



Southern 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 orders. 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
Chocolate Chip Cookie	220	15	9	0	20	190	35	2	27	3
Almond Croissant	310	10	6	0	15	420	42	3	16	10
Butter Croissant	270	15	9	0	45	220	29	1	6	5
Chocolate Croissant	340	21	12	0.5	45	260	40	2	13	6
Monkey Bread	360	7	4.5	0	0	610	60	3	22	10
Seasonal Danish	350	9	6	0	25	500	58	3	21	9
Blueberry Muffin	440	24	5	0	50	400	41	<1	29	4
Bran Muffin	490	15	4	0	30	180	77	10	9	14
Coffee Cake Muffin	520	31	3.5	0	85	520	56	0	32	6
Brownie	110	17	10	0	65	25	3	0	19	3
Carrot & Seed Bread (Vegan)	480	26	4	0	0	360	26	3	31	7
Pumpkin Muffin	440	25	3	0	70	430	48	<1	27	5

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 Bagel	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
Chocolate Chip Cookie	CHOCOLATE CHUNKS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN (AN EMULSIFIER), NATURAL VANILLA EXTRACT), ALL PURPOSE FLOUR UNBLEACHED (WHEAT FLOUR ENRICHED (NIACIN, REDUCED IRON, 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, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (CREAM (MILK), NATURAL FLAVOR), FILTERED WATER, BUTTER (PASTEURIZED CREAM), SUGAR, INVERTED SUGAR, SALT, MILK, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), ALMOND CREAM (SUGAR, BUTTER (PASTEURIZED CREAM), EGGS, ALMONDS, ALL PURPOSE FLOUR UNBLEACHED (WHEAT FLOUR ENRICHED (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)), VANILLA EXTRACT (WATER, PROPYLENE GLYCOL, ARTIFICIAL FLAVORS, CARAMEL COLOR), FILTERED WATER, RHUM (RHUM GUM), ALMOND EXTRACT (WATER, ETHANOL, PROPYLENE GLYCOL, ARTIFICIAL FLAVOR), SALT, PASTRY CREAM (SUGAR, POTATO MODIFIED STARCH, WHOLE MILK POWDER, LACTOSE AND MILK PROTEINS, THICKENING AGENTS (CALCIUM LACTATE - DISODIUM DIPHOSPHATE - SODIUM PHOSPHATE, - SODIUM ALGINATE - CARRAGEENAN), FLAVORS (VANILLA AND OTHERS, RHUM), COLORING AGENT (BETA-CAROTENE)), ALMOND CROISSANT SYRUP (FILTERED WATER, SUGAR, BITTER ORANGE BLOSSOM WATER, RHUM (RHUM GUM), ORANGE ZEST), ALMONDS, EGGS, POWDERED SUGAR CONTAINS: WHEAT, MILK, EGG, TREE NUT
Butter Croissant	UNBLEACHED ENRICHED WHEAT FLOUR (MALTED BARLEY FLOUR (NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER, FILTERED WATER, SUGAR, SALT, MILK, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID), EGGS CONTAINS: WHEAT, MILK, EGG
Chocolate Croissant	CROISSANT DOUGH (UNBLEACHED ENRICHED WHEAT FLOUR (MALTED BARLEY FLOUR (NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (CREAM (MILK), NATURAL FLAVOR), FILTERED WATER, BUTTER, SUGAR, SALT, MILK, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), CHOCOLATE (SUGAR, COCOA MASS, COCOA BUTTER, EMULSIFIER: SUNFLOWER LECITHIN(e322), VANILLA FLAVORING, MAY CONTAIN TRACES OF NUTS), EGGS CONTAINS: WHEAT, MILK, SOY, EGGS
Monkey Bread	CROISSANT DOUGH (UNBLEACHED ENRICHED WHEAT FLOUR (MALTED BARLEY FLOUR (NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (CREAM (MILK), NATURAL FLAVOR), FILTERED WATER, BUTTER (CREAM (MILK), NATURAL FLAVOR), FILTERED WATER, BUTTER (PASTEURIZED CREAM), SUGAR, INVERTED SUGAR, SALT, MILK, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), CINNAMON, SUGAR CONTAINS: WHEAT, MILK
Seasonal Danish	CROISSANT DOUGH (UNBLEACHED ENRICHED WHEAT FLOUR (MALTED BARLEY FLOUR (NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (CREAM (MILK), NATURAL FLAVOR), FILTERED WATER, BUTTER, SUGAR, INVERTED SUGAR, SALT, MILK, YEAST (YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID)), DANISH CHEESE FILLING (CREAM CHEESE (PASTEURIZED, CULTURED MILK AND CREAM, SALT, STABILIZERS (XANTHAN AND/OR CAROB BEAN AND/OR GUAR GUMS)), POWDERED SUGAR (SUGAR, CORNSTARCH), CAKE FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGG YOLK, VANILLA EXTRACT (WATER, PROPYLENE GLYCOL, ARTIFICIAL FLAVORS, CARAMEL COLOR), LEMON ZEST), RASPBERRY, GINGER SUGAR (SUGAR, GINGER), EGGS CONTAINS: WHEAT, MILK, EGG
