

## 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 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 facility 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

Carrot & Seed Bread (Vegan)	480	26	4	0	U	360	26	3	31	- /	
Pumpkin Muffin	440	25	3	0	70	430	48	<1	27	5	
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Item	WHEAT ELOUE	ENDICHED (M	/UEAT ELOUD	NIACINI DEDILIC		gredients	UITDATE DIDOEL	AVIN FOLICAC	ID) MALTED DA	DI EV ELOUD	
	FILTERED WAT FLOUR, ASCOR	ER, SUGAR, M RBIC ACID, ENZ	IALT (EXTRACT ZYMES), YEAS	MALTED BARLI	EY MALT, COR	N), SALT, DEX	NITRATE, RIBOFL TROSE, DOUGH ( ORBIC ACID), FIL	CONDITIONER (	WHEAT FLOUR,	MALT BARLEY	
Everything Bagel	GARLIC, POPPY SEEDS, SALT CONTAINS: WHEAT, SESAME										
ETOT, I ming Bago	WHEAT FLOUR FILTERED WAT	R ENRICHED (W TER, JALAPENC BIC ACID, ENZY	WHEAT FLOUR, D, CORN, SUGA	AR, MALT (EXTR	ACT MALTED I	BARLEY MALT	NITRATE, RIBOFL , CORN), DOUGH (BIC ACID) MONTE	CONDITIONER	(WHEAT FLOUR	, MALT BARLEY	
Jalapeno Cheddar Bagel	WHEAT FLOUR FILTERED WAT	HEAT, MILK R ENRICHED (W TER, SUGAR, M	IALT (EXTRACT	MALTED BARLI	EY MALT, COR	N), SALT, DEX	NITRATE, RIBOFL TROSE, DOUGH (	AVIN, FOLIC AC CONDITIONER (	ID), MALTED BA WHEAT FLOUR,	RLEY FLOUR, MALT BARLEY	
Plain Bagel	FLOUR, ASORBIC ACID, ENZYMES), YEAST (YEAST, SORBITAN MONOSTEARATE, ASORBIC ACID)  CONTAINS: WHEAT  CHOCOLATE CHUNKS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN (AN EMULSIFIER), NATURAL VANILLA EXTRACT ), ALL										
	PURPOSE FLOUR UNBLEACHED (WHEAT FLOUR ENRICHED (NIACIN, REDUCED IRON, THIAIMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)), BUTTER (PASTEURIZED CREAM), BROWN SUGAR, SUGAR, EGGS, VANILLA EXTRACT (WATER, PROPYLED (LYCL), ARTIFICIAL FLAVORS, CARAMEL COLOR), BAKING POWDER (SODIUM BICARBONATE, CALCIUM CARBONATE, ALUMINUM SODIUM SIULFATE AND MONOCALCIUM PHOSPHATE), SALT										
Chocolate Chip Cookie	ACID), BUTTEF (YEAST, SORB FLOUR UNBLE (WATER, PROF ETHANOL, PRO AND MILK PRO CARRAGEENA	OUGH (UNBLE, R (CREAM (MILI ITAN MONOSTI ACHED (WHEA PYLENE GLYCO DYLENE GLYCO DTEINS, THICKE N), FLAVORS (**)	ACHED ENRICH K), NATURAL FI EARATE, ASOR IT FLOUR ENRI DL, ARTIFICIAL COL, ARTIFICIA ENING AGENTS VANILLA AND C	LAVOR), FILTER BIC ACID)), ALM CHED (NIACIN, FLAVORS, CARA L FLAVOR), SAL G (CALCIUM LAC DTHERS, CARAM	ED WATER, BU OND CREAM REDUCED IRC AMEL COLOR) T, PASTRY CR TATE - DISOD MEL), COLORIN	JTTER (PASTE (SUGAR, BUT ON, THIAMINE , FILTERED W. EAM (SUGAR, IUM DIPHOSP NG AGENT (BE	FER (PASTEURIZE MONONITRATE, F ATER, RHUM (RHI POTATO MODIFII HATE - SODIUM P TA-CAROTENE)))	, SUGAR, INVER ED CREAM), EG RIBOFLAVIN, FC UM GUM), ALMO ED STARCH, WI PHOSPHATE, - S I, ALMOND CRO	RTED SUGAR, S. GS, ALMONDS, A DLIC ACID)), VAN DND EXTRACT ( HOLE MILK POW ODIUM ALGINAT ISSANT SYRUP	ALT, MILK, YEAST ALL PURPOSE IILLA EXTRACT WATER, /DER, LACTOSE TE -	
