



Nutrition & Allergen Information

Nutrition information is based upon standard recipes. Variations may occur due to differences in suppliers, customized ordering, and product preparation at the restaurant. Test products or regional items may not be included and may not be available in all areas. All items are prepared in common areas and may contain trace amounts of ingredients contained in other products. A 2,000 calorie daily diet is used as the basis for general nutrition advice. However, individual caloric needs may vary. Visit www.mypyramid.gov for more information. Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 mg of sodium.

Last item update: 6/12/2018

Noah's Nutrition Information													Allergen Information										
	Serving Size	Weight (g.) Unless otherwise specified	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info	
Bagels																							
Plain	1 bagel	102	270	10	1	0	0	0	550	54	2	5	10			X ¹	X						
Honey Whole Wheat	1 bagel	100	250	25	3	0	0	0	550	47	7	7	12			X ¹	X						
Everything	1 bagel	105	280	15	2	0	0	0	680	54	2	5	10			X ¹	X						
Pumpernickel	1 bagel	98	250	10	1	0	0	0	380	52	4	3	10			X ¹	X						
Asiago	1 bagel	112	300	35	4	2	0	10	640	54	2	5	13		X	X ¹	X						
Blueberry	1 bagel	106	280	10	1	0	0	0	460	59	2	11	10			X ¹	X						
French Toast	1 bagel	116	370	60	7	1.5	0	0	510	68	2	20	10			X ¹	X						
Chocolate Chip	1 bagel	106	300	30	3.5	1.5	0	0	450	58	3	10	10			X ¹	X						
Cranberry	1 bagel	106	300	35	4	0	0	0	420	58	2	11	9										
Garlic	1 bagel	105	270	10	1	0	0	0	550	56	2	5	10			X ¹	X						
Cinnamon Raisin	1 bagel	102	270	10	1	0	0	0	430	57	2	12	10			X ¹	X						
Cinnamon Sugar	1 bagel	111	310	30	3.5	1	0	0	570	60	2	11	10		X	X ¹	X						
Peppercorn Potato	1 bagel	107	300	40	4.5	0	0	0	550	56	2	6	10			X ¹	X						
Good Egg	1 bagel	98	270	25	2.5	0	0	20	460	52	2	6	9	X		X ¹	X						
Ancient Grain	1 bagel	105	280	50	5	0.5	0	0	540	48	8	7	12			X ¹	X						
Onion	1 bagel	100	260	15	1.5	0	0	0	500	51	2	4	10			X ¹	X						
Poppyseed	1 bagel	105	280	25	2.5	0	0	0	550	54	2	5	10			X ¹	X						
Pretzel	1 bagel	99	280	35	4	0	0	0	920	52	2	5	9			X ¹	X						
Salt	1 bagel	108	270	10	1	0	0	0	2900	54	2	5	10			X ¹	X						
Sesame Seed	1 bagel	105	280	25	2.5	0	0	0	550	54	2	5	11			X ¹	X						
Sourdough	1 bagel	99	260	30	3.5	0.5	0	0	410	46	2	3	10			X ¹	X						
Whole Wheat Sesame Flower	1 bagel	102	270	45	5	0	0	0	540	47	7	7	12			X ¹	X						
Gourmet Bagels																							
Apple Cinnamon	1 bagel	148	450	80	9	2	0	0	550	83	2	30	10			X	X						
Cheesy Bacon	1 bagel	126	380	110	12	5	0	25	810	53	2	5	17		X	X	X						
Six-Cheese	1 bagel	125	370	90	10	4	0	20	730	53	2	5	16		X	X	X						
