### IKEA FOOD NUTRITION - As of May 2017

#### Notice to Customers Regarding Allergies and Nutrition

If you have a food allergy and have any questions or concerns, please feel free to contact the Food Manager on duty. IKEA Food and its employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Nutrition and allergen information can change at any time without notice due to recipe and product changes. We make every effort to keep this information current and accurate. We have disclosed nutrition and allergens to the best of our ability given the information from our suppliers. We have indicated the allergens that are contained in menu items and from cross-contaminants when information was provided by supplier. But food may come in contact during production with additional allergens than those listed. Nutrition and allergen information does not include condiments or optional accompaniments unless specified.

#### Nutrition and Allergen Information

<table>
<thead>
<tr>
<th>Servings</th>
<th>Size</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Sodium</th>
<th>Trans Fat</th>
<th>Cholesterol</th>
<th>Protein</th>
<th>Carb</th>
<th>Fiber</th>
<th>Calcium %</th>
<th>Iron %</th>
<th>Allergens in Product</th>
</tr>
</thead>
</table>

**Broccoli Cheddar**
- 1 oz: 390 29 18 0 85 910 18 1 1 13 35 20 Milk
- 10.5 oz: 390 15 1 0 10 910 18 1 1 13 35 20 Milk, soy

**Corn Chowder**
- 1 oz: 290 15 1 0 25 830 13 2 7 1 2 2 Milk, fish (anchovy), wheat, soy

**Hearty Chicken Noodle Soup**
- 1 oz: 110 3 0 5 35 750 11 1 2 11 2 0 Wheat, egg

**Pasta Fagioli**
- 1 oz: 260 9 0 0 10 910 19 2 19 20 30 Milk, wheat

**Tomato Feta**
- 1 oz: 190 9 0 0 20 970 15 2 19 4 20 4 Milk, egg

**Tomato with Brown Rice**
- 1 oz: 120 3 2.5 0 5 570 18 2 7 4 2 0 Milk

**Iceberg Wedge Salad**
- 1: 290 26 6 0 35 620 7 1 2 7 2 2 Milk, egg

**Mediterranean Salad**
- 1 oz: 230 13 4.5 0 10 830 22 6 6 34 35 15 Milk, fish (salmon), soy

**Marinated Salmon**
- 1 oz: 360 26 2.5 0 5 750 14 1 10 19 2 2 Fish (salmon)

**Side Salad**
- 1: 15 0 0 0 0 15 4 1 2 7 2 2 None

**Smoked Salmon with Bean Salad**
- 1 oz: 460 29 4 0 10 1105 12 5 7 4 14 15 Fish (salmon), egg

**Wheat Pilaf**
- 1 oz: 100 1 0 0 0 15 18 3 6 4 6 6 Wheat

**What Pilaf**
- 1 oz: 220 4.5 1 0 65 470 20 3 7 25 6 10 Wheat

**What Pilaf with/Salmon**
- 1 oz: 340 17 3.5 0 10 590 19 3 7 28 6 6 Fish (salmon), wheat

**Bacon Spinach Salad (1 strips)**
- 1: 80 8 2.5 0 15 270 0 0 0 0 0 0 None

**Gravad Lax with Bagel**
- 1 oz: 390 14 4.5 0 15 900 39 1 4 25 8 10 Milk, wheat, fish (salmon)

**Gravad Lax with Rye Crispbread**
- 1 oz: 290 14 5 0 15 800 19 4 2 21 2 2 Milk, wheat, fish (salmon)

**Hush Browns**
- 6 oz.*: 380 19 2 0 0 980 48 5 0 6 6 0 None

**Kid’s Pancake with Chicken Sausage**
- 1 oz: 230 10 3 0 110 510 22 2 3 11 6 6 Milk, egg, wheat

**Regular Breakast (chicken sausage, eggs and hash browns)**
- 1 oz: 420 25 5 0 415 980 28 0 1 22 8 10 Milk, egg

**Scrambled Eggs**
- 4 oz: 170 12 3.5 0 375 170 3 0 1 11 6 10 Milk, egg

**Swedish American Breakfast (chicken sausage, eggs, swedish pancakes, strawberry jam and hash browns)**
- 1 oz: 680 34 8 0 505 1350 62 3 16 30 15 15 Milk, egg, wheat