				M WATER, RHU	и (RHUM GUM	), ORANGE ZE	ST), ALMONDS, E	EGGS, POWDER	RED SUGAR		
Almond Croissant		ENRICHED WH	HEAT FLOUR (N				AMIN MONONITRA		N, FOLIC ACID),	BUTTER,	
Butter Croissant	CONTAINS: WI			SI (TEASI, SOF	ONOM MALICA	oiearaie, As	SORBIC ACID), EG	365			
Butter Croissant	CROISSANT DO	OUGH (UNBLEA R (CREAM (MILI D)), CHOCOLAT	ACHED ENRICH K), NATURAL FI E (SUGAR, CO	LAVOR), FILTER	ED WATER, BL	JTTER, SUGAI	JR (NIACIN, IRON R, SALT, MILK, YE SUNFLOWER LEC	AST (YEAST, SO	ORBITAN MONOS	STEARATE,	
Chocolate Croissant	CONTAINS: WI										
	ACID), BUTTER	R (CREAM (MILI	K), NATURAL FI	LAVOR), FILTER	ED WATER, BU	JTTER (CREA	JR (NIACIN, IRON M (MILK), NATURA ITAN MONOSTEA	AL FLAVOR), FIL	TERED WATER,	BUTTER:	
Monkey Bread Seasonal Danish	CONTAINS: WI										
	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, ASORBIC ACID)), DANISH CHEESE FILLING (CREAM CHEESE (PASTEURIZED, CULTURED MILK AND CREAM, SALT, STABILIZERS (XANTHAN AND/OR CARDS 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 (SUR RIBOFLAVIN, FFOLLOWING: LDISTILLED MOWHITES, SOY FOLLOWING: LONG ARTIFICAN, THIAMIN NONFAT DRY MELAVOR, BETA	GAR, BLEACHE COLIC ACID), FO EAVENING (SO NOGLYCERIDE FLOUR)), BLUE FICIAL FLAVOR I MONONITRAT MILK, SOY LECI	ED ENCRICHED DOD STARCH - DDIUM ALUMIN ES, SODIUM ST EBERRIES, OIL S, CARAMEL C E, RIBOFLAVIN ITHIN, VEGETA COLOR), VITAM	MODIFIED, SOY UM PHOSPHATE EAROYL, LACT (CANOLA OIL, V OLOR), LEMON I, FOLIC ACID) S	BEAN OIL, DA E, SODIUM BIC (LATE, TRICAL IRGIN OLIVE C ZEST, ALL PUI SUGAR, MARG GLYCERIDES,	IRY PRODUCT ARBONATE), CIUM PHOSH DIL), EGGS, FII RPOSE FLOUF ARINE (VEGE POTASSIUM	ED WITH NIACIN,  I SOLIDS (MILK),  EMULSIFIER (PROPHATE),  SALT, VITTERED WATER,  R (BLEACHED WH  TABLE OIL BLEND  SORBATE (PRESE	CONTAINS 2% O DPYLEN GLYCO TAL WHEAT GLU VANILLA EXTRA IEAT FLOUR, M ) (PALM OIL AND	OR LESS OF EAC DL ESTERS OF F. JTEN, ARTIFICIA CT (WATER, PR ALTED BARLEY I D SOYBEAN OIL)	CH OF THE ATTY ACIDS, IL FLAVOR, EGG OPYLENE FLOUR, NIACIN, ), WATER, SALT,	
blueberry Mullin				Flour Malted Ra	rlev Flour Enric	hed With Niaci	n, Reduced Iron, T	hiamine Mononit	rate Rihoflavin I	Folic Acid) Brown	
