

Southern California Bakery Items

The nutritional values provided in this guide or shown on menus or menu beards 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. 2000 calories a day is used for general nutrition advice, but calorie needs vary. All of our food items are produed in facilities where known allergens are present. We cannot guarantee that any of our products are free from allergens (including day), eggs, soy, teen use, wheat and others) as we use shared aquipment to store, prepare and serve them.

ITEM	CALORIES	TOTAL FAT (g)	SATURATED	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL	DIETARY	SUGARS (g)	PROTEIN (g)
Even/thing Bagel	230	1	FAT (g) O	0	0	350	CARBOHYDRATES (g)	FIBER (g) 2	4	9
Everything Bagel	230	5	3	0	15	390	38	2	3	10
Jalapeno Cheese Bagel	240	1	0	0	0	320	41	1	4	8
Plain Bagel	220	15	9	0	20	190	35	2	27	3
Chocolate Chip Cookie	310	10	6	0	15	420	42	3	16	10
Almond Croissant	270	15	9	0	45	220	29	1	6	5
Butter Croissant	340	21	12	0.5	45	260	40	2	13	6
Chocolate Croissant	360	7	4.5	0	0	610	60	3	22	10
Monkey Bread	350	9	6	0	25	500	58	3	21	9
Seasonal Danish	440	24	5	0	50	400	41	<1	29	4
Blueberry Muffin	490	15	4	0	30	180	77	10	9	14
Bran Muffin	520	31	3.5	0	85	520	56	0	32	6
Coffee Cake Muffin Brownie	110	17	10	0	65	25	3	0	19	3
	480	26	4	0	0	360	26	3	31	7
Carrot & Seed Bread (Vegan) Crookie	370	18	11	0	20	510	62	3	20	9
Mushroom & Potato Focaccia	90	2	0	0	0	100	16	<1	0	3
Tomato & Roasted Red Pepper Focaccia	100	2.5	0	0	0	280	17	1	<1	3
Tomato & Roasted Red Pepper Pocaccia			-							
Everything Bagel	WHEAT FLOUE ENRICHED (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLCACID), MALTED BARLEY FLOUR, FILTERED WATER, SUGAR, MALT (EXTRACT MALTED BARLEY MAIT, 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 WHEAT FLOURE ENRICHED (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR, FILTERED WATER,									
Jalapeno Cheddar Bagel	JALAPENO, CORN, SUGAR, MALT (EXTRACT MALTED BARLEY MALT, CORN), DOUGH CONDITIONER (MHEAT FLOUR, MALT BARLEY FLOUR, ASORBIG ACID, ENZYMES), YEAST (YEAST, SORBITAN MONSTEARATE, ASORBIG ACID) MONTERREY JACK CHEESE (PASTEURIZED MILK, SALT, CULTURE, ENZYMES) CONTAINS: WHEAT, MILK WHEAT FLOUR E ENRICHED (WHEAT FLOUR, NACIN, REDUCED IRON, THAMINE MONONITRATE, RIBOFLAVIN, FOLCACID), MALTED BARLEY FLOUR, FILTERED WATER.									
Plain Bagel	SUGAR, MALT (I YEAST (YEAST, CONTAINS: WH	EXTRACT MALTE SORBITAN MON EAT	D BARLEY MAL OSTEARATE, AS	T, CORN), SALT, SORBIC ACID)	DEXTROSE, DOUGH C	ONDITIONER (WHE	AT FLOUR, MALT BARL	EY FLOUR, ASC	ORBIĆ ACID, E	NZYMES),
Chocolate Chip Cookie	CHOCOLATE CHUNKS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN (AN EMULSIFIER), NATURAL VANILA EXTRACT J, ALL PURPOSE FLOUR UNBLEACHED (WHEAT FLOUR ENRICHED (NUACIN, REDUCED INCN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)), BUTTER (PASTEURIZED CREAM), BROWN SUGAR, SUGAR, EGGS, VANILLA EXTRACT (WATER, PROPYLENE GLYCOL, ARTIFICIAL FLAVORS, CARAMEL COLOR), BAKING POWDER (SODIUM BICARBONATE, CALCIUM CARBONATE, ALUMINUM SODIUM SULFATE AND MONOCALCIUM PHOSPHATE), SALT CONTAINS: WHEAT, MILK, EGG, SOY									