Spinach Florentine	1 bagel	141	370	110	12	4.5	0	15	700	53	3	5	15		X	X	X						
Potato Roll	1 Roll	99	280	35	4	0.0	0	0	520	52	2	5	9			X	X						
Protein Power Bagel	1 bagel	113	350	50	6	1	0	0	290	64	4	17	12			X ¹	X	X				Walnuts	
Challah Roll, Braided	1 Roll	94	240	30	3.5	1.5	0	5	400	42	2	5	7	X	X	X	X						
Cheddar Jalapeno	1 bagel	126	340	80	9	3	0	15	760	52	2	5	13		X	X	X						
Bagel Thins																							
Ancient Grain Thin	1 Thin	74	200	35	4	0	0	0	380	34	5	5	9			X	X						
Plain Thin	1 Thin	74	200	5	1	0	0	0	420	41	1	4	7			X	X						
Whole Wheat Thin	1 Thin	74	180	20	2	0	0	0	410	35	5	5	9			X	X						
Honey Whole Wheat Thin	1 Thin	74	180	20	2	0	0	0	410	35	5	5	9			X	X						
Whipped Cream Cheese Shmear																							
Onion and Chive	1.2 oz	35	120	90	10	7	0	30	100	4	0	2	2		X								
Plain	1.2 oz	35	120	110	12	8	0	35	115	2	0	2	2		X								
Smoked Salmon	1.2 oz	35	110	90	10	6	0	35	250	4	0	2	2		X					X		Salmon	
Whipped Reduced Fat Cream Cheese Shmear																							
Plain Reduced Fat	1.2 oz	35	100	80	9	6	0	25	180	4	0	2	2		X								
Blueberry Reduced Fat	1.2 oz	35	130	80	9	6	0	25	85	11	0	9	1		X								
Garden Vegetable Reduced Fat	1.2 oz	35	110	80	9	6	0	25	180	5	0	2	2		X								
Garlic Herb Reduced Fat	1.2 oz	35	110	80	9	6	0	25	180	5	0	2	2		X								
Honey Almond Reduced Fat	1.2 oz	35	120	80	8	6	0	25	75	11	0	7	2		X			X				Almonds	
Jalapeno Salsa Reduced Fat	1.2 oz	35	110	80	8	6	0	25	190	6	0	2	2		X								
Strawberry Reduced Fat	1.2 oz	35	120	80	9	6	0	30	90	9	0	7	1		X								
Crafted Shmear																							
Country Pepper	0.5 oz	14	40	30	4	3	0	10	50	2	0	1	1		X								
Other Spreads																							
Butter	0.5 oz	14	100	100	12	5	0	0	85	0	0	0	0		X								
Honey	1.0 oz	28	90	0	0	0	0	0	0	23	0	22	0										
Natural Strawberry Jelly	1.0 oz	28	70	0	0	0	0	0	0	18	0	16	0										
Natural Peanut Butter	1.5 oz	43	240	180	20	3.5	0	0	105	11	3	4	9						X			Peanut	
Nutella®	1.5 oz	43	230	120	13	4.5	0	0	15	24	1	24	3		X	X		X				Hazelnut	
Hummus	1.5 oz	43	110	70	8	1.5	0	0	200	6	2	0	3			X							
Cheese																							
Cheddar 1 Slice	0.5 oz	14	60	40	4.5	3	0	15	90	0	0	0	4		X								
Pepper Jack 1 Slice	0.5 oz	14	50	40	4.5	3	0	10	125	0	0	0	3		X								
Swiss 1 Slice	0.5 oz	14	50	40	4.5	3	0	15	65	0	0	0	4		X								
Egg																							
Fresh Cracked Egg 1	1 Egg	46	80	50	6	2	0	185	140	1	0	0	6	X	X								
Fresh Cracked Egg 2	2 Egg	92	160	100	11	4	0	370	280	1	0	1	13	X	X								
Egg White 1	1 Egg	58	35	5	1	0	0	0	170	1	0	0	6	X	X								
Egg White 2	2 Egg	116	70	15	1.5	0.5	0	0	330	1	0	0	12	X	X								
Meats																							
Bacon 4 Pieces	0.4 oz	10	45	30	3.5	1.5	0	10	210	0	0	0	3										
