

Category	Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cakes	Blueberry Chiffon Cake	480	333	37	22	0	190	95	28	0	21	2
Cakes	Blueberry Yogurt Cake	290	171	19	11	0	115	65	24	1	18	3
Cakes	Cappuccino Cake	360	207	23	8	0	80	150	36	0	24	4
Cakes	Chocoholic Chiffon Cake	480	270	30	17	0	145	170	44	0	34	4
Cakes	Chocolate Cake	320	198	22	8	0	60	105	30	0	22	3
Cakes	Chocolate Mousse Salted Caramel Layer Cake	490	252	28	16	0	140	170	51	0	43	4
Cakes	Mini Strawberry Soft Cream Cake	300	198	22	13	0	120	55	21	1	14	2
Cakes	Mixed Berry Soft Cream Cake	360	234	26	15	0	140	65	24	2	17	3
Cakes	Mocha Cake	310	171	19	6	0	65	135	33	0	22	3
Cakes	NY Style Cheesecake	620	423	47	29	0	165	380	43	0	29	5
Cakes	Rainbow Cake	420	288	32	17	0	160	90	25	1	17	4
Cakes	Raspberry & Cream French Roll Cake	440	216	24	15	0	90	70	49	0	34	3
Cakes	Red Velvet Cake	500	288	32	15	0	115	250	47	1	33	3
Cakes	Strawberry Soft Cream Cake	300	189	21	12	0	125	70	22	1	15	3
Cake Slices & Tarts	Berry Tart	600	288	32	19	0	100	150	70	7	38	8
Cake Slices & Tarts	Blueberry Chiffon Cake Slice	530	351	39	23	0	205	120	34	0	25	3
Cake Slices & Tarts	Blueberry Yogurt Cake Slice	460	279	31	18	0	175	90	35	1	26	4
Cake Slices & Tarts	Chocoholic Chiffon Cake Slice	570	333	37	21	0	170	200	51	0	39	4
Cake Slices & Tarts	Cream Puffs (6pcs)	410	270	30	18	0	125	115	23	0	19	3
Cake Slices & Tarts	Ganache Cream Cake Slice	510	342	38	9	0	80	110	37	2	26	7
Cake Slices & Tarts	Mocha Cake Slice	450	270	30	12	0	90	190	44	0	30	4
Cake Slices & Tarts	NY Style Cheesecake Slice	810	567	63	38	0	220	470	53	0	38	7
Cake Slices & Tarts	Rainbow Cake Slice	320	198	22	11	0	120	90	25	1	16	4
Cake Slices & Tarts	Red Velvet Cake Slice	570	315	35	15	0	120	330	56	1	38	4
Cake Slices & Tarts	Strawberry Soft Cream Cake Slice	410	261	29	16	0	165	85	28	1	20	4
Cake Slices & Tarts	Tiramisu Cake Slice	430	279	31	19	0	170	135	17	0	26	5
Sweets & Pastries	Almond Croissant	480	279	31	14	0.5	15	240	40	4	16	10
Sweets & Pastries	Almond Pastry	320	153	17	9	0	35	260	36	2	13	6
Sweets & Pastries	Blueberry Cream Cheese Pastry	230	117	13	8	0	35	230	27	1	9	4
Sweets & Pastries	Butter Cream Bread	320	171	19	12	0	45	210	33	1	13	5
Sweets & Pastries	Chausson aux Pommes	270	135	15	10	0	0	230	28	2	8	3
Sweets & Pastries	Cheese Tart	140	72	8	4	0	40	115	14	0	7	2
Sweets & Pastries	Cherry Greek Yogurt Danish	350	162	18	11	0	75	360	40	1	15	7
Sweets & Pastries	Chocolate Cream Bread	240	81	9	5	0	50	180	34	1	12	6
Sweets & Pastries	Chocolate Croissant	280	135	15	10	0	35	260	30	1	7	4
Sweets & Pastries	Chocolate Supreme Croissant	360	207	23	14	0	25	250	35	1	14	5
Sweets & Pastries	Choux Cream Bread	240	63	7	4	0	110	190	37	1	16	7
