

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.



Food Menu Nutritionals_Pastries (Nor. Cal)

Product Category	Supplier	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)
Bagels & Breads	Barons Baking	Asiago Bagel	400	2.5	1	0	<5	690	59	2	1	13
Bagels & Breads	Barons Baking	Everything Bagel	390	1.5	0	0	0	630	60	3	2	12
Bagels & Breads	Barons Baking	Plain Bagel	380	1	0	0	0	630	59	2	1	11
Bagels & Breads	Starter Bakery	Pumpkin Bread Slice (V)	350	11	1	0	0	31	62	2	38	3
Bagels & Breads	Starter Bakery	Mini Banana Loaf	390	16	1.5	0	45	340	58	2	36	5
Cookies & Bars	Oasis Baklava	Crunchy Walnut Baklava	270	20	8	0	30	85	21	1	11	3
Cookies & Bars	Starter Bakery	Salted Chocolate Chip Cookie	350	18	11	0	55	310	46	3	27	5
Pastries	Starter Bakery	Bacon & Onion Pretzel Croissant	410	25	14	0	65	620	36	1	6	10
Pastries	Starter Bakery	Butter Croissant	330	18	11	0	45	340	37	1	6	6
Pastries	Starter Bakery	Chocolate Babka	420	21	12	0	130	380	51	2	16	9
Pastries	Starter Bakery	Chocolate Croissant	400	22	13	0	40	310	48	3	17	6
Pastries	Starter Bakery	Cinnamon Roll	520	20	13	0	50	430	79	2	21	7
Pastries	Starter Bakery	Kouign Amann	380	23	14	0	60	430	41	1	24	3
Pastries	Starter Bakery	Poppy Lemon Slice	450	25	10	0	75	280	51	2	27	7
Pastries	Starter Bakery	Seasonal Fruit Danish	350	17	10	0	80	290	45	1	16	6
Pastries	Starter Bakery	Soft Pretzel	290	6	1	0	0	520	51	2	1	8
Pastries	Starter Bakery	Twice Baked Almond Croissant	600	34	15	0	100	280	64	3	34	11
Scones & Muffin	Starter Bakery	Blueberry Muffin	500	26	13	0	90	340	62	1	30	6

Product Category	Supplier	Item	Ingredients
Bagels & Breads	Barons Baking	Asiago Bagel	HIGH GLUTEN FLOUR, WATER, ASIAGO CHEESE, ORGANIC MALT EXTRACT, SALT, YEAST. CONTAINS: MILK, WHEAT
Bagels & Breads	Barons Baking	Everything Bagel	HIGH GLUTEN FLOUR, WATER, ORGANIC MALT EXTRACT, SALT, SESAME SEEDS, POPPY SEEDS, DEHYDRATED ONION, DEHYDRATED GARLIC, YEAST CONTAINS: WHEAT, SESAME
Bagels & Breads	Barons Baking	Plain Bagel	HIGH GLUTEN FLOUR, WATER, ORGANIC MALT EXTRACT, SALT, YEAST CONTAINS: WHEAT
Bagels & Breads	Starter Bakery	Pumpkin Slice (V)	PUMPKIN, UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME) (WHEAT), SUGAR, BROWN SUGAR, CANOLA OIL - NON-GMO, WATER, RYE FLOUR (WHEAT), MOLASSES, BAKING SODA, VANILLA EXTRACT, NON-GMO BAKING POWDER, SEA SALT, CINNAMON, GINGER, NUTMEG, XANTHAN GUM, GUAR GUM, ALLSPICE CONTAINS: WHEAT
Bagels & Breads	Starter Bakery	Mini Banana Loaf	BANANA, SUGAR, UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME) (WHEAT), CANOLA OIL - NON-GMO, BROWN SUGAR, EGGS, BUTTERMILK (MILK), RYE FLOUR (WHEAT), HONEY, NON-GMO BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, NON-GMO CORNSTARCH, MONOCALCIUM PHOSPHATE), BAKING SODA, SALT, CINNAMON, VANILLA EXTRACT, XANTHAN GUM, GUAR GUM CONTAINS: MILK, EGGS, WHEAT
Cookies & Bars	Oasis Baklava	Crunchy Walnut Baklava	PHYLLO DOUGH (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONIRATE, RIBOFLAVIN, FOLIC ACID, WATER, CORN STARCH, SALT, CANOLA OIL, CALCIUM PROPIONATE, POTASSIUM SORBATE, DEXTROSE, MALTODEXTRIN), WALNUTS, CLARIFIED BUTTER, GRANULATED SUGAR, CINNAMON, PISTACHIO, PECTIN CONTAINS: MILK, WHEAT, TREE NUTS (WALNUT, PISTACHIO)
Cookies & Bars	Starter Bakery	Salted Chocolate Chip Cookie	UNBLEACHED FLOUR (WHEAT, ENZYME), CHOCOLATE CHIPS (UNSWEETENED CHOCOLATE, SUGAR, SUNFLOWER LECITHIN (AN EMULSIFIER), PURE VANILLA), BUTTER (MILK), BROWN SUGAR, SUGAR, BITTERSWEET CHOCOLATE (CACAO BEANS, CANE SUGAR, COCOA BUTTER, SUNFLOWER LECITHIN (AN EMULSIFIER), VANILLA BEANS), EGGS, WHOLE WHEAT FLOUR, HONEY, NON FAT MILK SOLIDS, SEA SALT, BAKING SODA, VANILLA EXTRACT. CONTAINS: MILK, EGGS, WHEAT
Pastries	Starter Bakery	Bacon & Onion Pretzel Croissant	UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME) (WHEAT), WATER, CULTURED BUTTER (MILK), BACON, SUGAR, BUTTER (MILK), POPPY SEEDS, NONFAT MILK POWDER (MILK), SEA SALT, EGGS, YEAST, BARLEY MALT (WHEAT), DRIED ONIONS, PORCINI MUSHROOM, GARLIC POWDER, BLACK PEPPER CONTAINS: MILK, EGG, WHEAT