Ham, Breakfast Portion	1.5 oz	43	45	10	1	0	0	25	540	1	0	1	8										
Ham, Deli Portion 4.5	4.5 oz	128	140	30	3.5	1	0	70	1630	2	0	2	25										
Ham, Lunch Portion	3.0 oz	85	90	20	2.5	1	0	50	1090	2	0	1	17										
Pastrami 3.0	3.0 oz	85	180	180	76	9	0	60	640	2	0	0	17										
Pastrami 4.5	4.5 oz	128	270	270	114	14	0	90	960	2	0	0	25										
Tuna Salad	3.3 oz	93	180	140	16	2.5	0	25	1490	2	1	1	8	X	X	X	X			X		Tuna	

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Heavenly Hot Chocolate	16 fl oz	473 ml	470	100	11	7	0	45	80	80	0	79	14		X								
	20 fl oz	428 ml	560	110	13	8	0	50	100	96	0	96	16										
Iced Teas																							
Blackberry Black Tea Palmer	16 fl oz		60	0	0	0	0	0	0	16	0	15	0										
	24 fl oz		90	0	0	0	0	0	0	23	0	21	0										
Citrus Green Tea Palmer	16 fl oz		60	0	0	0	0	0	0	17	0	16	0										
	24 fl oz		90	0	0	0	0	0	0	25	0	24	0										
Honey Sweetened Black Iced Tea	16 fl oz		60	0	0	0	0	0	0	16	0	16	0										
	24 fl oz		80	0	0	0	0	0	0	22	0	21	0										
Honey Sweetened Green Iced Tea	16 fl oz		60	0	0	0	0	0	0	16	0	16	0										
	24 fl oz		80	0	0	0	0	0	0	22	0	21	0										
Black Unsweetened Iced Tea	20 fl oz		0	0	0	0	0	0	10	0	0	0	0										
	30 fl oz		0	0	0	0	0	0	15	0	0	0	0										
Passion Fruit Mango Iced Tea	20 fl oz		30	0	0	0	0	0	10	7	0	7	0										
	30 fl oz		45	0	0	0	0	0	15	11	0	11	0										
Sweet Iced Tea	20 fl oz		160	0	0	0	0	0	10	42	0	42	0										
	30 fl oz		250	0	0	0	0	0	15	63	0	63	0										
Mojito Green Iced Tea	16 fl oz		35	0	0	0	0	0	0	9	0	9	0										
	24 fl oz		50	0	0	0	0	0	0	13	0	13	0										
Joyride Nitro Teas																							
Nitro Black Tea	12 fl oz		0	0	0	0	0	0	0	0	0	0	0										
Nitro Black Tea	16 fl oz		0	0	0	0	0	0	0	0	0	0	0										
Nitro Coconut Lat-Tea	12 fl oz		60	35	4	2.5	0	20	30	17	0	16	1		X								
	16 fl oz		80	50	5	3.5	0	25	45	23	0	21	2										
Nitro Vanilla Lat-Tea	12 fl oz		60	35	4	2.5	0	20	35	17	0	15	1		X								
	16 fl oz		80	50	5	3.5	0	25	45	22	0	20	2										
Sweet Nitro Black Tea and Cream	12 fl oz		60	35	4	2.5	0	20	35	19	0	17	1		X								
	16 fl oz		80	50	5	3.5	0	25	45	25	0	23	2										
Smoothies & Juice																							
Strawberry Banana Smoothie	16 fl oz		280	0	0.0	0	0	0	25	67	5	60	1		X								
	24 fl oz		370	0	0.0	0	0	0	35	90	6	81	2										
Orange Juice	16 fl oz		230	5	0	0	0	0	0	54	0	48	4										
	24 fl oz		340	5	0	0	0	0	5	81	0	72	5										
Lemonade	16 fl oz		170	0	0	0	0	0	10	47	0	43	0										
	24 fl oz		260	0	0	0	0	0	20	70	0	65	0										
Blackberry Lemonade	16 fl oz		190	0	0	0	0	0	15	50	0	46	0										
	24 fl oz		270	0	0	0	0	0	20	74	1	68	0										
Cold Brew																							
