



San Diego 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	300	2.5	0	0	0	0	57	2	0	10
Jalapeno Cheddar Bagel	300	2.5	1	0	5	25	58	2	0	11
Plain Bagel	300	1.5	0	0	0	0	59	2	0	10
Chocolate Chip Cookie	350	15	9	0	50	140	51	1	26	4
Almond Croissant	450	28	13	0	105	330	41	2	15	9
Butter Croissant	330	18	11	0	70	390	37	1	8	6
Chocolate Croissant	400	31	14	0	95	330	34	3	7	7
Orange Glazed Monkey Bread	230	10	6	0	35	210	33	3	13	4
Seasonal Danish	330	18	11	0	75	390	36	1	8	6
Blueberry Muffin	310	12	2.5	0	65	340	44	1	26	5
Bran Muffin	440	15	4	0	40	340	78	6	47	8
Coffee Cake Muffin	370	18	2	0	65	390	48	1	25	7
Brownie	260	14	8	0	80	90	33	2	24	4
Pumpkin Chocolate Swirl Bread	360	17	3.5	0	60	350	47	1	27	6

Item	Ingredients
Everything Bagel	Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate Riboflavin, Folic Acid), Water, Onion, Sesame Seeds, Poppy Seeds, Minced Garlic, Dry Malt Extract, Yeast, Inactive Dry Yeast, Xanthan Gum, Enzymes CONTAINS: WHEAT, SESAME
Jalapeno Cheddar Bagel	Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate Riboflavin, Folic Acid), Water, Cheese (Pasteurized Milk, Cheese Culture, Salt And Microbial Enzymes), Jalapeno Slices, Dry Malt Extract, Yeast, Inactive Dry Yeast, Xanthan Gum, Enzymes CONTAINS: WHEAT, MILK
Plain Bagel	Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate Riboflavin, Folic Acid), Water, Malt Dry Extract, Yeast, Inactive Dry Yeast, Xanthan Gum, Enzymes CONTAINS: WHEAT
Chocolate Chip Cookie	Sugar, Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate Riboflavin, Folic Acid), Chocolate Chunks (Cacao Beans, Cane Sugar, Cocoa Butter, Sunflower Lecithin, Vanilla), Liquid Whole Eggs, Hydrogenated Canola Oil, Palm Oil, Water, Olive Oil, Salt, Lactic Acid, Annatto Extract (Color), Vanilla Extract, Natural Flavors CONTAINS: WHEAT, MILK, EGG
Almond Croissant	UNBLEACHED ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, MALT, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], DOUGH CONDITIONER (ENZYMES)], BUTTER [PASTEURIZED CREAM (MILK), WATER, LIQUID WHOLE EGGS, SUGAR, BLANCHED ALMOND MEAL, SLICED ALMONDS; SEA SALT, DOUGH CONDITIONER [WHEAT FLOUR, DIACETYL TARTARIC ACID, ESTERS OF MON AND DIGLYCERIDES, DEXTROSE, SOYBEAN OIL CONTAINS 2% OR LESS OF THE FOLLOWING: AZODICARBONAMIDE (ADA), ENZYMES, ASORBIC ACID, L-CYSTEINE], YEAST, POWDERED MILK, POWDERED SUGAR, NATURAL FLAVOR CONTAINS: WHEAT, MILK, EGG, SOY, TREE NUTS (ALMONDS)
Butter Croissant	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER, WATER, LIQUID WHOLE EGGS, SUGAR, SEA SALT, YEAST, DOUGH CONDITIONER (ASORBIC ACID, ENZYMES), WHOLE MILK CONTAINS: WHEAT, MILK, EGG
Chocolate Croissant	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER, WATER, CHOCOLATE BATON (SUGAR, COCOA MASS, COCOA BUTTER, SOY LECITHIN (AN EMULSIFIER)), LIQUID WHOLE EGGS, CHOCOLATE DISCS (CACAO BEANS, CANE SUGAR, SUNFLOWER LECITHIN, VANILLA BEANS), SEA SALT, YEAST, DOUGH CONDITIONER (ASORBIC ACID, ENZYMES), WHOLE MILK CONTAINS: WHEAT, MILK, EGG, SOY
Orange Glazed Monkey Bread	Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Water, Orange Zest (Orange Peel Zest, Cane Sugar, Orange Oil Essence), Sugar, Cinnamon, Liquid Whole Eggs, Sea Salt, Yeast, Dough Conditioner (Asorbic Acid, Enzymes), Whole Milk CONTAINS: WHEAT, MILK, EGG
Seasonal Danish	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER, LIQUID WHOLE EGGS, SUGAR, SEA SALT, CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS (XANTHAN AND/OR CAROB BEAN, AND/OR GUAR GUMS)), YEAST, DOUGH CONDITIONER (ASORBIC ACID, ENZYMES), WHOLE MILK, APRICOT GLAZE, RASPBERRIES CONTAINS: WHEAT, MILK, EGG
Blueberry Muffin	CAKE BASE (SUGAR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), FOOD STARCH - MODIFIED, SOYBEAN OIL, WHEY (MILK), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, VITAL WHEAT GLUTEN, NATURAL FLAVOR, LEAVENING (SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE), SOY FLOUR, EGG WHITES), LIQUID WHOLE EGGS, BLUEBERRIES, WATER, CANOLA OIL, UNBLEACHED ENRICHED FLOUR (MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER, BLUEBERRY FLAVORING CONTAINS: WHEAT, SOY, MILK, EGG
Bran Muffin	WATER, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, RAISINS, HONEY, COARSE WHEAT BRAN, SOYBEAN OIL, LIQUID WHOLE EGGS, PINEAPPLE, MOLASSES, BROWN LIGHT, BUTTER, DRY BUTTERMILK, CORN SYRUP, BROWN SUGAR, COARSE OAT BRAN, BAKING POWDER (BAKING SODA, CORN STARCH, SODIUM, ALUMINUM SULFATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE), SEA SALT CONTAINS: WHEAT, EGG, MILK, SOY
Coffee Cake Muffin	SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, ENRICHED WITH NIACIN), REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED FOOD STARCH, SOYBEAN OIL, MILK CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EMULSIFIER (PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE), VITAL WHEAT GLUTEN, ARTIFICIAL FLAVOR, EGG WHITES, SOY FLOUR, WHOLE EGGS, CANOLA OIL, MARGARINE, CINNAMON, BUTTER CONTAINS: WHEAT, EGG, MILK, SOY
Brownie	Sugar, Butter, Chocolate Chunks (Chocolate Liquor, Cocoa Butter, Dextrose, Soy Lecithin (An Emulsifier), and Vanilla), Liquid Whole Eggs, Unbleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cocoa Powder, Natural Flavors, Baking Powder (Baking Soda, Corn Starch, Sodium, Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Sea Salt CONTAINS: WHEAT, MILK, EGG, SOY
Pumpkin Chocolate Swirl Bread	BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, CANOLA OIL, MILK, EGG WHITES, LIQUID WHOLE EGGS, PUMPKIN PUREE, COCOA POWDER, WATER, SEMI-SWEET CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN (AN EMULSIFIER), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE) SOY FLOUR, , NATURAL VANILLA EXTRACT), VITAL WHEAT GLUTEN, FOOD STARCH, SPICES, NATURAL FLAVORS CONTAINS: WHEAT, MILK, EGG, SOY