Sweets & Pastries	Cinnamon Apple Pie	270	135	15	8	0	5	290	37	0	8	3
Sweets & Pastries	Coffee Bun	200	99	11	5	0	20	180	23	1	6	4
Sweets & Pastries	Coffee Danish	370	189	21	12	0	45	280	41	2	14	6
Sweets & Pastries	Cream Cheese Pastry	350	180	20	11	0	50	340	38	1	15	6
Sweets & Pastries	Croissant	230	126	14	10	0	0	230	23	1	4	4
Sweets & Pastries	Feuillete au Chocolat	190	90	10	6	0	20	170	23	0	8	3
Sweets & Pastries	Fruit Bite (Raspberry)	130	54	6	4	0	15	120	16	0	5	2
Sweets & Pastries	Fruit Pastry	270	117	13	8	0	35	240	33	0	12	4
Sweets & Pastries	Mini Strawberry Lemon Cream Croissant	120	63	7	4.5	0	10	95	13	1	5	2
Sweets & Pastries	Pain au Chocolat	300	144	16	10	0	40	270	33	2	9	6
Sweets & Pastries	Pain aux Raisins	310	117	13	9	0	50	290	42	2	18	5
Sweets & Pastries	Palmier	250	135	15	10	0	0	450	25	0	10	2
Sweets & Pastries	Pastel de Nata	150	54	6	3.5	0	40	85	21	1	12	2
Sweets & Pastries	Peanut Crumb Bread	330	117	13	6	0	30	220	47	2	16	7
Sweets & Pastries	Pineapple Brulee Pastry	250	99	11	7	0	25	230	32	1	14	4
Sweets & Pastries	Raspberry Almond Croissant	510	270	30	15	0.5	10	270	52	4	25	9
Sweets & Pastries	Sticky Milk Buns	600	234	26	16	0	45	550	77	2	30	12
Sweets & Pastries	Strawberry Croissant	370	189	21	14	0	20	290	38	2	13	5
Sweets & Pastries	Sweet Potato Bread	250	72	8	4.5	0	35	160	39	1	17	5
Sweets & Pastries	Sweet Potato Pastry	280	117	13	8	0	30	250	35	0	8	4
Sweets & Pastries	Tiramisu Tart	180	108	12	8	0	30	35	15	0	8	3

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Sweets & Pastries	Very Berry Pastry	170	81	9	5	0	25	120	22	2	8	2
Sweets & Pastries	Walnut Cream Bread	430	243	27	13	0	65	200	40	2	17	8
Sweets & Pastries	Whole Red Bean Bread	240	40.5	4.5	2.5	0	25	160	42	1	15	7
Donuts	Coffee Croissant Donut	420	198	22	12	0.5	45	250	49	1	26	5
Donuts	Cream Cheese Donut	200	54	6	3	0	10	140	25	1	7	2
Donuts	Croissant Donut	310	162	18	10	0	40	210	31	1	13	4
Donuts	Jumbo Twisted Donut	320	81	9	2	0	60	410	54	2	14	6
Donuts	King Cream Donut	300	117	13	6	0	30	290	40	0	14	6
Donuts	Strawberry Mochi Donut	180	63	7	2.5	0	0	50	29	0	12	1
Donuts	Sugar Mochi Donut	150	63	7	2	0	0	50	21	0	6	1
Donuts	Sweet Rice Donut	250	81	9	2.5	0	0	390	41	1	7	3
Donuts	Twisted Donut	180	54	6	1.5	0	0	210	29	1	9	4
Savories	4-Cheese Quiche	370	225	25	15	0	125	490	23	1	4	12
Savories	Crab Meat Croquette	300	126	14	2.5	0	10	480	35	1	5	7
Savories	Curry Croquette	240	81	9	2	0	5	390	34	2	6	6
Savories	Ham & Cheese Pastry	380	207	23	14	0	65	540	30	0	5	13
Savories	Hash Brown Bread	420	198	22	9	0	60	950	44	2	10	12
Savories	Pastry Frank	400	261	29	13	0	65	780	24	1	4	11
Savories	Pepperoni Pizzetta	360	216	24	14	0	60	580	21	1	3	14
Savories	Salted Butter Twist Roll	250	126	14	7	0	5	760	27	1	5	5
