi® Vinaigrette							X		
Dressing - Italian						X	X		
Dressing - Sherry Shallot							X		

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Sandwiches & Melts									
Menu Item	Shellfish	Fish	Peanuts	Tree Nuts	Eggs	Milk	Soy	Wheat	Sesame
Bacon Turkey Cheddar						X	X	X	
Buffalo Bleu					X	X	X	X	
Hot Honey Chicken					X		X	X	
Cajun Chicken Ceasar		X			X		X	X	

Chicken Parmesan Melt						X	X	X	
Chicken TBM						X	X	X	
Cheese Melt						X	X	X	
Club Supreme					X	X	X	X	
Falafel							X	X	
Hummus & Veggie							X	X	
Pesto Chicken						X	X	X	
Roast Beef and Cheddar					X	X	X	X	
Roasted Turkey Club					X		X	X	
TBM						X	X	X	
Tuna		X			X	X	X	X	
Turkey Avocado					X	X	X	X	
Turkey & Brie						X	X	X	
Italian Beef					X	X	X	X	
Turkey Light (Catering only)							X	X	
Turkey Stuffing Sandwich							X	X	
Tuscan Pesto Chicken (Catering only)							X	X	
Soups/Macaroni & Cheese									
Menu Item	Shellfish	Fish	Peanuts	Tree Nuts	Eggs	Milk	Soy	Wheat	Sesame
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									
Tomato Basil						X			
Chicken & Dumpling					X			X	

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