**Swedish Pancakes [3] w/Lingonberry Jam (1 oz.)**
- 1 oz: 390 15 4 0 135 590 49 4 15 12 15 6 Milk, egg, wheat

**Chicken Sausage (4 links)**
- 1 oz: 120 6 1.5 0 80 650 1 0 0 16 2 6 None

**BBQ Kibs w/Corn**
- 1 oz: 1240 70 24 0.5 285 1249 72 4 28 85 20 30 None

**Chicken Artichoke Parmesan w/Bean Blend**
- 1 oz: 460 17 5 0 115 1200 31 6 5 46 20 20 Milk, soy

**Chicken Meatball Plate w/Seasoned Bean Blend (8)**
- 1 oz: 440 20 5 0 80 1270 45 10 15 22 10 15 Milk, egg, wheat

**Chicken Meatball Plate w/Seasoned Bean Blend (12)**
- 1 oz: 540 27 7 0 120 1530 48 12 16 28 10 15 Milk

**Chicken Tenders (100) with Fries**
- 1 oz: 1230 100 12 0 63 2010 55 6 0 33 42 9 Egg, wheat

**Herb Roasted Chicken w/Mashed Potatoes and Vegetables**
- 1 oz: 560 27 7 0 155 1770 28 5 6 50 10 20 Milk

**Organic Pasta and Sauce**
- 1 oz: 520 10 1 0 0 350 76 5 7 13 6 15 Wheat

**Organic Pasta and Sauce w/Veggie Balls**
- 1 oz: 520 10 1 0 0 370 89 5 10 20 8 25 Wheat

**Organic Pasta and Sauce w/Swedish Meatballs**
- 1 oz: 560 16 5 0 40 1000 80 5 8 23 6 20 Egg, wheat

**Organic Pasta and Sauce w/Chicken Meatballs**
- 1 oz: 510 12 2.5 0 50 1030 79 7 8 23 6 20 Wheat

**Salmon w/Wheat Pilaf and Hollandaise Sauce**
- 1 oz: 530 29 11 0 40 850 33 3 9 30 10 8 (contains sulfites)

**Swedish Meatball Plate w/Seasoned Bean Blend (8)**
- 1 oz: 540 28 9 0 80 1270 42 10 16 22 10 15 Milk, egg, wheat

**Swedish Meatball Plate w/Seasoned Bean Blend (12)**
- 1 oz: 690 41 15 1 115 1560 50 8 16 31 10 30 Milk, egg, wheat

**Veggie Balls w/Thai Coconut Curry, Brown Rice Blend and Seasoned Bean Blend (8 pc)**
- 1 oz: 440 15 2.5 0 0 1260 58 13 9 17 10 35 Wheat, milk

**Veggie Balls w/Thai Coconut Curry, Brown Rice Blend and Seasoned Bean Blend (12 pc)**
- 1 oz: 550 21 3 0 0 1650 68 16 11 23 10 40 Wheat, milk

**Carrots, shredded**
- 1 oz: 10 0 0 0 0 20 3 <1 1 0 0 0 None

**Celery**
- 1 oz: 5 0 0 0 0 0 25 1 <1 1 0 0 0 None

**Cucumber**
- 1 oz: 0 0 0 0 0 0 1 0 0 0 0 0 None

**Leek/Iceberg**
- 1 oz: 0 0 0 0 0 0 0 1 0 <1 0 0 0 None

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* Contains gluten, may contain other allergens.
* Contains sulfites, has been re-cooked.
### Nutritional Information