Classic Cold Brew	16 fl oz	473 ml	0	35	4	2.5	0	20	40	3	0	1	1		X								
	24 fl oz	709 ml	5	35	4	2.5	0	20	45	3	0	1	1										
Vanilla Cold Brew	16 fl oz	473 ml	60	25	3	2	0	15	35	17	0	16	1		X								
	24 fl oz	709 ml	80	40	4.5	3	0	25	50	24	0	22	2										
Caramel Cold Brew	16 fl oz	473 ml	70	30	3.5	2	0	15	55	19	1	16	2		X								
	24 fl oz	709 ml	140	45	5	3.5	0	25	90	36	2	31	3										
Vanilla Hazelnut Cold Brew	16 fl oz	473 ml	80	25	3	2	0	15	35	21	0	20	1		X								
	24 fl oz	709 ml	120	40	4.5	3	0	25	50	32	0	30	2										
Dark Chocolate Cold Brew	16 fl oz	473 ml	80	30	3	2	0	15	50	21	0	20	2		X								
	24 fl oz	709 ml	160	40	4.5	3	0	25	85	42	0	40	2										
Classic Cold Brew, Frozen	16 fl oz	473 ml	260	100	11	7	0	40	75	38	0	38	3		X								
	24 fl oz	709 ml	320	110	13	8	0	45	95	49	0	48	4										
Caramel Cold Brew, Frozen	16 fl oz	473 ml	420	110	12	7	0	40	140	77	3	70	5		X								
	24 fl oz	709 ml	520	120	14	8	0	45	190	98	3	89	6										
Dark Chocolate Cold Brew, Frozen	16 fl oz	473 ml	450	100	11	7	0	40	135	86	0	85	5		X								
	24 fl oz	709 ml	570	120	13	8	0	45	170	110	0	109	6										
Vanilla Cold Brew, Frozen	16 fl oz	473 ml	340	100	11	7	0	40	75	58	0	58	3		X								
	24 fl oz	709 ml	420	110	13	8	0	45	95	74	0	73	4										
Beverages Made with Maui Sauces *Available only at Select Restaurants																							
Caramel Macchiato	12 fl oz		240	40	4.5	2.5	0	20	50	41	0	41	10		X								
	16 fl oz		360	60	7	4	0	25	75	60	0	59	15										
	20 fl oz		440	70	8	4.5	0	30	100	76	0	75	19										
Caramel Macchiato, Iced	16 fl oz		260	25	3	2	0	10	80	51	0	51	9		X								
	24 fl oz		320	25	3	2	0	10	105	64	0	63	10										
Caramel Cold Brew	16 fl oz		80	25	3	2	0	15	50	20	0	19	2		X								
	24 fl oz		150	40	4.5	3	0	25	85	39	0	37	3										
Caramel Cold Brew, Frozen	16 fl oz		440	100	11	7	0	40	135	81	0	81	6		X								
	24 fl oz		550	110	13	8	0	45	180	104	0	104	7										
Chocolate Cold Brew	16 fl oz		60	30	3	2	0	15	40	17	1	15	1		X	X							
	24 fl oz		110	45	5	3.5	0	25	65	31	1	27	2										
Chocolate Cold Brew, Frozen	16 fl oz		380	110	12	7	0	40	100	69	2	65	4		X	X							
	24 fl oz		470	120	14	8	0	45	130	87	2	83	6										
Heavenly Hot Chocolate	12 fl oz		290	90	10	6	0	35	30	43	2	40	9		X	X							
	16 fl oz		380	110	12	8	0	45	35	57	2	53	14										
	20 fl oz		440	120	14	8	0	50	45	68	3	63	16										
Mocha	12 fl oz		240	80	9	6	0	35	30	32	1	30	9		X	X							
	16 fl oz		300	90	10	6	0	40	40	44	2	41	11										
	20 fl oz		360	110	12	7	0	45	55	55	2	51	14										
Mocha, Iced	16 fl oz		250	80	9	5	0	30	40	39	2	37	8		X	X							
	24 fl oz		290	80	9	5	0	30	55	47	2	44	9</										