Savories	Smoked Sausage Bread	430	234	26	10	0	80	1000	32	1	9	14
Shareable Breads	Baguette	690	0	0	0	0	0	1640	138	0	5	26
Shareable Breads	Milk Bread	120	31.5	3.5	2	0	0	190	19	1	3	3
Shareable Breads	Mini Croissant 6pc	390	189	21	14	0	0	430	43	0	8	7
Shareable Breads	Mini Garlic Croissant 6pc	430	243	27	17	0	20	410	39	0	10	6
Shareable Breads	Mini Grain Cream Cheese Pastry 6pc	460	261	29	15	0	60	430	42	0	12	9
Shareable Breads	Multigrain Bread	120	22.5	2.5	1	0	0	170	20	1	3	4
Shareable Breads	Raisin Bread	140	31.5	3.5	2	0	0	190	24	1	7	3
Shareable Breads	Soft Cream Bread	120	27	3	1.5	0	5	180	21	1	1	3
Shareable Breads	Sourdough Loaf Bread	200	4.5	0.5	0	0	0	450	39	0	0	7
Breakfast Sandwiches	Bacon, Egg & Cheddar Croissant	510	324	36	18	0	225	890	24	1	5	20
Breakfast Sandwiches	Egg & Cheddar Twist Roll	420	243	27	13	0	210	1070	29	1	5	16
Breakfast Sandwiches	Ham, Egg & Swiss Twist Roll	470	261	29	14	0	230	1360	30	1	6	22
Breakfast Sandwiches	Sourdough Supreme Breakfast Sandwich	740	270	30	13	0	230	1800	76	0	0	38
Salads, Sandwiches & Wraps	Grilled Cheese	820	324	36	21	0	100	1490	88	0	0	38
Salads, Sandwiches & Wraps	Sourdough Turkey Melt ²	740	252	28	11	0	85	2350	78	0	2	41
Salads, Sandwiches & Wraps	Caprese Baguette	520	180	20	11	0	45	290	58	0	3	25
Salads, Sandwiches & Wraps	Chicken Caesar Wrap ²	700	360	40	9	0	100	2160	49	1	5	36
Salads, Sandwiches & Wraps	Egg Salad Sandwich	580	315	35	10	0	580	930	40	1	8	25
Salads, Sandwiches & Wraps	Ham & Cheese Baguette	560	216	24	15	0	100	970	55	0	4	29
Salads, Sandwiches & Wraps	Harvest Chicken Salad Sandwich	600	315	35	6	0	75	910	48	2	5	23
Salads, Sandwiches & Wraps	Tuna Sandwich	650	387	43	9	0	40	1340	43	1	7	23
Salads, Sandwiches & Wraps	Turkey Avocado Sandwich	390	135	15	4	0	40	360	44	4	5	20
Hot Beverages	Brewed Coffee 12oz	5	0	0	0	0	0	10	1	0	0	0
Hot Beverages	Brewed Coffee 16oz	5	0	0	0	0	0	10	1	0	0	0
Hot Beverages	Brewed Coffee 20oz	5	0	0	0	0	0	15	1	0	0	0
Hot Beverages	Café Latte 12oz	150	72	8	4.5	0	35	115	12	0	10	9
Hot Beverages	Café Latte 16oz	190	90	10	6	0	40	140	16	0	13	12
Hot Beverages	Café Latte 20oz	220	108	12	7	0	50	170	19	0	16	15
Hot Beverages	Cappuccino 12oz	90	45	5	3	0	20	70	8	0	6	7
Hot Beverages	Cappuccino 16oz	130	63	7	4	0	30	100	11	0	9	9
Hot Beverages	Cappuccino 20oz	170	81	9	5	0	35	130	15	0	12	12
Hot Beverages	Vanilla Latte 12oz	260	63	7	4	0	30	100	43	0	40	9
Hot Beverages	Vanilla Latte 16oz	330	81	9	5	0	35	130	54	0	50	11
Hot Beverages	Vanilla Latte 20oz	410	99	11	6	0	45	160	65	0	60	14
Hot Beverages	Café Mocha 12oz	290	72	8	5	0	30	115	47	0	45	10
Hot Beverages	Café Mocha 16oz	410	99	11	6	0	35	150	68	0	66	13
Hot Beverages	Café Mocha 20oz ¹	530	117	13	8	0	45	180	89	0	86	17

