

The nutritional values provided in this guide or shown on menus or menu boards should be considered approximations. Variations in nutritional values throughout this menu may occur due to deviations in preparation, availability of ingredients, seasonal changes, cooking processes and custom ordering. Data is rounded to meet FDA regulations. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. All of our food items are produced in facilities where known allergens are present. We cannot guarantee that any of our products are free from allergens (including dairy, eggs, soy, tree nuts, wheat and others) as we use shared equipment to store, prepare and serve them.



### Food Menu Nutritionals\_Pastries (Nor. Cal)

Product Category	Supplier	Item	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bagels & Breads	Barons Baking	Everything Bagel	390	1.5	0	0	0	630	60	3	2	12
Bagels & Breads	Barons Baking	Plain Bagel	380	1	0	0	0	630	59	2	1	11
Bagels & Breads	Starter Bakery	Pumpkin Bread Slice (V)	350	11	1	0	0	310	81	2	38	3
Bagels & Breads	Starter Bakery	Mini Banana Loaf	290	12	1	0	35	260	42	2	26	4
Cookies & Bars	Starter Bakery	Salted Chocolate Chip Cookie	350	18	11	0	55	310	46	3	27	5
Pastries	Starter Bakery	Bacon & Onion Pretzel Croissant	360	21	12	0	55	530	31	1	6	10
Pastries	Starter Bakery	Butter Croissant	290	15	9	0	40	290	31	1	5	5
Pastries	Starter Bakery	Chocolate Croissant	350	19	12	0	35	270	42	2	15	6
Pastries	Starter Bakery	Cinnamon Roll	460	18	11	0	45	370	70	2	19	6
Pastries	Starter Bakery	Kouign Amann	350	21	13	0	55	390	37	1	22	3
Pastries	Starter Bakery	Twice Baked Almond Croissant	480	28	12	0	80	220	52	3	28	9
Pastries	Starter Bakery	Seasonal Danish - Apple	350	17	10	0	80	290	45	1	16	6
Pastries	Starter Bakery	Chocolate Babka	420	20	12	0	125	370	52	2	18	9
Scones & Muffin	Starter Bakery	Blueberry Muffin	480	26	12	0	85	320	59	1	28	6

