



# FLATBREAD INSTRUCTIONS

## Things to Know

- The flatbread will not arrive frozen or chilled.
- Bake and eat the same day upon arrival. Sharing is optional.
- Or freeze the bread immediately upon receipt for up to 3 months using the packaging provided. Place parchment paper between each flatbread for best results.
- Do not refrigerate or store at room temperature.

## Baking Instructions:

- Remove flatbread from packaging.
- Set oven rack to middle position and preheat oven to 425° F.
- Brush 1 TBSP of olive oil on top of the flatbread.
- Sprinkle ¼ TSP of salt over entire surface of the flatbread.
- Place flatbread on sheet tray and bake for 6-10 minutes if at room temperature or 8-10 minutes if frozen.
- For crispier/darker crust, bake directly on oven rack.

## How To Slice For Sandwiches:

- After removing from the oven, allow flatbread to rest for 5 minutes.
- Slice the bread into 4 equal quarters.
- "Pocket" the bread by slicing it in the middle of the top and bottom crusts.
- Fill with your favorite ingredients and enjoy!



Want recipe ideas? Check out [flatbread.getcosi.com](http://flatbread.getcosi.com) to discover how you can make some of our signature menu items.

\*\*\* Freeze bread immediately if not baking upon receipt \*\*\*

## Original Flatbread

### Ingredients

WATER, \*00\* FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), LESS THAN 2% OF: SALT, CANOLA OIL, OLIVE OIL, YEAST, SUGAR, NATURAL MOLD INHIBITOR (CULTURED WHEAT FLOUR, VINEGAR), ASCORBIC ACID.

Allergens: Wheat, produced in a facility that may contain Milk and Soy

## Multigrain Flatbread

### Ingredients

ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MULTIGRAIN MIX (RYE FLAKES, ROLLED WHEAT, ROLLED OATS, MILLET, FLAX SEED, SESAME SEED), RAW SUGAR, CONTAINS LESS THAN 2% OF: OLIVE OIL, SALT, YEAST, NATURAL MOLD INHIBITOR (CULTURED WHEAT FLOUR, VINEGAR), CANOLA OIL, ASCORBIC ACID.

Allergens: Wheat, Sesame, produced in a facility that may contain Milk and Soy

## Così Original Flatbread

## Così Original Multigrain Flatbread

### Nutrition Facts

Serving 1 3.5" x 7.5" sandwich size (89g)

Amount per serving  
**Calories 220**

% Daily Value\*

Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	21%
Total Carbohydrate 43g	16%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%

Protein 7g

Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 2mg	10%
Potassium 45mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### Nutrition Facts

3 servings per container  
Serving 1 3.5" x 7.5" flatbread size (89g)

Amount per serving  
**Calories 260**

% Daily Value\*

Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	23%
Total Carbohydrate 46g	17%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 1g Added Sugars	2%

Protein 8g

Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 3mg	15%
Potassium 76mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Distributed by Così, Inc.  
532 West 46th Street  
New York, NY 10036