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Hot Beverages	Caramel Macchiato 12oz	200	63	7	4.5	0	30	115	36	0	32	9
Hot Beverages	Caramel Macchiato 16oz	270	81	9	6	0	40	140	47	0	43	12
Hot Beverages	Caramel Macchiato 20oz	340	99	11	7	0	45	170	58	0	53	15
Hot Beverages	Hazelnut Latte 12oz	250	63	7	4	0	30	115	39	0	37	9
Hot Beverages	Hazelnut Latte 16oz	320	81	9	5	0	35	140	49	0	47	11
Hot Beverages	Hazelnut Latte 20oz	390	99	11	6	0	45	180	59	0	56	14
Hot Beverages	Caramel Latte 12oz	130	72	8	5	0	35	140	35	0	31	10
Hot Beverages	Caramel Latte 16oz	170	99	11	7	0	45	190	50	0	44	13
Hot Beverages	Caramel Latte 20oz ¹	210	126	14	8	0	55	240	65	0	57	17
Hot Beverages	Americano 12oz	5	0	0	0	0	0	10	1	0	0	2
Hot Beverages	Americano 16oz	10	0	0	0	0	0	10	1	0	0	3
Hot Beverages	Americano 20oz	10	0	0	0	0	0	15	2	0	0	4
Hot Beverages	Espresso 1oz	5	0	0	0	0	0	0	1	0	0	1
Hot Beverages	Hazelnut Coffee 12oz	10	0	0	0	0	0	10	2	0	0	0
Hot Beverages	Hazelnut Coffee 16oz	15	0	0	0	0	0	10	3	0	0	0
Hot Beverages	Hazelnut Coffee 20oz	20	0	0	0	0	0	15	4	0	0	0
Hot Beverages	Chai Latte 12oz	380	117	13	10	0	35	260	61	0	54	12
Hot Beverages	Chai Latte 16oz	490	144	16	12	0	45	330	80	0	70	14
Hot Beverages	Chai Latte 20oz ¹	610	180	20	15	0	55	400	98	0	87	17
Hot Beverages	Matcha Latte 12oz	330	144	16	12	0	35	210	41	0	33	9
Hot Beverages	Matcha Latte 16oz	440	189	21	16	0	35	280	57	0	45	10
Hot Beverages	Matcha Latte 20oz	560	234	26	21	0	40	340	73	0	57	12
Hot Beverages	Hot Chocolate 12oz	270	99	11	8	0	30	290	43	0	36	3
Hot Beverages	Hot Chocolate 16oz	370	117	13	9	0	30	430	64	0	54	4
Hot Beverages	Hot Chocolate 20oz ¹	470	126	14	10	0	30	570	85	0	71	6
Hot Beverages	Hot Tea (Breakfast) 12oz	5	0	0	0	0	0	0	1	0	0	0
Hot Beverages	Hot Tea (Breakfast) 16oz	5	0	0	0	0	0	0	1	0	0	0
Hot Beverages	Hot Tea (Breakfast) 20oz	5	0	0	0	0	0	0	2	0	0	0
Hot Beverages	Hot Tea (Earl Grey-Blue Flowers) 12oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Earl Grey-Blue Flowers) 16oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Earl Grey-Blue Flowers) 20oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Chamomile) 12oz	5	0	0	0	0	0	0	1	0	0	0
Hot Beverages	Hot Tea (Chamomile) 16oz	5	0	0	0	0	0	0	1	0	0	0
Hot Beverages	Hot Tea (Chamomile) 20oz	5	0	0	0	0	0	0	1	0	0	0
Hot Beverages	Hot Tea (Green Tea with Mint) 12oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Green Tea with Mint) 16oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Green Tea with Mint) 20oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Long Jing) 12oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Long Jing) 16oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Long Jing) 20oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Rooibos) 12oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Rooibos) 16oz	0	0	0	0	0	0	0	0	0	0	0