Almond Croissant	CROISSANT DOUGH (UNBLEACHED ENRICHED WHEAT FLOUR (MALTED BARLEY FLOUR (NIACIN, IRON, THAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (CREAM (MILK), NATURAL FLAVOR), FILTERED WATER, BUTTER (PASTEURIZED CREAM), SUGAR, INVERTED SUGARS, SALT, MILK, YEAST (YEAST, SORBITAN MONOSTEARATE, ASORBIC ACID), ALMOND CREAM (SUGAR, BUTTER (PASTEURIZED CREAM), EGGS, ALMONDS, ALL PURPOSE FLOUR UNBLEACHED (WHEAT FLOUR ENRICHED (NICON, REDUCED IRON, THAIMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VAIILLA EXTRACT (WATER, PROPYLENE GLYCOL, ARTIFICIAL FLAVORS, CARAMEL COLOR), FLITERED WATER, RIHUM (RHUM GUM), ALMOND EXTRACT (WATER, ETHANOL, PROPYLENE GLYCOL, ARTIFICIAL FLAVORS, SALT, PASTRY CREAM (SUGAR, POTATO MODIFIED STARCH, WHOLE MILK POWDENL, ALCTOSE AND MILK PROTEINS, THICKENING AGENT (GAETA CATATE - DISONDIM DIPHOSPHATE - SODIUM PHOSPHATE, SODIUM ALGINATE - CARRAGEENAN), FLAVORS (VANILLA AND OTHERS, CARAMEL, COLORING AGENT (GETA-CAROTENE)), ALMOND CROISSANT SYNUP (FILTERED WATER, RIBTER ORANGE BLOSSOM WATER, RHUM (RHUM GUM), ORANGE ZEST), ALMONDS, EGGS, POWDERED SUGAR									
Butter Croissant	CONTAINS: WHEAT, MILK, EGG, TREE NUT UNBLEACHED ENRICHED WHEAT FLOUR (MALTED BARLEY FLOUR (NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER, FILTERED WATER, SUGAR, SALT, MILK, YEAST (YEAST, SORBITAN MONOSTEARATE, ASORBIC ACID), EGGS CONTAINS: WHEAT, MILK, EGG									
Chocolate Croissant	CROISSANT DOUGH (UNBLEACHED ENRICHED WHEAT FLOUR (MALTED BARLEY FLOUR (NIACIN, IRON, TIMAINI MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (CREAM (MILK), NATURAL FLAVOR), FILTERED WATER, BUTTER, SUGAR, SALT, MILK, YEAST, SORBITAN MONOSTERARTE, ASORBICADID), CHOCOLATE (SUGAR, COCOA MASS, COCOA BUTTER, EMULSIFIER: SUNFLOWER LECITHIN(6322), VANILLA FLAVORING, MAY CONTAIN TRACES OF NUTS), EGGS (CONTAINS: WHEAT, MILK, SON; GEGS									
Monkey Bread	CROISSANT DOUGH (UNBLEACHED ENRICHED WHEAT FLOUR (MALTED BARLEY FLOUR NIACEN, IRON, THAMIN MONONTRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (CREAM, MILL), NATURAL FLAVOR, FILTERED WATER, BUTTER (CREAM, MILLK), NATURAL FLAVOR), FILTERED WATER, BUTTER INVERTED SUGAR, SALT, MILL, YEAST (YEAST, SORBITAN MONOSTEARATE, ASORBIC ACID)), CINNAMON, SUGAR CONTAINS: WHEAT, MILL									
Seasonal Danish	CROISSANT DOUGH (UNBLEACHED ENRICHED WHEAT FLOUR (MALTED BARLEY FLOUR (NIACIN, IRON, TIMAIIN MONONITRATE, RIBOFLAVIN, FOLC ACID), BUTTER (CREAM (MILK), NATURAL FLAVOR), FILTERED WHER, BUTTER, SUGAR, INVERTED SUGAR, SALT, MILK, YEAST (YEAST, SORBITAN MONOSTEARTE, ASORBIC ACID), DANISH CHEESE FILLING (CREAM CHEESE (PASTEURIZED, CULTURED MILK AND CREAM, SALT, STABILIZERS (XANTHAN AND/OR CAROB BEAN AND/OR GUAR GUMS), DOWDERED SUGAR (SUGAR, CONSTSTARCH), CAKE FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, TIMAIMINE MONOITRATE, RIBOFLAVIN, FOLC ACID) EGG YOLK, VANILLA EXTRACT (WATER, PROPYLENE GLYCOL, ARTIFICIAL FLAVORS, CARAMEL COLOR), LEMON ZEST), RASPBERRY, GINGER SUGAR (SUGAR, GUAGR, GUAGR), EGGS									
