



Northern California Bakery Items

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.

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)
Everything Bagel	230	1	0	0	0	350	44	2	4	9
Jalapeno Cheese Bagel	240	5	3	0	15	390	38	2	3	10
Plain Bagel	210	1	0	0	0	320	41	1	4	8
Pumpkin Bread Slice (V)	350	11	1	0	0	310	61	2	38	3
Mini Banana Loaf	290	12	1	0	35	260	42	2	26	4
Salted Chocolate Chip Cookie	350	18	11	0	55	310	46	3	27	5
Bacon & Onion Pretzel Croissant	360	21	12	0	55	530	31	1	6	10
Butter Croissant	280	15	9	0	40	290	31	1	5	5
Chocolate Croissant	350	19	12	0	35	270	42	2	15	6
Cinnamon Roll	460	18	11	0	45	370	70	2	19	6
Kouign Amann	350	21	13	0	55	390	37	1	22	3
Twice Baked Almond Croissant	480	28	12	0	80	220	52	3	28	9
Seasonal Danish (Apple)	350	17	10	0	80	290	45	1	16	6
Bran Muffin	360	10	1.5	0	40	420	66	8	35	8
Blueberry Muffin	480	26	12	0	85	320	59	1	28	6

Item	Ingredients
Everything Bagel	WHEAT FLOUR ENRICHED (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, FILTERED WATER, SUGAR, MALT (EXTRACT MALTED BARLEY MALT, CORN), SALT, DEXTROSE, DOUGH CONDITIONER (WHEAT FLOUR, MALT BARLEY FLOUR, ASCORBIC ACID, ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), FILTERED WATER, ONIONS, SESAME SEEDS, GARLIC, POPPY SEEDS, SALT CONTAINS: WHEAT, SESAME
Jalapeno Cheddar	WHEAT FLOUR ENRICHED (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, FILTERED WATER, JALAPENO, CORN, SUGAR, MALT (EXTRACT MALTED BARLEY MALT, CORN), DOUGH CONDITIONER (WHEAT FLOUR, MALT BARLEY FLOUR, ASCORBIC ACID, ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID) MONTERREY JACK CHEESE (PASTEURIZED MILK, SALT, CULTURE, ENZYMES) CONTAINS: WHEAT, MILK
Plain Bagel	WHEAT FLOUR ENRICHED (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, FILTERED WATER, SUGAR, MALT (EXTRACT MALTED BARLEY MALT, CORN), SALT, DEXTROSE, DOUGH CONDITIONER (WHEAT FLOUR, MALT BARLEY FLOUR, ASCORBIC ACID, ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID) CONTAINS: WHEAT
Pumpkin Slice (V)	PUMPKIN, UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME), 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 CONTAINS: WHEAT
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 CONTAINS: WHEAT, MILK, EGG
Salted Chocolate Chip Cookie	UNBLEACHED FLOUR (WHEAT, ENZYME), CHOCOLATE CHIPS (UNSWEETENED CHOCOLATE, SUGAR, SOY LECITHIN (AN EMULSIFIER), PURE VANILLA), BUTTER, BROWN SUGAR, SUGAR, BITTERSWEET CHOCOLATE (CACAO BEANS, CANE SUGAR, COCOA BUTTER, SUNFLOWER LECITHIN (AN EMULSIFIER), VANILLA BEANS), EGGS, WHOLE WHEAT FLOUR, HONEY, NON FAT MILK SOLIDS, SEA SALT, BAKING SODA, VANILLA EXTRACT CONTAINS: WHEAT, MILK, EGG, SOY
Bacon & Onion Pretzel Croissant	UNBLEACHED FLOUR (WHEAT, ENZYME), WATER, CULTURED BUTTER, BACON, SWISS CHEESE, BUTTER, SUGAR, BREAD CRUMBS (FLOUR, WATER, SUGAR, SALT, YEAST), NON FAT MILK POWDER, POPPY SEEDS, DRIED ONIONS, SEA SALT, YEAST, BARLEY MALT, PORCINI MUSHROOM, GARLIC POWDER, BLACK PEPPER CONTAINS: WHEAT, MILK
Butter Croissant	UNBLEACHED FLOUR (WHEAT, ENZYME), WATER, CULTURED BUTTER, SUGAR, BUTTER, NON FAT MILK POWDER, SALT, YEAST, EGGS, BARLEY MALT CONTAINS: WHEAT, MILK, EGG
Chocolate Croissant	UNBLEACHED FLOUR (WHEAT, ENZYME), CHOCOLATE (SUGAR, COLOMBIAN SINGLE ORIGIN CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), WATER, CULTURED BUTTER, SUGAR, BUTTER, NON FAT MILK POWDER, SEA SALT, YEAST, EGGS, BARLEY MALT CONTAINS: WHEAT, MILK, EGG, SOY
Cinnamon Roll	UNBLEACHED FLOUR (WHEAT, ENZYME), WATER, POWDERED SUGAR (SUGAR, CORNSTARCH), CULTURED BUTTER, RAISINS, SUGAR, BROWN SUGAR, BUTTER, NON FAT MILK POWDER, 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 CONTAINS: WHEAT, MILK
Kouign Amann	SALTED BUTTER (BUTTER, SALT), UNBLEACHED FLOUR (WHEAT, ENZYME), SUGAR, WATER, NON FAT MILK POWDER, SALT, YEAST CONTAINS: WHEAT, MILK
Twice Baked Almond Croissant	UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME), SUGAR, WATER, CULTURED BUTTER, SLICED ALMONDS, WHOLE MILK, BUTTER, ALMOND MEAL, EGGS, EGG YOLKS, NONFAT MILK POWDER, POWDERED SUGAR (SUGAR, CORNSTARCH), VANILLA EXTRACT, CORNSTARCH, SEA SALT, YEAST, BARLEY MALT, VANILLA BEANS CONTAINS: WHEAT, MILK, EGG, TREE NUTS
Seasonal Danish (Apple)	UNBLEACHED FLOUR (WHEAT, ENZYME), WATER, CULTURED BUTTER, APPLES, SUGAR, APRICOT GLAZE (WATER, GLUCOSE, FRUCTOSE SYRUP, PECTIN, SODIUM ALGINATE, CITRIC ACID, APRICOT FLAVOR, POTASSIUM SORBATE), LEMON JUICE, EGGS, BUTTER, EGG YOLKS, NON FAT MILK POWDER, CORNSTARCH, SEA SALT, YEAST, XANTHAN GUM, GUAR GUM CONTAINS: WHEAT, MILK, EGG
Bran Muffin	BUTTERMILK, UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME), BROWN SUGAR, EGGS, RAISINS, NON-GMO CANOLA OIL, WHEAT GERM, MOLASSES, WHEAT BRAN, HONEY, BAKING SODA, NON-GMO BAKING POWDER, CINNAMON, VANILLA EXTRACT, SEA SALT CONTAINS: WHEAT, MILK, EGG
Blueberry Muffin	UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME) (WHEAT), SUGAR, BUTTER, WILD BLUEBERRIES, SOUR CREAM, EGGS, RICE FLOUR, CANOLA OIL - NON-GMO, HONEY, BUTTERMILK, POWDERED SUGAR (SUGAR, CORNSTARCH), ALUMINUM-FREE BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, NON-GMO CORNSTARCH, MONOCALCIUM PHOSPHATE), SEA SALT, BAKING SODA, CINNAMON CONTAINS: WHEAT, MILK, EGG