Hot Beverages	Hot Tea (Rooibos) 20oz	0	0	0	0	0	0	0	0	0	0	0
Iced Beverages	Iced Black Coffee 16oz	5	0	0	0	0	0	15	1	0	0	0
Iced Beverages	Iced Black Coffee 20oz	5	0	0	0	0	0	15	1	0	0	0
Iced Beverages	Iced Black Coffee 24oz	5	0	0	0	0	0	20	1	0	0	0
Iced Beverages	Cold Brew 16oz	0	0	0	0	0	0	5	0	0	0	0
Iced Beverages	Cold Brew 20oz	0	0	0	0	0	0	10	0	0	0	0
Iced Beverages	Cold Brew 24oz	0	0	0	0	0	0	10	0	0	0	0
Iced Beverages	Vanilla Sweet Cream Cold Brew 16oz	110	63	7	5	0	30	0	10	0	9	0
Iced Beverages	Vanilla Sweet Cream Cold Brew 20oz	150	63	7	5	0	30	0	18	0	17	0
Iced Beverages	Vanilla Sweet Cream Cold Brew 24oz	180	63	7	5	0	30	0	26	0	25	0
Iced Beverages	Iced Café Latte 16oz	150	72	8	4.5	0	35	120	12	0	10	9
Iced Beverages	Iced Café Latte 20oz	190	90	10	6	0	40	150	16	0	13	12
Iced Beverages	Iced Café Latte 24oz	220	108	12	7	0	50	180	19	0	16	15
Iced Beverages	Iced Café Mocha 16oz	290	72	8	5	0	30	120	47	0	45	10
Iced Beverages	Iced Café Mocha 20oz	410	99	11	6	0	35	150	68	0	66	13
Iced Beverages	Iced Café Mocha 24oz ¹	530	117	13	8	0	45	190	89	0	86	17

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Iced Beverages	Iced Vanilla Latte 16oz	260	63	7	4	0	30	105	43	0	40	9
Iced Beverages	Iced Vanilla Latte 20oz	330	81	9	5	0	35	130	54	0	50	11
Iced Beverages	Iced Vanilla Latte 24oz	410	99	11	6	0	45	160	65	0	60	14
Iced Beverages	Iced Caramel Macchiato 16oz	200	63	7	4.5	0	30	120	36	0	32	9
Iced Beverages	Iced Caramel Macchiato 20oz	270	81	9	6	0	40	150	47	0	43	12
Iced Beverages	Iced Caramel Macchiato 24oz	340	99	11	7	0	45	180	58	0	53	15
Iced Beverages	Iced Hazelnut Latte 16oz	250	63	7	4	0	30	120	39	0	37	9
Iced Beverages	Iced Hazelnut Latte 20oz	320	81	9	5	0	35	150	49	0	47	11
Iced Beverages	Iced Hazelnut Latte 24oz	390	99	11	6	0	45	180	59	0	56	14
Iced Beverages	Iced Caramel Latte 16oz	130	72	8	5	0	35	150	35	0	31	10
Iced Beverages	Iced Caramel Latte 20oz	170	99	11	7	0	45	200	50	0	44	13
Iced Beverages	Iced Caramel Latte 24oz ¹	210	126	14	8	0	55	250	65	0	57	17
Iced Beverages	Iced Americano 16oz	5	0	0	0	0	0	15	1	0	0	2
Iced Beverages	Iced Americano 20oz	10	0	0	0	0	0	15	1	0	0	3
Iced Beverages	Iced Americano 24oz	10	0	0	0	0	0	20	2	0	0	4
Iced Beverages	Korean Iced Milk Coffee 16oz	90	63	7	4	0	30	70	4	0	3	3
Iced Beverages	Korean Iced Milk Coffee 20oz	110	81	9	5	0	35	85	5	0	4	4
Iced Beverages	Korean Iced Milk Coffee 24oz	130	90	10	6	0	45	100	6	0	5	4
Iced Beverages	Iced Black Tea 16oz	0	0	0	0	0	0	5	1	0	0	0
Iced Beverages	Iced Black Tea 20oz	5	0	0	0	0	0	10	1	0	0	0
Iced Beverages	Iced Black Tea 24oz	5	0	0	0	0	0	10	1	0	0	0
Iced Beverages	Iced Green Tea 16oz	0	0	0	0	0	0	0	0	0	0	0