Blueberry Muffin	CONTAINS: WHEAT, MILK, EGG CARE MIX SUGAR, BLEACHED BORRICHED WHEAT FLOUR (WHEAT FLOUR, ENCRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH - MODIFIED, SOYBEAN OIL, DARY PRODUCT SOLIDS (MILK), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SOLIDIM BICARBONATE), EMULSIFIER (PROPYLEN GLYCOL ESTERS OF FAITY ACIDS, DISTILED MONOS(YCERIDES, SODIUM STEAROYL, LACTYLATE, TRICALCIUM PHOSHPHATE), SALT, VITAL WHEAT GLUTEN, ARTIFICIAL FLAVOR, EGG WHITES, SOY FLOUR), BLUEBERRIES, OLI (CANOLA OLL, VIRGIN OLIVE OIL), EGGS, FILTERED WITER, VAINLLA EXTRACT (WATER, PROPYLENG GLYVOL, ARTIFICIAL FLAVORS, CARAMER (CLORA), LEMORDS ES, LI (CANOLA OLL, VIRGIN OLIVE (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID SUGAR, MARGARINE (VEGETABLE OIL BLEND (PALM OLL AND SOYBEAN OIL), WATER, SALT, NORAT DRY MILK, SOY LECTINI, VGETABLE MONO & DICLYCENDES, POTASSIUM SORBATE (PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), LEMMERT, MIDENDANITRATE, RIBOFLAVIN, SOLIZ CONTAINS: WHEAT, MILK, EGG, SOY									
Bran Muffin	BRAN MUFFIN M RIBOFLAVIN, FC STARCH, CORN SOY LECITHIN), CORN STARCH RIBOFLAVIN, FC (SODIUM ALUMI STEAROYL, LAC OLIVE OIL), FILT	MIX (ENRICHED V DLIC ACID), BROV I SYRUP, SOY FL CONTAINS 2% C CONTAINS 2% C CAKE MIX (SUC DLIC ACID), FOOI DLIC ACID), FOOI DINUM PHOSPHAT CTYLATE, TRICAL TERED WATER, C	WHEAT FLOUR (WN SUGAR, WH OUR, CALCIUM OR LESS OF EA GAR, BLEACHEL O STARCH - MO C STARCH - MO C JUM BIC LCIUM PHOSPH DATS, HONEY, P	STEARATE, SOY CHOF THE FOLL ENRICHED WH DIFIED, SOYBEA ARBONATE), EM ATE), SALT, VITA	' LECITHIN), DRY MOL OWING: LEAVENING (EAT FLOUR (WHEAT F N OIL, DAIRY PRODUC ULSIFIER (PROPYLEN L WHEAT GLUTEN, AR	ASSES POWDER (M SODIUM BICARBON LOUR, ENRICHED V CT SOLIDS (MILK), C E GLYCOL ESTERS TIFICIAL FLAVOR, E	H NIACIN, REDUCED IF EY POWDER (HONEY, IOLASSES, WHEAT ST. ATE, MONOCALCIUM P VITH NIACIN, REDUCEI ONTAINS 2% OR LESS OF FATTY ACIDS, DISJ GG WHITES, SOY FLO 85, NATURAL FLAVORS	ARCH, CALCIUM HOSPHATE). DF D IRON, THIAMII OF EACHOF TH FILLED MONOGI UR)), EGGS, OIL	I STEARATE, RIED EGG YO NE MONONITI IE FOLLOWIN LYCERIDES, S	SOY FLOUR, LKS, SALT, RATE, G: LEAVENING
Coffee Cake Muffin	CONTAINS: WHEAT, MILK, EGG, SOY CARE MIX SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH- MODIFIED, SOYBEAN OIL, DRING PRODUCT SOLIDS (MILK), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SDDIUM ALUMINUM PHOSPHATE, SDDIUM BICARBONATE), LMULSIFIER (PROPYLEN CLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOCIVCERIDES, SODIUM STEARBONATE, LACTYLATE, TRICALCIUM PHOSHPHATE), SALT, VITAL WHEAT GLUTEN, ARTIFICIAL FLAVOR, EGG WHITES, SOY FLOUR)), OLI (CANOLA OLI, VIRGIN OLIVE OLI), EGGS, FILTERED WATER, VANILLA EXTRACT (WATER, PROPYLENE GLYCOL, ARTIFICIAL FLAVOR, EGG WHITES, SOY FLOUR)), OLI (CANOLA OLI, VIRGIN OLIVE OLI), EGGS, FILTERED WATER, VANILLA EXTRACT (WATER, PROPYLENE GLYCOL, ARTIFICIAL FLAVOR, EGG WHITES, SOY FLOUR)), OLI (CANOLA OLI, VIRGIN OLIVE OLI), EGGS, FILTERED WATER, VANILLA EXTRACT (WATER, PROPYLENE GLYCOL, ARTIFICIAL FLAVOR, EGG WHITES, SOY FLOUR)), OLI (CANOLA OLI, VIRGIN OLIVE OLI), EGGS, FILTERED WATER, VANILLA EXTRACT (WATER, PROPYLENE GLYCOL, ARTIFICIAL FLAVOR, EGG WHITES, SOY FLOUR)), OLI (CANOLA OLI, VIRGIN OLIVE OLI), EGGS, FILTERED WATER, VANILLA EXG, GON, TREE WHITE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, BUTTER, (PASTEURIZED CREAM), CINNAMON, SALT CONTAINS: WHEAT, MILK, EGG, SOY, TREE WUTS									