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Carbohydrates</th>
<th>Protein</th>
<th>Calcium %</th>
<th>Iron %</th>
<th>Allergens</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Butterscotch Cookie</strong></td>
<td>530</td>
<td>22</td>
<td>11</td>
<td>1</td>
<td>35</td>
<td>6</td>
<td>110 Milk, eggs</td>
</tr>
<tr>
<td><strong>Chocolate Cookie</strong></td>
<td>390</td>
<td>17</td>
<td>15</td>
<td>1</td>
<td>60</td>
<td>15</td>
<td>37 Milk, wheat, soy</td>
</tr>
<tr>
<td><strong>Dessertes</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Almond Cake</strong></td>
<td>300</td>
<td>17</td>
<td>9</td>
<td>1</td>
<td>110</td>
<td>15</td>
<td>37 Milk, eggs</td>
</tr>
<tr>
<td><strong>Almond Cake with Choco Butteroschut</strong></td>
<td>320</td>
<td>18</td>
<td>9</td>
<td>1</td>
<td>110</td>
<td>16</td>
<td>38 Milk, eggs, peanuts</td>
</tr>
<tr>
<td><strong>Blueberry Raspberry Cheesecake</strong></td>
<td>390</td>
<td>17</td>
<td>12</td>
<td>1</td>
<td>60</td>
<td>16</td>
<td>37 Milk, eggs, soy</td>
</tr>
<tr>
<td><strong>Butterscotch Cookie</strong></td>
<td>530</td>
<td>22</td>
<td>11</td>
<td>1</td>
<td>35</td>
<td>6</td>
<td>110 Milk, eggs</td>
</tr>
<tr>
<td><strong>Chocolate Cake</strong></td>
<td>440</td>
<td>17</td>
<td>15</td>
<td>1</td>
<td>60</td>
<td>15</td>
<td>37 Milk, wheat, soy</td>
</tr>
<tr>
<td><strong>Cream Cake with Marzipan</strong></td>
<td>310</td>
<td>16</td>
<td>9</td>
<td>1</td>
<td>110</td>
<td>15</td>
<td>37 Milk, wheat, soy</td>
</tr>
</tbody>
</table>

### Additional Notes
- **Kids' Meals**
  - **Kid's Grilled Chicken with Strawberries**
  - **Kid's Grilled Chicken with Melon**
  - **Kid's Grilled Chicken with Grapes**
  - **Kid's Grilled Chicken with Melon**
  - **Kid's Grilled Chicken with Strawberries**
  - **Kid's Macaroni & Cheese with Seasonal Bean Blend Vegetables**
  - **Kid's Organic Pasta & Sauce**
  - **Kid's Swedish Meatballs & Mashed Potatoes w/Seasoned Bean Blend Vegetables**
  - **Kid's Veggie Balls w/Thai Coconut Curry, Brown Rice Blend and Seasoned Bean appetizers**

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**Ad危inens in Product**
- Milk, egg, peanuts
- Peanut, tree nuts, wheat, soy
- Fish, shellfish, wheat
- Tree nuts, wheat, soy
- Wheat, egg, shellfish, tree nuts, wheat, soy (contains celery, mustard, sesame, sulfur)
- Milk, egg, fish, tree nuts, wheat, peanuts, soy
- Fish, shellfish, wheat, tree nuts, peanuts
- Milk, egg, fish, tree nuts, wheat, soy (contains celery, mustard, sesame, sulfates)
- Fish, shellfish, wheat, tree nuts, peanuts
- Milk, egg, fish, tree nuts, wheat, soy (contains celery, mustard, sesame, sulfates)

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## IKEA FOOD NUTRITION - As of May 2017

### BEVERAGES

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Sat Fat (g)</th>
<th>Trans Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carb (g)</th>
<th>Fiber (g)</th>
<th>Sugar (g)</th>
<th>Protein (g)</th>
<th>Calcium %</th>
<th>Iron %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee, Brewed Drip</td>
<td>12 oz.</td>
<td>5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>None</td>
<td></td>
</tr>
<tr>
<td>Cola</td>
<td>10 oz.</td>
<td>56</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>8</td>
<td>0</td>
<td>14</td>
<td>0</td>
<td>0</td>
<td>None</td>
</tr>
<tr>
<td>Cola, sugar free</td>
<td>10 oz.</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>None</td>
<td></td>
</tr>
<tr>
<td>Lingonberry Drink</td>
<td>10 oz.</td>
<td>61</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>14</td>
<td>0</td>
<td>14</td>
<td>0</td>
<td>None</td>
</tr>
<tr>
<td>Nordic Water, Lemon</td>
<td>10 oz.</td>
<td>38</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>14</td>
<td>0</td>
<td>14</td>
<td>0</td>
<td>None</td>
</tr>
<tr>
<td>Nordic Water, Pear</td>
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<td>38</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>14</td>
<td>0</td>
<td>14</td>
<td>0</td>
<td>None</td>
</tr>
<tr>
<td>Nordic Water, Raspberry</td>
<td>10 oz.</td>
<td>58</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>14</td>
<td>0</td>
<td>14</td>
<td>0</td>
<td>None</td>
</tr>
</tbody>
</table>

*pre-cooked weight*