Drop Maffe	Sugar, Wheat B Soy Lecithin), D (Sodium Bicarbo Niacin, Reduced The Following: I Stearoyl, Lactyla	ran, Soybean O bry Molasses Po onate, Monocald d Iron, Thiamine Leavening (Sodi ate, Tricalcium F ropylene Glycol,	bil, Dried Buttern wder ( Molasses cium Phosphate Mononitrate, R ium Aluminum P Phosphate), Salt Water, Organic	nilk, Dry Honey P s, Wheat Starch, ). Dried Egg Yolk iboflavin, Folic Ac hosphate, Sodiu	owder (Honey, Calcium Steara s, Salt, Corn St id), Food Staro m Bicarbonate) ten, Artificial Fl	High Fructose ite, Soy Flour, S arch), Cake Mi h - Modified, S , Emulsifier (Pr avor, Egg White	Corn Syrup, Whea Soy Lecithin). Cont x (Sugar, Bleached oybean Oil, Dairy F	t Starch, Corn Sy ains 2% Or Less I Enriched Whea Product Solids (Ners Of Fatty Acid	rup, Soy Flour, C of Eachof the Fo t Flour (Wheat Fl filk), Contains 2% ls, Distilled Mono	Calcium Stearate, illowing: Leavening our, Enriched With or Less Of Eachof glycerides, Sodium	
Bran Muffin	CAKE MIX (SUI RIBOFLAVIN, F FOLLOWING: L DISTILLED MO WHITES, SOY I FLAVORS, CAR MONONITRATE	GAR, BLEACHE OLIC ACID), FO LEAVENING (SO NOGLYCERIDE FLOUR)), OIL (G RAMEL COLOR E, RIBOFLAVIN,	ED ENCRICHED DOD STARCH - DDIUM ALUMIN ES, SODIUM ST CANOLA OIL, VI ), WALNUT, ALL , FOLIC ACID)),	MODIFIED, SOY UM PHOSPHATE EAROYL, LACT' IRGIN OLIVE OII PURPOSE FLO SUGAR, BUTTE	BEAN OIL, DA E, SODIUM BIC (LATE, TRICAL L), EGGS, FILT UR UNBLEACI	IRY PRODUCT CARBONATE), CIUM PHOSH ERED WATER HED (WHEAT F	ED WITH NIACIN, I SOLIDS (MILK), EMULSIFIER (PRO PHATE), SALT, VI , VANILLA EXTRAGE LOUR ENRICHEE CINNAMON, SALT	CONTAINS 2% ( DPYLEN GLYCC TAL WHEAT GLU CT (WATER, PR D (NIACIN, REDI	OR LESS OF EAC OL ESTERS OF F. JTEN, ARTIFICIA OPYLENE GLYC	CH OF THE ATTY ACIDS, IL FLAVOR, EGG OL, ARTIFICIAL	
Coffee Cake Muffin	(Pasteurized Cr	oa Mass, Sugar eam), Sugar, Eç	, Cocoa Butter, I ggs, All Purpose	Fat Reduced Cod	oa Powder (Prod d (Wheat Flour	ocessed with A Enriched (Niad	lkali), Emulsifier (S cin, Reduced Iron,	oy Lecithin(E322 Thiamine Monon	?)), Natural Vanilla itrate, Riboflavin,	a Flavoring), Butter Folic Acid)).	
Brownie	Flavors, Magne Vitamin D2, Vita Juice, Pumpkin Bicarbonate, Ca	Vheat Flour, Soy sium Phosphate amin B12), All Pu Seeds, Flax Se alcium Carbonat	bean Oil, Soy Me, Sodium Phospurpose Flour Uned, Sunflower S	hate, Dipotassiu bleached (Wheat eeds, Baking So	m Phosphate, \$ Flour Enriched da, Vanilla Extra	Soy Lecithin, Ca I (Niacin, Redu act (Water, Pro	arrageenan, Xanth	an Gum, Ribofla Mononitrate, Rit icial Flavors, Car	vin (Vitamin B2), ooflavin, Folic Acidamel Color), Bak	atural And Artificial Vitamin A Palmitate, d)), Carrots, Lemon ing Powder (Sodium	
Carrot & Seed Bread (Vegan)	Modified, Soybe	ar, Bleached Enr	oduct Solids (M	ilk), Contains 2%	Or Less Of Ea	ch of The Follo	ed Iron, Thiamine N wing: Leavening (S Lactylate, Tricalci	Sodium Aluminun	Phosphate, Soc	dium Bicarbonate),	
Pumpkin Muffin		ites, Soy Flour))	, Oil (Canola Oil							or)), Pumpkin Seeds	