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White Chocolate Mocha	16 fl oz		360	90	10	6	0	40	120	58	0	58	12		X									
	20 fl oz		450	100	11	7	0	45	160	75	0	74	15											
White Chocolate Mocha, Iced	16 fl oz		310	70	8	5	0	30	120	53	0	53	8		X									
	24 fl oz		370	70	8	5	0	30	160	67	0	66	9											
Sides																								
NNYB Barbeque Kettle Chips	1.2 oz	35	180	80	9	1	0	0	250	22	2	0	2											
NNYB Original Kettle Chips	1.2 oz	35	180	90	10	1	0	0	170	21	2	0	2											
NNYB Jalapeño Kettle Chips	1.2 oz	35	180	80	9	1	0	0	250	22	2	0	2											
Potato Salad, Redskin	4.0 oz	113	220	140	15	2.5	0	10	490	17	2	1	2	X		X ¹								
Fruit and yogurt parfait	10.5 oz	298	200	20	2	0	0	5	115	38	4	24	8		X		X	X					Almonds, Almondana	
Greek yogurt parfait	7.2 oz	205	270	20	2.5	0	0	5	95	49	2	37	16		X		X	X					Almonds	
Fruit Cup	6.0 oz	170	80	0	0	0	0	0	10	19	2	15	1											
Egg Sandwiches One Egg																								
Bacon & Cheddar on Plain	6.1 oz	172	450	130	15	6	0	210	1000	55	2	6	23	X	X	X	X							
Turkey Sausage & Cheddar on Plain	7.2 oz	203	470	140	15	7	0	225	1060	56	2	6	27	X	X	X	X							
Ham & Swiss on Plain	7.2 oz	205	440	110	12	5	0	225	1300	56	2	6	29	X	X	X	X							
Cheddar on Plain	5.7 oz	162	400	100	11	5	0	200	780	55	2	5	20	X	X	X	X							
Bacon & Spinach	8.4 oz	239	700	370	42	13	1	235	1350	57	3	8	28	X	X	X	X							
Mushroom Spinach and Swiss	7.3 oz	208	440	170	19	7	0	200	830	50	8	8	24	X	X	X	X							
Bacon Avocado Tomato, Thin	7.7 oz	218	470	210	23	6	0	200	890	47	3	6	18	X	X	X	X							
Farmhouse 6 Cheese	9.0 oz	256	650	270	30	14	0.5	270	1790	57	2	7	38	X	X	X	X							
Santa Fe	8.6 oz	245	560	200	23	11	0	245	1420	60	2	7	30	X	X	X	X							
Chorizo Avocado Sunrise	10.1 oz	287	800	430	48	19	0.5	265	1440	60	4	7	31	X	X	X	X							
Egg Sandwich Two Eggs																								
Bacon & Cheddar on Plain	7.7 oz	219	530	180	20	8	0.5	395	1140	56	2	6	29	X	X	X	X							
Turkey Sausage & Cheddar on Plain	8.8 oz	250	550	190	21	9	0.5	415	1200	57	2	6	33	X	X	X	X							
Ham & Swiss on Plain	8.8 oz	251	520	160	18	7	0.5	410	1440	57	2	6	35	X	X	X	X							
Cheddar on Plain	7.4 oz	209	480	150	17	7	0.5	385	920	56	2	6	26	X	X	X	X							
Bacon & Spinach	10.0 oz	285	780	420	47	15	1	425	1490	57	3	8	35	X	X	X	X							
Mushroom Spinach and Swiss	9.0 oz	254	520	220	24	9	0.5	385	970	51	8	8	30	X	X	X	X							
Bacon Avocado Tomato, Thin	9.3 oz	264	550	260	29	7	0	385	1030	48	3	7	24	X	X	X	X							
Farmhouse, 6 Cheese	10.6 oz	302	730	320	36	16	1	455	1930	58	2	8	45	X	X	X	X							
Santa Fe	9.1 oz	257	520	160	18	10	0	60	1440	60	2	7	30	X	X	X	X							
Chorizo Avocado Sunrise	11.7 oz	333	880	480	54	21	1	450	1580	61	4	7	37	X	X	X	X							
Egg Sandwich Egg White																								