Pastries	Starter Bakery	Butter Croissant	UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME) (WHEAT), WATER, CULTURED BUTTER (MILK), SUGAR, BUTTER (MILK), NONFAT MILK POWDER (MILK), SEA SALT, YEAST, EGGS, BARLEY MALT (WHEAT) CONTAINS: MILK, EGG, WHEAT
Pastries	Starter Bakery	Chocolate Babka	UNBLEACHED FLOUR (WHEAT, ENZYME), BUTTER (MILK), WATER, EGGS, SUGAR, CHOCOLATE CHIPS (UNSWEETENED CHOCOLATE, SUGAR, SUNFLOWER LECITHIN (AN EMULSIFIER), PURE VANILLA), POWDERED SUGAR (SUGAR, CORNSTARCH), EGG YOLKS, NON FAT MILK POWDER, COCOA POWDER, SEA SALT, NON-GMO CANOLA OIL, YEAST, VANILLA EXTRACT, CINNAMON, VANILLA BEANS. CONTAINS: MILK, EGG, WHEAT
Pastries	Starter Bakery	Chocolate Croissant	UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME) (WHEAT), CHOCOLATE (SUGAR, UNSWEETENED CHOCOLATE, COCOA FAT, SOY LECITHIN (AN EMULSIFIER), VANILLIN (ARTIFICIAL FLAVOR), MAY CONTAIN: MILK) (MILK, SOYBEANS), WATER, CULTURED BUTTER (MILK), SUGAR, BUTTER (MILK), NONFAT MILK POWDER (MILK), SEA SALT, YEAST, EGGS, BARLEY MALT (WHEAT) CONTAINS: MILK, EGG, SOY, WHEAT
Pastries	Starter Bakery	Cinnamon Roll	UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME) (WHEAT), WATER, POWDERED SUGAR (SUGAR, CORNSTARCH), CULTURED BUTTER (MILK), RAISINS, SUGAR, BROWN SUGAR, BUTTER (MILK), NONFAT MILK POWDER (MILK), SEA SALT, APRICOT GLAZE (WATER, GLUCOSE, FRUCTOSE SYRUP, PECTIN, SODIUM ALGINATE, CITRIC ACID, APRICOT FLAVOR, POTASSIUM SORBATE), VANILLA EXTRACT, YEAST, LEMON JUICE, CINNAMON, BARLEY MALT (WHEAT) CONTAINS: MILK, WHEAT
Pastries	Starter Bakery	Kouign Amann	SALTED BUTTER (CREAM, SALT) (MILK), UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME) (WHEAT), SUGAR, WATER, NONFAT MILK POWDER (MILK), SEA SALT, YEAST CONTAINS: MILK, WHEAT
Pastries	Starter Bakery	Twice Baked Almond Croissant	WATER, UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME) (WHEAT), SUGAR, CULTURED BUTTER (MILK), SLICED ALMONDS (TREE NUTS), BUTTER (MILK), WHOLE MILK (MILK), ALMOND MEAL (TREE NUTS), EGGS, UNBLEACHED FLOUR (MALTED) (WHEAT), EGG YOLKS, DARK RUM, NONFAT MILK POWDER (MILK), POWDERED SUGAR (SUGAR, CORNSTARCH), VANILLA EXTRACT, CORNSTARCH, SEA SALT, YEAST, BARLEY MALT (WHEAT), VANILLA BEANS CONTAINS: MILK, EGG, WHEAT, TREE NUTS (ALMOND)
Pastries	Starter Bakery	Poppy Lemon Slice	SUGAR, UNBLEACHED FLOUR (WHEAT, ENZYME), SOUR CREAM (MILK), BUTTER (MILK), POPPY SEEDS, EGGS, RICE FLOUR, NON-GMO CANOLA OIL, HONEY, BUTTERMILK (MILK), LEMON JUICE, ALUMINUM-FREE BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, NON-GMO CORNSTARCH, MONOCALCIUM PHOSPHATE), SEA SALT, BAKING SODA. CONTAINS: MILK, EGG, WHEAT
Pastries	Starter Bakery	Seasonal Fruit Danish	UNBLEACHED FLOUR (WHEAT, ENZYME), WATER, CULTURED BUTTER (MILK), APPLES, SUGAR, APRICOT GLAZE (WATER, GLUCOSE, FRUCTOSE SYRUP, PECTIN, SODIUM ALGINATE, CITRIC ACID, APRICOT FLAVOR, POTASSIUM SORBATE), LEMON JUICE, EGGS, BUTTER (MILK), EGG YOLKS, NON FAT MILK POWDER, CORNSTARCH, SEA SALT, YEAST, XANTHAN GUM, GUAR GUM. CONTAINS: MILK, EGG, WHEAT
Pastries	Starter Bakery	Soft Pretzel	UNBLEACHED FLOUR (WHEAT, ENZYME), WATER, BUTTER (MILK), RYE FLOUR, SEA SALT, YEAST. CONTAINS: MILK, WHEAT
Scones & Muffin	Starter Bakery	Blueberry Muffin	UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME) (WHEAT), SUGAR, BUTTER (MILK), WILD BLUEBERRIES, SOUR CREAM (MILK) (MILK), EGGS, RICE FLOUR, CANOLA OIL - NON-GMO, HONEY, BUTTERMILK (MILK), POWDERED SUGAR (SUGAR, CORNSTARCH), NON-GMO BAKING POWDER, SEA SALT, BAKING SODA, CINNAMON CONTAINS: MILK, EGG, WHEAT

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