Brownie	CHOCOLATE (COCÓA MAŚS, SUCAR, COCÓA BUTTER, FAT REDUCED COCÓA POWDER (PROCESSED WITH ALKAL), EMULSIFIER (SOY LECITHINE322)), NATURAL VANILLA FLAVORIOS, BUTTER (PASTEURIZED CREAM), SUGAR, EGGS, ALL PURPOSE FLOUR UNBLEACHED (WHEAT FLOUR ENRICHED (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)) CONTAINS: WHEAT, MILK, EGG, SOY									
Carrot & Seed Bread (Vegan)	SUGAR: WHOLE WHEAT FLOUR, SOYBEAN OIL, SOY MILK (SOY BLEND (WATER, SOY PROTEIN, SOYBEAN OIL, CALCIUM PHOSPHATE), SUGAR, POTASSIUM CITRATE, NATURAL AND ARTINGTAL FLAVORS, MAGNESIUM PHOSPHATE, SOLOMIM PHOSPHATE, DIPOTASSIUM, CITRATE, LICTHIN, CARRAGENAN, XANTHAN GUM, RIBOFLAVIN (VITAMIN B2), VITAMIN A PALINITAFE, VITAMIN D2, VITAMIN B12), ALL PURPOSE FLOUR UNBLEACHED (WHEAT FLOUR ENRICHED (NACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLICACID), CARROTS, LEMON JUICE, PUMPKIN SEEDS, FLAX SEED, SUNFLOWER SEEDS, BAKING SODA, VANILLA EXTRACT (WATER, RROPTLENT L, ANTIFICIAL FLAVORS, CARAMEL COLOR), BAKING POWDER (SODIUM BICARBONATE, CALCIUM CARBONATE, ALUMINUM SODIUM SULFATE AND MONOCALCIUM PHOSPHATE), SALT, CINNAMON, QUINOA, BLACK CHIA SEED									
Crookie	CONTAINS: WHEAT, SUY CROISSANT DOUGH (UNBLEACHED ENRICHED WHEAT FLOUR (MALTED BARLEY FLOUR (NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.), BUTTER (CRESAM (MILK), NATURAL FLAVOR), FLITERED WATER, BUTTER (PASTEURIZED CREAM), SUGAR, INVERTEENED CHOCALATE. COCA BUTTER, SORBITAN (MONOSTEARAFE, SACORBIC ACID), COOKIE OHCOCUATE CHOCOLATE COLOCA BUTTER, SORBITAN (MONOSTEARAFE, SACORBIC ACID), COOKIE OHCOCUATE CHOCOLATE COLOCA BUTTER, SOVE) LECTIHIN (AN EMULSIFIER), VANILLIN (ARTIFICIAL FLAVORI), ALL PURPOSE FLOUR UNBLEACHED (WHEAT FLOUR ENRICHED (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (PASTENIZED CREAM), SUGAR, BROWN SUGAR, EGGX, VANILLA EXTRACT (WATER, REDUCED IRON, THIAMINE MONONITRATE, CARAMEL COLOR), BANING POWDER (SODIUM BICARBONATE, CALCIUM CARBONATE, ALUMINUM SODIUM SULFATE AND MONOCALCIUM PHOSPHATE), SALT) CONTANIS: WHEAT, MILK, EGG, SOY									
Mushroom & Potato Focaccia	UNTANCE WHEAT, MITCH EDG, 2010 (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, MALTED BARLEY FLOUR), FILTERED WATER, BIGA STARTER, OLI, (CANOLA OLI, VIRGIN OLIVE OIL), SALT, BLACK PEPPER, GARLIC, THYME, EXTRA VIRGIN OLIVE OLI, MUSHROOM, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), POTATO (CONTAINS: WHEAT									
Tomato & Roasted Red Pepper Focaccia	WHEAT FLOUR BIGA STARTER,	ENRICHED (WHE OIL (CANOLA OI	L, VIRGIN OLIVI	E OIL), TOMATOR	S, ROSEMARY, ROAS	TED RED PEPPER (VIN, FOLIC ACID, MALT ROASTED FLORINA RE EPPER, ONION, EXTRA	D PEPPERS, W	ATER, RED W	ED WATER, INE VINEGAR,