



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 |
| Maple Blueberry Kougin Amann | 690 | 44 | 27 | 0 | 120 | 630 | 68 | 2 | 25 | 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 |
| 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 CONTAINS: WHEAT, SESAME |
| Plain Bagel | Wheat flour, water, dark brown sugar, salt, yeast, malt syrup CONTAINS: WHEAT |
| Chocolate Croissant | Unsalted butter, wheat flour, dark chocoalte chips, granulated sugar, unsweetened cocoa powder, yeast, eggs, salt CONTAINS: WHEAT, MILK, EGG |
| Butter Croissant | Unsalted butter, wheat flour, granulated sugar, yeast, eggs, salt CONTAINS: WHEAT, MILK, EGG |
| Maple Blueberry Kougin Amann | Butter, wheat flour, blueberry jam, granulated sugar, maple sugar, yeast, eggs, canadian maple syrup, salt CONTAINS: WHEAT, MILK, EGG |
| Strawberry Sprinkle Donut | Pilsbury doughnut flour mix, water, strawberry jam and preserves, granulated sugar, rainbow sprinkles, yeast, pink gel color CONTAINS: WHEAT, MILK |
| Blueberry Muffin | All purpose flour, granulated sugar, blueberries, buttermilk, eggs, canola oil, unsalted butter, baking powder, salt CONTAINS: WHEAT, MILK, EGG |
| Carrot Muffin | Pineapple, granulated sugar, all purpose flour, eggs, canola oil, carrots, coconut flakes, baking soda, salt, cinnamon CONTAINS: WHEAT, EGG, COCONUT |
| Chocolate Chip Muffin (GF) | Gluten Free flour, granulated sugar, dark chocolate chip, milk, eggs, canola oil, unsalted butter, baking powder, salt CONTAINS: MILK, EGG |
| Chai Scone | Wheat flour, white chocolate chips (sugar, skim milk, hydrogenated vegetable oil, palm kernel oil, soybeal oil, palm oil), palm kernal 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 CONTAINS: WHEAT, MILK, SOY |
| 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 CONTAINS: WHEAT, SOY |