

Food Name	Serving Weight (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 (NDV)	Vitamin C (NDV)	Calcium (NDV)	Iron (NDV)	Vegetarian	Vegan	Gluten-Free	Potential Allergen (P)
Bagels																			
Bagel - Cheese	113	310	5	1	0	0	590	55	2	3	10	0	0	6	25	Yes	No	No	Soy, Milk, Wheat
Bagel - Cinnamon Raisin	112	310	2.5	1	0.1	0	390	60	3	12	11	0	0	8	3	Yes	Yes	No	Wheat, Sulphites, Soy, Milk, Sesame S
Bagel - Everything	112	310	3.5	1	0.1	0	440	58	3	5	12	0	0	10	35	Yes	Yes	No	Sesame, Soy, Wheat, Milk
Bagel - Multigrain	120	318	1.6	0.03	0	0	450	78	9	77	14	0	0	22	1.5	Yes	Yes	No	Sesame, Soy, Wheat, Milk
Bagel - Plain	112	300	2.5	1	0.1	0	450	58	2	5	12	0	0	8	30	Yes	Yes	No	Sesame, Soy, Wheat, Milk
Bagel - Sesame Seed	112	300	3	1	0.1	0	440	57	3	5	12	0	0	8	30	Yes	Yes	No	Sesame, Soy, Wheat, Milk
Bagel - Twelve Grain	112	310	5	1	0	0	360	55	6	8	12	0	0	8	15	Yes	Yes	No	Sesame, Soy, Wheat, Milk, Tree Nuts
Cinnamon buns & Cookies																			
Cinnamon bun	180	620	24	11	0.5	44	460	97	2	57	7	24	2	33	2	Yes	No	No	Soy, Wheat, Milk, Eggs
Cookie - Ginger Molasses	43	170	5	1.5	0	10	150	28	1	17	2	8	0	2	6	Yes	No	No	Soy, Milk, Wheat, Eggs, Gluten. May contain Peanuts, Tree nuts, Sulphites
Cookie - Shortbread White Choc. Cran	28	140	8	5	0.2	20	75	16	0	8	2	8	0	0	4	Yes	No	No	Soy, Milk, Wheat, Gluten. May contain Peanuts, Eggs, Tree nuts, Sulphites
Cookie - Oatmeal Raisin	85	340	13	4.5	0.1	25	250	51	3	26	6	15	0	2	10	Yes	No	No	Soy, Milk, Eggs, Wheat, Gluten. May contain Peanuts, Tree nuts, Sulphites
Cookie - Choc. Chip	85	360	17	7	0	20	270	51	2	31	5	15	0	2	15	Yes	No	No	Soy, Milk, Eggs, Wheat, Gluten. May contain Peanuts, Tree nuts, Sulphites
Cookie - White Choc. Macadamia Nut	85	380	19	8	0.1	20	280	49	1	31	5	15	0	4	10	Yes	No	No	Soy, Milk, Eggs, Wheat, Gluten, Tree nuts. May contain Peanuts, Sulphites
Cookie - Peanut Butter	85	410	24	7	0	20	300	41	2	23	7	20	0	2	10	Yes	No	No	Peanuts, Soy, Milk, Eggs, Wheat, Gluten. May contain Tree nuts, Sulphites
Croissant																			
Croissant	65	209	10.3	6.3	0.4	31	243	24.8	1.3	3.5	4.4	20	0	1	3	Yes	No	Yes	Milk, Eggs. May contain Tree nuts, Soy.
Loaves																			
Loaf - Banana	145	400	20	2.5	0	70	35	52	2	24	7	4	6	4	15	Yes	No	No	Wheat, Milk, Eggs
Loaf - Lemon	100	410	15	1.5	0.2	20	330	63	1	35	4	0	0	2	10	Yes	No	No	Wheat, Eggs
Loaf - Omega	115	400	23	2.5	8	85	380	44	5	20	7	4	25	4	15	Yes	No	No	Wheat, Eggs
Loaf - Red Velvet	100	440	24	2	0.1	45	360	51	1	27	6	2	0	4	15	Yes	No	No	Soy, Milk, Eggs
Muffins																			
Muffin - Banana Chocolate	156	300	14	2.5	0	42	330	45	1	41	2	1	3	9	0	Yes	No	No	Wheat, Eggs
Muffin - Berries & Oatmeal	156	230	11	1	0	46	300	32	1	31	1	1	0	9	0	Yes	No	No	Wheat, Eggs
Muffin - Blueberry	156	300	13	1.5	0	47	310	44	2	32	4	2	0	17	0	Yes	No	No	Wheat, Milk, Eggs
Muffin - Carrot Cinnamon	156	470	21	2	0	82	500	66	3	37	7	2	0	16	1	Yes	No	No	Wheat, Eggs
Muffin - Cranberry Orange	156	310	12	1.5	0	46	310	45	2	33	4	1	0	17	0	Yes	No	No	Wheat, Milk, Eggs
Muffin - Honey Bran	156	400	12	1	0	29	690	69	3	34	6	1	0	40	3	Yes	No	No	Wheat, Eggs
Muffin - Lemon Poppy Seed	125	380	24	2	0	0	460	56	2	31	3	0	15	2	10	Yes	No	No	Wheat, Milk, Eggs
Muffin - Morning Glory	100	250	19	1.5	0	51	320	16	2	8	3	1	0	14	0	Yes	No	No	Wheat, Egg, Sulphites
Muffin - Savory Zucchini	130	410	26	5	0	145	280	39	1	16	11	10	8	15	20	Yes	No	No	Wheat, Milk, Eggs
Pancake & Waffle																			
Mini Pancake	68	240	14	2	0	50	230	25	1	11	5	0	0	4	7	Yes	No	No	
Sugar Waffle	70	316	16	10	0	290	270	40	1	23	4	0	0	0	0	Yes	No	No	
Pastries																			
Doughnut - Churro Doughnut	66	280	16	7	0	5	400	31	1	13	2	0	0	4	4	Yes	No	No	Eggs, Soy, Milk, Wheat
Pastry - Apple Turnover	94	320	15	10	0.3	40	270	40	2	15	4	4	0	0	4	Yes	No	No	Milk, Wheat, Eggs, Gluten. May contain Tree nuts, Soy.