Bacon and Cheddar, Plain	6.5 oz	184	400	90	10	5	0	25	1020	55	2	5	23	X	X	X	X							
Cheddar, Plain	6.1 oz	174	360	60	7	3.5	0	15	810	55	2	5	20	X	X	X	X							
Ham and Swiss, Plain	7.6 oz	217	400	70	8	4	0	40	1330	56	2	5	29	X	X	X	X							
Turkey Sausage and Cheddar, Plain	7.6 oz	215	430	100	11	5	0	40	1090	56	2	6	27	X	X	X	X							
Bacon and Spinach	8.8 oz	251	660	330	37	11	0.5	50	1370	56	3	7	28	X	X	X	X							
Farmhouse, 6 Cheese	9.4 oz	267	610	230	25	12	0	80	1810	57	2	7	38	X	X	X	X							
Mushroom Spinach and Swiss	7.5 oz	212	370	100	12	3.5	0	5	820	50	8	8	22	X	X	X	X							
Santa Fe	9.0 oz	256	510	150	17	9	0	60	1440	60	2	7	30	X	X	X	X							
Bacon Avocado Tomato, Thin	8.1 oz	230	420	170	19	4	0	15	910	47	3	6	18	X	X	X	X							
Chorizo Avocado Sunrise	9.6 oz	273	650	310	34	14	0	60	1310	59	4	6	27	X	X	X	X							
Power Egg White 1 Egg	8.8 oz	251	370	130	14	3	0	25	830	40	7	7	23	X	X	X	X							
Power Egg White 2 Egg	10.9 oz	309	410	140	15	3.5	0	25	990	41	7	7	29	X	X	X	X							
Lunch Sandwiches																								
Ham Deli on Potato Roll	11.8 oz	335	620	220	24	6.0	0	95	2480	61	3	9	39	X		X	X							
Turkey Deli on Potato Roll	11.8 oz	335	590	200	22	5	0	80	1740	61	3	7	14	X	X	X	X							
Pastrami Deli	11.8 oz	335	750	460	135	19	0	115	1810	61	3	7	39	X	X	X	X							
Albacore Tuna Salad Deli on Ancient Grain	11.5 oz	327	570	270	30	4	0	35	2820	55	9	10	25	X	X	X	X			X			Tuna	
Hummus Veg Out	8.9 oz	253	400	120	14	4.5	0	15	750	58	10	10	16		X	X ¹	X							
Hummus Veg Out with Chicken	11.9 oz	338	520	150	16	5	0	75	950	59	10	11	39		X	X	X							
Nova Lox Sandwich	9.7 oz	276	490	160	17	9	0	50	1350	61	3	9	23		X	X	X			X			Salmon	
Nova Lox Open Faced	11.2 oz	318	540	170	19	10	0	55	1710	63	3	10	29		X	X	X			X			Salmon	
Turkey Avocado Club	12.3 oz	349	660	270	30	5	0	80	1860	61	4	8	14	X	X	X	X							
Turkey, Bacon, and Swiss on Challah	11.6 oz	330	610	260	29	8	0	100	1790	48	3	8	16	X	X	X	X							
California Chicken on Challah	11.0 oz	313	490	150	16	9	0	95	720	52	3	10	32	X	X	X	X							
Hot Lunch																								
Ham and Swiss Melt	8.6 oz	244	420	70	8	4	0	65	1710	58	2	7	31		X	X	X							
Turkey & Swiss Melt	8.6 oz	244	400	60	6	3	0	55	1210	58	2	6	14		X	X	X							
Pastrami & Swiss Melt	8.6 oz	244	510	230	82	12	0	75	1260	58	2	6	31		X	X	X							
Bagel Dog, Original	6.8 oz	193	540	230	26	10	1	45	1380	57	2	5	20			X	X							
Bagel Dog, Asiago	7.3 oz	207	590	270	30	12	1	60	1510	57	2	5	24			X	X							
Patrami Reuben	14.5 oz	353	760	450	134	19	0	120	2500	64	6	7	42	X	X	X	X							
Chicken Club	10.8oz	307	720	320	36	11	0.5	110	1360	59	3	9	43	X	X	X	X							
Pizza Bagel, Cheese	6.5 oz	184	440	120	14	8	0	40	1080	58	2	6	24		X	X ¹	X							