Product Category	Supplier	Item	Ingredients
Bagels & Breads	Barons Baking	Everything Bagel	HIGH GLUTEN FLOUR, WATER, ORGANIC MALT EXTRACT, SALT, SESAME SEEDS, POPPY SEEDS, DEHYDRATED ONION, DEHYDRATED GARLIC, YEAST <b>CONTAINS: WHEAT, SESAME</b>
Bagels & Breads	Barons Baking	Plain Bagel	HIGH GLUTEN FLOUR, WATER, ORGANIC MALT EXTRACT, SALT, YEAST <b>CONTAINS: WHEAT</b>
Bagels & Breads	Starter Bakery	Pumpkin Slice (V)	PUMPKIN, UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME) (WHEAT), SUGAR, BROWN SUGAR, CANOLA OIL - NON-GMO, WATER, RYE FLOUR (WHEAT), MOLASSES, BAKING SODA, VANILLA EXTRACT, NON-GMO BAKING POWDER, SEA SALT, CINNAMON, GINGER, NUTMEG, XANTHAN GUM, GUAR GUM, ALLSPICE <b>CONTAINS: WHEAT</b>
Bagels & Breads	Starter Bakery	Mini Banana Loaf	BANANA, UNBLEACHED FLOUR (WHEAT, ENZYME), SUGAR, NON-GMO CANOLA OIL, EGGS, BROWN SUGAR, BUTTERMILK (MILK), RYE FLOUR, HONEY, ALUMINUM-FREE BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, NON-GMO CORNSTARCH, MONOCALCIUM PHOSPHATE), BAKING SODA, SEA SALT, VANILLA EXTRACT, XANTHAN GUM, GUAR GUM <b>CONTAINS: WHEAT, MILK, EGG</b>
Cookies & Bars	Starter Bakery	Salted Chocolate Chip Cookie	UNBLEACHED FLOUR (WHEAT, ENZYME) (WHEAT), CHOCOLATE CHIPS (UNSWEETENED CHOCOLATE, SUGAR, SOY LECITHIN (AN EMULSIFIER), PURE VANILLA), BUTTER (MILK), BROWN SUGAR, SUGAR, BITTERSWEET CHOCOLATE (CACAO BEANS, CANE SUGAR, COCOA BUTTER, SUNFLOWER LECITHIN (AN EMULSIFIER), VANILLA BEANS), EGGS, WHOLE WHEAT FLOUR (WHEAT), HONEY, NON FAT MILK SOLIDS, SEA SALT, BAKING SODA, VANILLA EXTRACT <b>CONTAINS: WHEAT, MILK, EGG, SOY</b>
Pastries	Starter Bakery	Bacon & Onion Pretzel Croissant	UNBLEACHED FLOUR (WHEAT, ENZYME), WATER, CULTURED BUTTER (MILK), BACON, SWISS CHEESE (MILK), BUTTER (MILK), SUGAR, BREAD CRUMBS (FLOUR (WHEAT), WATER, SUGAR, SALT, YEAST), NON FAT MILK POWDER (MILK), POPPY SEEDS, DRIED ONIONS, SEA SALT, YEAST, BARLEY MALT, PORCINI MUSHROOM, GARLIC POWDER, BLACK PEPPER <b>CONTAINS: WHEAT, MILK</b>
Pastries	Starter Bakery	Butter Croissant	UNBLEACHED FLOUR (WHEAT, ENZYME), WATER, CULTURED BUTTER (MILK), SUGAR, BUTTER (MILK), NON FAT MILK POWDER (MILK), SALT, YEAST, EGGS, BARLEY MALT <b>CONTAINS: WHEAT, MILK, EGG</b>
Pastries	Starter Bakery	Chocolate Croissant	UNBLEACHED FLOUR (WHEAT, ENZYME), CHOCOLATE (SUGAR, COLOMBIAN SINGLE ORIGIN CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), WATER, CULTURED BUTTER (MILK), SUGAR, BUTTER (MILK), NON FAT MILK POWDER, SEA SALT, YEAST, EGGS, BARLEY MALT <b>CONTAINS: WHEAT, MILK, EGG, SOY</b>
Pastries	Starter Bakery	Cinnamon Roll	UNBLEACHED FLOUR (WHEAT, ENZYME), WATER, POWDERED SUGAR (SUGAR, CORNSTARCH), CULTURED BUTTER (MILK), RAISINS, SUGAR, BROWN SUGAR, BUTTER (MILK), NON FAT MILK POWDER (MILK), SEA SALT, APRICOT GLAZE (WATER, GLUCOSE, FRUCTOSE SYRUP, PECTIN, SODIUM ALGINATE, CITRIC ACID, APRICOT FLAVOR, POTASSIUM SORBATE), VANILLA EXTRACT, YEAST, LEMON JUICE, CINNAMON, BARLEY MALT <b>CONTAINS: WHEAT, MILK</b>
Pastries	Starter Bakery	Kouign Amann	SALTED BUTTER (BUTTER (MILK), SALT), UNBLEACHED FLOUR (WHEAT, ENZYME), SUGAR, WATER, NON FAT MILK POWDER, SALT, YEAST <b>CONTAINS: WHEAT, MILK</b>
Pastries	Starter Bakery	Twice Baked Almond Croissant	UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME), SUGAR, WATER, CULTURED BUTTER (MILK), SLICED ALMONDS (TREE NUTS), WHOLE MILK (MILK), BUTTER (MILK), ALMOND MEAL (TREE NUTS), EGGS, UNBLEACHED FLOUR (WHEAT), EGG YOLKS, NONFAT MILK POWDER, POWDERED SUGAR (SUGAR, CORNSTARCH), VANILLA EXTRACT, CORNSTARCH, SEA SALT, YEAST, BARLEY MALT (WHEAT), VANILLA BEANS <b>CONTAINS: WHEAT, MILK, EGG, TREE NUTS</b>
Pastries	Starter Bakery	Seasonal Danish - Apple	UNBLEACHED FLOUR (WHEAT, ENZYME), WATER, CULTURED BUTTER (MILK), APPLES, SUGAR, APRICOT GLAZE (WATER, GLUCOSE, FRUCTOSE SYRUP, PECTIN, SODIUM ALGINATE, CITRIC ACID, APRICOT FLAVOR, POTASSIUM SORBATE), LEMON JUICE, EGGS, BUTTER (MILK), EGG YOLKS, NON FAT MILK POWDER, CORNSTARCH, SEA SALT, YEAST, XANTHAN GUM, GUAR GUM <b>CONTAINS: WHEAT, MILK, EGG</b>
Pastries	Starter Bakery	Chocolate Babka	UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME) (WHEAT), BUTTER (MILK), WATER, EGGS (EGG), SUGAR, CHOCOLATE CHIPS (UNSWEETENED CHOCOLATE, SUGAR, SUNFLOWER LECITHIN (AN EMULSIFIER), PURE VANILLA), APRICOT GLAZE (WATER, GLUCOSE, FRUCTOSE SYRUP, PECTIN, SODIUM ALGINATE, CITRIC ACID, APRICOT FLAVOR, POTASSIUM SORBATE), POWDERED SUGAR (SUGAR, CORNSTARCH), EGG YOLKS (EGG), NON FAT MILK POWDER (MILK), COCOA POWDER, SEA SALT, CANOLA OIL - NON-GMO, YEAST, VANILLA EXTRACT, CINNAMON, VANILLA BEANS <b>CONTAINS: WHEAT, MILK, SESAME, SOY, EGG, TREE NUTS</b>
Scones & Muffin	Starter Bakery	Blueberry Muffin	UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME) (WHEAT), SUGAR, BUTTER (MILK), WILD BLUEBERRIES, SOUR CREAM (MILK) (MILK), EGGS, RICE FLOUR, CANOLA OIL - NON-GMO, HONEY, BUTTERMILK (MILK), POWDERED SUGAR (SUGAR, CORNSTARCH), ALUMINUM-FREE BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, NON-GMO CORNSTARCH, MONOCALCIUM PHOSPHATE), SEA SALT, BAKING SODA, CINNAMON <b>CONTAINS: WHEAT, MILK, EGG</b>

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