Iced Beverages	Iced Green Tea 20oz	0	0	0	0	0	0	0	0	0	0	0
Iced Beverages	Iced Green Tea 24oz	0	0	0	0	0	0	0	0	0	0	0
Iced Beverages	Peach Iced Tea 16oz	120	0	0	0	0	0	5	28	0	28	0
Iced Beverages	Peach Iced Tea 20oz ¹	150	0	0	0	0	0	5	36	0	36	0
Iced Beverages	Peach Iced Tea 24oz ¹	170	0	0	0	0	0	10	41	0	41	0
Iced Beverages	Iced Chai Latte 16oz	380	117	13	10	0	35	260	61	0	54	12
Iced Beverages	Iced Chai Latte 20oz	490	144	16	12	0	45	330	80	0	70	14
Iced Beverages	Iced Chai Latte 24oz ¹	610	180	20	15	0	55	400	98	0	87	17
Iced Beverages	Iced Matcha Latte 16oz	440	72	8	5	0	30	180	81	0	62	7
Iced Beverages	Iced Matcha Latte 20oz	570	90	10	7	0	40	230	104	0	78	9
Iced Beverages	Iced Matcha Latte 24oz	690	117	13	8	0	50	280	126	0	94	12
Frozen Beverages	Coffee Frappe 16oz	200	2.5	22.5	2.5	0	5	95	44	0	43	3
Frozen Beverages	Coffee Frappe 20oz ¹	260	27	3	2	0	10	115	56	0	54	5
Frozen Beverages	Coffee Frappe 24oz ¹	310	31.5	3.5	2	0	10	140	67	0	65	6
Frozen Beverages	Mocha Frappe 16oz ¹	230	27	3	1.5	0	10	70	51	2	46	5
Frozen Beverages	Mocha Frappe 20oz ¹	300	36	4	2.5	0	10	100	67	3	60	8
Frozen Beverages	Mocha Frappe 24oz ¹	380	45	5	3	0	15	125	83	4	74	10
Frozen Beverages	Matcha Frappe 16oz	420	63	7	4.5	0	30	160	80	0	60	6
Frozen Beverages	Matcha Frappe 20oz	550	81	9	6	0	40	210	102	0	76	8
Frozen Beverages	Matcha Frappe 24oz	670	108	12	7	0	50	260	125	0	92	11
Frozen Beverages	Lavender Matcha Frappe 16oz ¹	420	54	6	4	0	25	140	81	0	60	6
Frozen Beverages	Lavender Matcha Frappe 20oz ¹	560	81	9	6	0	35	190	106	0	79	8
Frozen Beverages	Lavender Matcha Frappe 24oz ¹	690	99	11	7	0	45	240	131	0	97	10
Frozen Beverages	Strawberry Smoothie 16oz ²	400	0	0	0	0	0	5	102	0	100	0
Frozen Beverages	Strawberry Smoothie 20oz ²	500	0	0	0	0	0	5	128	0	125	0
Frozen Beverages	Strawberry Smoothie 24oz ¹	600	0	0	0	0	0	10	153	0	150	0
Frozen Beverages	Mango Smoothie 16oz ¹	320	0	0	0	0	0	5	81	0	70	0
Frozen Beverages	Mango Smoothie 20oz ¹	400	0	0	0	0	0	5	102	0	87	0
Frozen Beverages	Mango Smoothie 24oz ¹	480	0	0	0	0	0	10	122	0	105	0
Grab & Go	Triple Chocolate Chip Cookie	530	234	26	13	0	40	270	73	2	46	7
Grab & Go	Macadamia Nut Cookie	580	306	34	18	0	40	310	65	2	40	8
Grab & Go	Decadent Chocolate Brownie	490	243	27	11	0	90	180	61	0	47	5
Grab & Go	Vegan Chocolate Chip Muffin	520	225	25	5	0	0	400	74	2	47	5
Grab & Go	Vegan Blueberry Muffin	420	180	20	1	0	0	400	64	2	35	5
Grab & Go	Mr. Bear	120	63	7	4.5	0	40	75	12	0	8	2
Grab & Go	Ms. Bear	110	63	7	4.5	0	40	55	12	0	7	1

Category	Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Grab & Go	Macaron-Cappuccino	80	36	4	1.5	0	5	10	9	0	8	1
Grab & Go	Macaron-Double Dark Chocolate	70	31.5	3.5	1	0	5	5	8	0	7	1
Grab & Go	Macaron-Green Tea	80	36	4	1.5	0	5	10	10	0	8	1