Pizza Bagel, Pepperoni	7.1 oz	201	530	200	22	11	0	55	1390	59	2	7	27		X	X ¹	X							
Sweets																								
Chocolate Chip Coffee Cake	4.4 oz	125	550	230	25	10	0	5	190	81	1	34	4	X	X	X	X							
Heavenly Chocolate Chip Cookie	3.5 oz	99	460	220	24	13	0																	

	Noah's Nutrition Information													Allergen Information								
	Serving Size	Weight (g.) Unless otherwise specified	Calories	Calories From Fat	Total Fat (g.)	Saturated Fat (g.)	Trans Fats (g.)	Cholesterol (mg.)	Sodium (mg.)	Total Carbs. (g.)	Dietary Fiber (g.)	Sugars (g.)	Protein (g.)	Egg	Milk	Soy	Wheat	Tree Nuts	Peanuts	Fish	Shellfish	Additional Info
Chocolate Lava Cookie	2.5 oz	72	310	130	15	8	0	60	60	46	1	39	4	X	X	X	X					
Muffin, Cinnamon Chip 4 oz	4.7 oz	134	500	200	23	6	0	80	420	70	1	47	6	X	X	X	X					
Muffin, Blueberry 4 oz	4.5 oz	127	420	180	20	4	0	80	440	57	1	32	6	X	X	X	X					
Muffin, Chocolate Chip 4 oz	4.5 oz	127	460	200	22	6	0	80	430	62	2	36	6	X	X	X	X					
Cinnamon Twist	3.1 oz	88	360	140	16	6	0	0	250	50	2	24	4			X	X					
Cinnamon Walnut Strudel	6.0 oz	170	640	320	35	11	0	30	500	71	4	32	10	X	X	X	X	X				Walnuts
Cinnamon Sugar Bagel Popper	4.7 oz	133	430	90	10	3	0	0	570	77	3	29	9		X	X	X					
English Toffee Snickerdoodle Cookie	3.0 oz	85	420	180	20	9	0	0	310	59	1	37	4	X	X	X	X					
Pastry, Croissant	2.6 oz	74	290	140	15	9	0	70	340	29	1	4	6	X	X		X					
Pastry, Chocolate Croissant	2.5 oz	70	310	160	17	10	0	65	290	33	1	10	6	X	X	X	X					
Pastry, Greek Yogurt Cherry	3.7 oz	106	360	170	18	11	0.5	90	310	40	1	15	7	X	X		X					
Mini Pastry Box	12.4 oz	352	1380	610	68	33	0.5	155	1090	172	6	73	22	X	X	X	X					

¹ Soy is only present as soybean oil. Highly refined soybean oil does not usually cause an allergic reaction.

² Cold smoked salmon is raw. Consuming raw or undercooked seafood may result in food borne illness.

³ Phenylketonurics: contains phenylalanine.

Nutrition information is based upon standard recipes, and rounded per federal requirements. Variations may occur due to differences in suppliers, customized ordering, and

Guest satisfaction and safety is our most valued priority. We prepare and use food ingredients containing all 8 major allergens in our restaurant kitchens. Although measures are taken to prevent cross contact, as a bakery/ restaurant, there is possibility of food touching, allergens like wheat becoming airborne or common equipment being utilized to handle foods containing any of the major allergens. If you have an allergen concern of any type, please openly discuss your needs with your server to fully understand all the facts you need to decide on a safe dining choice that fits your unique allergen needs. - Thank you.