Blueberry Muffin	CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH - MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), SALT, VITAL WHEAT GLUTEN, ARTIFICIAL FLAVOR, EGG WHITES, SOY FLOUR), BLUEBERRIES, OIL (CANOLA OIL, VIRGIN OLIVE OIL), EGGS, FILTERED WATER, VANILLA EXTRACT (WATER, PROPYLENE GLYCOL, ARTIFICIAL FLAVORS, CARAMEL COLOR), LEMON ZEST, ALL PURPOSE FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID) SUGAR, MARGARINE (VEGETABLE OIL BLEND (PALM OIL AND SOYBEAN OIL), WATER, SALT, NONFAT DRY MILK, SOY LECITHIN, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED), CINNAMON, SALT CONTAINS: WHEAT, MILK, EGG, SOY
Bran Muffin	Bran Muffin Mix (Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Wheat Bran, Soybean Oil, Dried Buttermilk, Dry Honey Powder (Honey, High Fructose Corn Syrup, Wheat Starch, Corn Syrup, Soy Flour, Calcium Stearate, Soy Lecithin), Dry Molasses Powder (Molasses, Wheat Starch, Calcium Stearate, Soy Flour, Soy Lecithin). Contains 2% Or Less of Each of the Following: Leavening (Sodium Bicarbonate, Monocalcium Phosphate), Dried Egg Yolks, Salt, Corn Starch), Cake Mix (Sugar, Bleached Enriched Wheat Flour (Wheat Flour, Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch - Modified, Soybean Oil, Dairy Product Solids (Milk), Contains 2% Or Less Of Each Of The Following: Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Emulsifier (Propylene Glycol Esters Of Fatty Acids, Distilled Monoglycerides, Sodium Stearoyl Lactylate, Tricalcium Phosphate), Salt, Vital Wheat Gluten, Artificial Flavor, Egg Whites, Soy Flour), Eggs, Oil (Canola Oil, Virgin Olive Oil), Filtered Water, Oats, Honey, Propylene Glycol, Water, Organic Natural Flavors CONTAINS: WHEAT, MILK, EGG, SOY
Coffee Cake Muffin	CAKE MIX (SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FOOD STARCH - MODIFIED, SOYBEAN OIL, DAIRY PRODUCT SOLIDS (MILK), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, DISTILLED MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, TRICALCIUM PHOSPHATE), SALT, VITAL WHEAT GLUTEN, ARTIFICIAL FLAVOR, EGG WHITES, SOY FLOUR), OIL (CANOLA OIL, VIRGIN OLIVE OIL), EGGS, FILTERED WATER, VANILLA EXTRACT (WATER, PROPYLENE GLYCOL, ARTIFICIAL FLAVORS, CARAMEL COLOR), WALNUT, ALL PURPOSE FLOUR UNBLEACHED (WHEAT FLOUR ENRICHED (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)), SUGAR, BUTTER, (PASTEURIZED CREAM), CINNAMON, SALT CONTAINS: WHEAT, MILK, EGG, SOY, TREE NUTS
Brownie	Chocolate (Cocoa Mass, Sugar, Cocoa Butter, Fat Reduced Cocoa Powder (Processed with Alkali), Emulsifier (Soy Lecithin(E322)), Natural Vanilla Flavoring), 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 Artificial Flavors, Magnesium Phosphate, Sodium Phosphate, Dipotassium Phosphate, Soy Lecithin, Carrageenan, Xanthan Gum, Riboflavin (Vitamin B2), Vitamin A Palmitate, Vitamin D2, Vitamin B12), All Purpose Flour Unbleached (Wheat Flour Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)), Carrots, Lemon Juice, Pumpkin Seeds, Flax Seed, Sunflower Seeds, Baking Soda, Vanilla Extract (Water, Propylene Glycol, Artificial Flavors, Caramel Color), Baking Powder (Sodium Bicarbonate, Calcium Carbonate, Aluminum Sodium Sulfate And Monocalcium Phosphate), Salt, Cinnamon, Quinoa, Black Chia Seed CONTAINS: WHEAT, SOY
Pumpkin Muffin	Cake Mix (Sugar, Bleached Enriched Wheat Flour (Wheat Flour, Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch - Modified, Soybean Oil, Dairy Product Solids (Milk), Contains 2% Or Less Of Each Of The Following: Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Emulsifier (Propylene Glycol Esters Of Fatty Acids, Distilled Monoglycerides, Sodium Stearoyl Lactylate, Tricalcium Phosphate), Salt, Vital Wheat Gluten, Artificial Flavor, Egg Whites, Soy Flour), Oil (Canola Oil, Virgin Olive Oil), Eggs, Pumpkin, Pumpkin Spice (Pumpkin Spice, Sulfating Agents (To Retain Color)), Pumpkin Seeds CONTAINS: WHEAT, SOY, MILK, EGG