Grab & Go	Macaron-Pistachio	80	36	4	1.5	0	5	10	9	0	9	1
Grab & Go	Macaron-Raspberry Lemon	70	27	3	1	0	5	10	10	0	9	1
Grab & Go	Macaron-Red Velvet	70	36	4	1.5	0	5	15	10	0	7	1
Grab & Go	Macaron-Salted Caramel	80	36	4	1.5	0	5	10	10	0	9	1
Grab & Go	Macaron-Strawberry Shortcake	70	27	3	1	0	5	10	10	0	9	1
Specialty Cakes	Strawberry Soft Cream Two Tier Cake	210	135	15	8	0	85	45	15	1	10	2
Specialty Cakes	Strawberry Soft Cream Three Tier Cake	200	126	14	8	0	80	45	14	0	10	2
Specialty Cakes	Strawberry Soft Cream Sheet Cake	200	126	14	7	0	90	55	15	0	10	2
Specialty Cakes	Strawberry Soft Cream Celebration Cake	180	126	14	8	0	70	30	11	0	8	1
Specialty Cakes	Chocolate Celebration Cake	190	117	13	4.5	0	35	65	17	0	12	2
Specialty Cakes	Chocolate Buttercream Two Tier Cake	170	99	11	3.5	0	35	60	16	0	11	2
Specialty Cakes	Double Layered Tuxedo Cake	160	99	11	6	0	65	45	13	0	9	2
Cakes - Seasonal	Carrot Cake	640	369	41	20	0	115	290	57	2	39	7
Cakes - Seasonal	Caramel Apple Streusel Trifle	360	135	15	8	0	95	130	45	0	32	4
Cake Slices & Tarts - Seasonal	Carrot Cake Slice	910	540	60	27	0	155	380	77	3	52	10
Cake Slices & Tarts - Seasonal	Caramel Apple Streusel Trifle Cup	420	144	16	9	0	85	140	54	0	39	3
Cake Slices & Tarts - Seasonal	Pumpkin Streusel Tart	410	180	20	13	0	80	250	51	1	25	5
Cake Slices & Tarts - Seasonal	Caramel Apple Streusel Tart	400	108	12	8	0	5	140	64	0	37	4
Cake Slices & Tarts - Seasonal	Pecan Tart	460	252	28	7	0	0	130	50	3	28	7
Sweets & Pastries-Seasonal	Pumpkin Cheese Danish	330	135	15	9	0	40	310	43	1	19	5
Sweets & Pastries-Seasonal	Pumpkin Spice Cruffin	350	162	18	11	0	50	260	42	1	9	4
Sweets & Pastries-Seasonal	Caramel Apple Streusel Waffle	500	207	23	15	0	65	400	67	2	33	5
Donuts-Seasonal	Cookies & Cream Mochi Donut	220	108	12	3.5	0	0	80	27	0	8	2
Donuts-Seasonal	Caramel Apple Streusel Donut	300	72	8	2.5	0	5	290	48	0	20	5
Savories-Seasonal	Pesto Chicken Pizzetta with Goat Cheese	390	216	24	14	0	80	650	24	1	4	19
Salads, Sandwiches & Wraps-Seasonal	Turkey, Cranberry & Goat Cheese Pastry Sandwich	520	234	26	11	0	75	1140	51	1	3	22
Salads, Sandwiches & Wraps-Seasonal	Chicken Sausage, Egg & Cheddar Everything Breakfast Pastry Sandwich	430	243	27	13	0	270	770	27	1	9	20
Salads, Sandwiches & Wraps-Seasonal	Harvest Chicken Salad with Goat Cheese	470	279	31	7	0	50	560	30	2	1	19
Hot Beverages-Seasonal	Pumpkin Streusel Latte 12oz	330	90	10	6	0	40	210	51	0	44	10
Hot Beverages-Seasonal	Pumpkin Streusel Latte 16oz ¹	460	108	12	8	0	50	290	76	0	67	12
Hot Beverages-Seasonal	Pumpkin Streusel Latte 20oz ¹	600	135	15	9	0	60	380	102	0	89	15
Hot Beverages-Seasonal	Pumpkin Chai Oatmilk Latte 12oz	390	81	9	1.5	0	5	300	71	0	57	5
