



## Chicago 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	440	6	1	0	0	900	83	5	6	15
Plain Bagel	360	1.5	0	0	0	900	73	2	4	12
Chocolate Croissant	710	51	31	0	120	60	59	6	20	9
Butter Croissant	530	39	24	0	110	550	39	2	6	7
Chocolate Donut	510	11	3	0	40	820	96	2	53	8
Strawberry Sprinkle Donut	490	6	1.5	0	40	760	103	2	60	8
Blueberry Muffin	450	18	6	0	85	740	66	2	32	7
Carrot Muffin	310	15	3	0	50	530	41	2	27	4
Chocolate Chip Muffin (GF)	590	27	11	0	85	300	83	5	47	6
Chai Scone	580	29	16	0	40	370	73	2	23	8
Ham and Cheese Croissant	632	42	26	0	125	1069	47	3	7	19
Cinnamon Roll Croissant	887	63	20	0	81	664	71	7	18	14
Chocolate Chip Cookie (V)	500	25	6	0	0	520	66	2	37	5

ITEM	INGREDIENTS
Everything Bagel	Wheat flour, water, sesame seeds, poppy seeds, dried minced garlic, dried minced onion, dark brown sugar, salt, yeast, malt syrup <b>CONTAINS: WHEAT, SESAME</b>
Plain Bagel	Wheat flour, water, dark brown sugar, salt, yeast, malt syrup <b>CONTAINS: WHEAT</b>
Chocolate Croissant	Unsalted butter, wheat flour, dark chocolate chips, granulated sugar, unsweetened cocoa powder, yeast, eggs, salt <b>CONTAINS: WHEAT, MILK, EGG</b>
Butter Croissant	Unsalted butter, wheat flour, granulated sugar, yeast, eggs, salt <b>CONTAINS: WHEAT, MILK, EGG</b>
Chocolate Donut	Pillsbury doughnut flour mix, chocolate, water, granulated sugar, sprinkles, yeast <b>CONTAINS: WHEAT, MILK</b>
Strawberry Sprinkle Donut	Pillsbury doughnut flour mix, water, strawberry jam and preserves, granulated sugar, rainbow sprinkles, yeast, pink gel color <b>CONTAINS: WHEAT, MILK</b>
Blueberry Muffin	All purpose flour, granulated sugar, blueberries, buttermilk, eggs, canola oil, unsalted butter, baking powder, salt <b>CONTAINS: WHEAT, MILK, EGG</b>
Carrot Muffin	Pineapple, granulated sugar, all purpose flour, eggs, canola oil, carrots, coconut flakes, baking soda, salt, cinnamon <b>CONTAINS: WHEAT, EGG, COCONUT</b>
Chocolate Chip Muffin (GF)	Gluten Free flour, granulated sugar, dark chocolate chip, milk, eggs, canola oil, unsalted butter, baking powder, salt <b>CONTAINS: MILK, EGG</b>
Chai Scone	Wheat flour, white chocolate chips (sugar, skim milk, hydrogenated vegetable oil, palm kernel oil, soybean oil, palm oil), palm kernel oil (contains 2% or less of artificial flavor, salt, lecithin) unsalted butter, granulated sugar, shortening, palm oil (hydrogenated), buttermilk, baking powder, salt, cinnamon, vanilla extract, ground ginger, nutmeg, cardamom <b>CONTAINS: WHEAT, MILK, SOY</b>
Ham and Cheese Croissant	Water, Whole Milk, Butter, Bread Flour, Sugar, Salt, Yeast, Eggs, Ham, White Cheddar, Seed Mix Topping (pumpkin seeds, sunflower seeds, flax seeds, black and white sesame seeds) <b>CONTAINS: WHEAT, MILK, EGGS, SESAME</b>
Cinnamon Roll Croissant	Sour, Poolish, Yeast, Water, Butter, Bread Flour, Milk Powder, Sugar, Salt, Cinnamon, Brown Sugar, Corn Starch, Egg Wash, Cream Cheese Frosting <b>CONTAINS: WHEAT, DAIRY, EGG</b>
Chocolate Chip Cookie (V)	Wheat flour, margarine, canola harvest soft spread (canola, palm and palm kernel oils), dark chocolate chip, granulated sugar, dark brown sugar, unsweetened soymilk, baking soda, salt <b>CONTAINS: WHEAT, SOY</b>