

	Label Wt (g)	Calories	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
<b>COOKIES, BROWNIES &amp; BARS</b>															
Cherry Oat Bar	92	310	10	6.0	0.0	35	240	47	2	28	3	20%	2%	0%	20%
Double Chocolate Chunk Brownie	84	380	23	7.0	0.3	70	170	41	2	28	4	6%	0%	4%	15%
Gluten Free Marshmallow Dream Bar	60	240	5	3.0	0.1	15	260	45	0	23	2	4%	0%	0%	2%
Oat Fudge Bar	85	360	20	11.0	0.1	20	230	45	3	26	5	15%	2%	6%	15%
Blueberry Bar	75	250	13	6.0	0.3	20	180	35	3	14	4	15%	0%	20%	10%
Oat Bar	80	360	19	11.0	1.0	40	220	43	5	12	6	20%	0%	0%	10%
White Chocolate Macadamia Cookie	90	430	23	12.0	0.3	55	270	51	1	33	5	15%	0%	4%	10%
Ginger Molasses Cookie	90	350	10	6.0	0.2	50	250	59	1	35	5	10%	0%	8%	20%
Peanut Butter Cookie	90	430	24	9.0	0.3	60	370	44	2	27	9	15%	0%	2%	10%
Chocolate Chunk Cookie	70	310	15	9.0	0.3	50	260	42	2	27	4	10%	0%	2%	15%
Gluten Free Flourless Chocolate Cookie	45	170	5	2.5	0.0	0	110	30	2	26	2	0%	0%	2%	15%
Fruit & Oat Cookie	90	370	15	8.0	0.3	60	190	52	3	28	6	15%	0%	2%	10%
Oatmeal Cookie	70	290	12	7.0	0.0	45	190	40	3	20	5	10%	0%	2%	10%
<b>COISSANTS, BAGELS, &amp; BREADS</b>															
Plain Bagel	108	280	2	0.3	0.0	0	620	56	2	2	9	0%	0%	6%	30%
Multigrain Bagel	113	350	4	0.0	0.0	0	520	64	8	6	17	0%	2%	4%	15%
Everything Bagel	108	290	4	0.3	0.0	0	650	54	4	2	10	0%	2%	8%	30%
Cinnamon Brioche	110	370	16	10.0	1.0	40	390	52	2	21	6	2%	0%	6%	15%
Chocolate Brioche	100	380	20	13.0	1.0	50	310	42	2	13	7	2%	0%	4%	20%
Asiago & Cheddar Pretzel	113	360	12	7.0	0.0	35	1070	46	2	1	16	10%	0%	20%	20%
Butter Croissant	64	270	14	9.0	0.0	55	320	28	1	6	6	10%	0%	0%	0%
Chocolate Croissant	80	350	18	11.0	0.3	40	320	38	1	13	6	2%	0%	4%	10%
Ham & Cheese Savoury Foldover	92	250	11	6.0	0.3	50	480	24	1	4	13	8%	0%	15%	10%
Pepperoni and Tomato Savoury Foldover	91	270	14	7.0	0.0	50	510	27	3	6	10	10%	15%	8%	15%
Spinach Savoury Foldover	93	250	15	8.0	0.0	50	380	23	3	4	4	50%	4%	8%	10%
Almond Croissant	99	360	21	9.0	0.0	65	380	33	2	12	9	15%	0%	6%	20%
Cinnamon Raisin Bagel	99	270	0	0.0	0.0	0	370	58	3	11	9	0%	0%	2%	25%
<b>DOUGHNUTS, SWEET ROLLS &amp; DANISHES</b>															
Cheese Danish	80	300	15	10.0	0.0	50	390	35	1	12	6	10%	0%	4%	8%
Almond Danish	99	380	23	10.0	1.0	85	380	38	2	15	9	20%	0%	4%	10%
Old Fashioned Glazed Doughnut	113	480	27	13.0	0.0	20	410	56	1	30	5	0%	0%	0%	8%
Apple Fritter	119	460	23	11.0	0.0	0	420	56	2	22	7	0%	0%	6%	20%
<b>LOAVES, COFFEE CAKES, CAKE POPS</b>															
Banana Loaf	115	380	17	3.0	0.2	70	270	52	2	29	5	2%	0%	2%	10%
Banana Walnut Bread	125	420	21	3.0	0.0	55	350	52	2	31	6	4%	2%	4%	15%
Lemon Loaf	115	430	20	6.0	0.3	90	310	57	1	30	6	8%	4%	4%	10%
Iced Lemon Poundcake	126	470	20	9.0	0.5	100	310	68	1	42	6	30%	4%	4%	25%
Chocolate Marble Pound Cake	118	490	24	13.0	1.0	120	110	64	2	43	6	20%	0%	2%	20%
Reduced Fat Cinnamon Swirl Coffee Cake	110	370	9	4.5	0.3	20	280	67	2	41	5	25%	2%	6%	15%
Birthday Cake Pop	43	170	9	5	0.0	10	110	23	0	18	1	0%	0%	2%	0%
Chocolate Chip Cookie Dough Cake Pop	38	180	9	5.0	0.2	10	80	23	0	12	2	6%	0%	2%	6%
Classic Coffee Cake	100	410	17	10.0	0.5	80	410	59	1	30	6	20%	0%	6%	20%
<b>MUFFINS &amp; SCONES</b>															
Maple Muffin	113	410	21	6.0	0.2	65	380	55	1	32	5	2%	0%	4%	10%
Blueberry Muffin	113	380	18	4.0	0.3	70	200	51	2	28	5	2%	2%	2%	10%
Blueberry Yogurt Muffin with Honey	113	380	16	4.0	0.0	60	260	53	1	30	6	6%	0%	4%	10%
Banana Chocolate Chip Muffin	113	410	25	5.0	0.2	65	320	56	2	25	6	0%	0%	2%	25%
Raisin Bran Muffin	113	320	12	2.0	0.0	45	410	53	6	28	6	2%	0%	4%	15%
Blueberry Scone	100	390	15	9.0	0.5	50	460	57	2	19	5	20%	0%	4%	15%
Cranberry Orange Scone	110	420	15	9.0	0.5	55	430	64	1	26	6	15%	4%	6%	2%
Petite Vanilla Bean Scone	33	130	5	3.0	0.0	16	110	19	0	9	2	4%	0%	2%	4%
Chocolate Chunk Muffin	113	440	21	7	0.3	60	350	60	2	39	7	0%	0%	4%	25%