Hot Beverages-Seasonal	Pumpkin Chai Oatmilk Latte 16oz ¹	550	99	11	2	0	10	420	103	0	84	7
Hot Beverages-Seasonal	Pumpkin Chai Oatmilk Latte 20oz ²	710	126	14	2.5	0	10	540	135	0	111	9
Hot Beverages-Seasonal	Caramel Apple Macchiato 12oz	310	72	8	5	0	35	160	52	0	48	8
Hot Beverages-Seasonal	Caramel Apple Macchiato 16oz	380	90	10	6	0	45	190	63	0	58	10
Hot Beverages-Seasonal	Caramel Apple Macchiato 20oz ¹	460	108	12	7	0	50	230	74	0	68	12
Hot Beverages-Seasonal	Caramel Apple Matcha Latte 12oz ¹	430	90	10	6	0	45	180	73	0	70	10
Hot Beverages-Seasonal	Caramel Apple Matcha Latte 16oz ¹	540	108	12	7	0	50	220	93	0	89	12
Hot Beverages-Seasonal	Caramel Apple Matcha Latte 20oz ¹	650	126	14	9	0	60	250	114	0	110	14
Iced Beverages-Seasonal	Iced Pumpkin Streusel Latte 16oz	430	153	17	14	0	40	210	56	0	44	10
Iced Beverages-Seasonal	Iced Pumpkin Streusel Latte 20oz ¹	560	180	20	15	0	50	300	81	0	67	12
Iced Beverages-Seasonal	Iced Pumpkin Streusel Latte 24oz ¹	700	198	22	17	0	60	390	107	0	89	15
Iced Beverages-Seasonal	Iced Pumpkin Chai Oatmilk Latte 16oz	390	81	9	1.5	0	5	310	71	0	57	5
Iced Beverages-Seasonal	Iced Pumpkin Chai Oatmilk Latte 20oz ¹	550	99	11	2	0	10	430	103	0	84	7
Iced Beverages-Seasonal	Iced Pumpkin Chai Oatmilk Latte 24oz ¹	710	126	14	2.5	0	10	550	135	0	111	9
Iced Beverages-Seasonal	Pumpkin Sweet Cream Cold Brew 16oz	240	99	11	8	0	50	55	29	0	27	1
Iced Beverages-Seasonal	Pumpkin Sweet Cream Cold Brew 20oz	290	108	12	8	0	50	75	43	0	39	2
Iced Beverages-Seasonal	Pumpkin Sweet Cream Cold Brew 24oz	350	108	12	8	0	50	95	56	0	51	2
Iced Beverages-Seasonal	Iced Caramel Apple Macchiato 16oz	310	72	8	5	0	35	160	52	0	48	8
Iced Beverages-Seasonal	Iced Caramel Apple Macchiato 20oz	380	90	10	6	0	45	200	63	0	58	10
Iced Beverages-Seasonal	Iced Caramel Apple Macchiato 24oz ¹	460	108	12	7	0	50	230	74	0	68	12
Iced Beverages-Seasonal	Iced Caramel Apple Matcha Latte 16oz ¹	430	90	10	6	0	45	180	73	0	70	10
Iced Beverages-Seasonal	Iced Caramel Apple Matcha Latte 20oz ¹	540	108	12	7	0	50	220	93	0	89	12
Iced Beverages-Seasonal	Iced Caramel Apple Matcha Latte 24oz ¹	650	126	14	9	0	60	250	114	0	110	14

Category	Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
¹ Warning: Added sugars content of this item is equal to or higher than the total daily recommended limit of added sugars for a 2,000 calorie diet (50 grams). Eating or drinking high amounts of added sugars over time can increase risk of type 2 diabetes, weight gain and tooth decay.												
² Warning:The sodium (salt) content of this item is higher than the totally daily recommended limit (2,300 mg). High sodium intake can increase blood pressure and risk of heart disease and stroke.												