Pastry - Italian Margherita	95	320	19	11	0.5	55	450	31	2	5	8	20	15	8	15	Yes	No	No	Milk, Wheat, Eggs, Gluten, Tree nuts. May contain Peanuts, Soy.
Pastry - Maple Pecan Butter	81	250	17	8	0.5	45	250	38	1	18	5	10	8	2	10	Yes	No	No	Milk, Wheat, Eggs, Gluten. May contain Soy.
Pastry - Spinach Feta	95	320	18	11	0.5	60	420	32	1	5	7	25	15	6	15	Yes	No	No	Milk, Wheat, Eggs, Gluten. May contain Soy.
Scone - Cranberry Orange	170	510	13	5	0.1	10	760	92	3	49	7	15	30	4	20	Yes	No	No	Wheat, Milk
Square/Cake - Carrot cake	100	440	30	9	0.5	80	310	40	3	25	4	30	2	4	10	Yes	No	No	Wheat, Eggs, Milk. May contain Peanuts, Tree nuts, Soy.
Square/Cake - Date Square	85	300	12	4.5	0.1	0	120	46	3	24	4	15	4	2	45	Yes	No	No	Soy, Wheat, Milk, Eggs, Peanuts, Tree Nuts, Sulphites,
Square/Cake - Nararaima Bar	57	280	17	8	0.2	0	150	32	2	23	1	15	0	0	4	Yes	No	No	Soy, Wheat, Milk, Eggs, Peanuts, Tree Nuts, Sulphites
Square/Cake - New York Cheesecake	135	320	17	8	1	81	125	40	1	30	4	3	0	29	0	Yes	No	No	Wheat, Milk, Eggs
Square/Cake - Sticky Toffee Pudding	83	260	11	7	0.1	50	170	38	1	24	3	8	0	4	25	Yes	No	No	Soy, Wheat, Milk, Eggs, Peanuts, Tree Nuts, Sulphites
Square/Cake - Trailmix Bar	105	470	24	6	0.2	0	85	57	10	24	10	0	2	6	20	Yes	Yes	No	Wheat
Square/Cake - Triple Berry Crumble	87	270	11	4	0.1	0	150	39	3	19	3	19	19	4	10	Yes	No	No	Soy, Wheat, Milk, Eggs, Peanuts, Tree Nuts, Sulphites
Square/Cake - Triple Chocolate Chunk Brownie	99	360	15	7	0.1	30	115	28	1	22	3	15	0	4	10	Yes	No	No	Soy, Wheat, Milk, Eggs, Peanuts, Tree Nuts, Sulphites
Gluten-Free																			
Loaf - Pecan	75	230	8	2	0	25	350	38	1	22	3	0	0	2	10	Yes	No	Yes	Milk, Soy Pecan. May Contain Peanuts, Tree nuts.
Square - Brownie	100	434.55	20	2.29	0.26	61.97	296.86	60.19	2.32	3.45	2	0	0	2	4	Yes	No	Yes	Eggs. May contain Sulphites
Square - Marshmallow bar	60	250	5	3	0	15	240	40	0	36	2	2	0	0	0	Yes	No	Yes	Milk
Entrees																			
Breakfast Samosa	140	140	3.5	0.5	0	35	330	18	3	7	10	15	8	4	8	Yes	No	No	Wheat, Eggs
Quinoa Samosa	125	200	3	0.5	0	0	330	36	5	2	7	6	8	6	20	Yes	No	No	May contain Gluten.
Calzone - Chipotle and Artichoke	180	540	15	6	0.2	25	940	79	3	6	21	20	10	25	40	Yes	No	No	Wheat, milk. May contain soy, egg, mustard and/or sesame.
Calzone - Classic Italian	180	580	17	6	0.1	30	1180	79	3	6	24	6	8	25	40	No	No	No	Contains wheat, milk, mustard. May contain soy, egg and/or sesame.
Wrap - Breakfast	250	480	18	5	0.5	135	1350	15	2	3	24	26	0	21	23	Yes	No	No	Egg, Dairy, Wheat. May contain Soy, Sulphites.
Wrap - Protein Power	250	390	13	4	0.2	135	864	48	11	4	23	8	0	20	20	Yes	No	No	Soy, Milk, Wheat, Eggs. May contain Sesame, Sulphites
Wrap - Thai Chicken	250	410	12	3.5	0.5	40	1480	62	2	5	16	20	0	13	28	No	No	No	Sesame seeds, Soy, Wheat.
Wrap - Vegan	300	360	6	1	0.2	0	1320	65	4	7	10	25	0	20	30	Yes	Yes	No	Wheat, Soy. May contain Sesame seeds.