



NUTRITIONAL & ALLERGEN INFORMATION GUIDE

Categories	Made Without Gluten	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Contains Milk	Contains Peanuts	Contains Tree Nuts	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soy	Contains Fish	Contains Shellfish	Contains Eggs	Vegan	Vegetarian	Halal Certified Meat
All Day Breakfast Bagel																								
Cinnamon Raisin Bagel		320	0	0	0	0	380	64	2	6	12				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>		
Wheat Bagel		320	0	0	0	0	420	64	4	6	12				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>		
Plain Bagel		300	0	0	0	0	250	62	2	6	12				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>		
Everything Bagel		300	1	0	0	0	420	60	2	6	12				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>		
Bacon	<input checked="" type="checkbox"/>	90	7	2.5	0	20	270	1	0	0	6													
Sausage	<input checked="" type="checkbox"/>	180	18	6	0	30	170	1	0	0	5													
Cheddar	<input checked="" type="checkbox"/>	80	7	4	0	20	135	1	0	0	5	<input checked="" type="checkbox"/>											<input checked="" type="checkbox"/>	
Provolone	<input checked="" type="checkbox"/>	100	8	5	0	20	250	0	0	0	7	<input checked="" type="checkbox"/>											<input checked="" type="checkbox"/>	
American	<input checked="" type="checkbox"/>	100	8	5	0	20	240	2	0	2	6	<input checked="" type="checkbox"/>											<input checked="" type="checkbox"/>	
Pastries																								
Jumbo Chocolate Chip Cookie		520	25	15	1	80	280	69	2	37	6	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Jumbo Snickerdoodle Cookie		300	8	5	0	50	130	50	1	22	6				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>	
Lemon Poppy Seed Muffin		320	14	4	0	30	210	43	2	23	5	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Orange Black Currant Scone		260	9	6	0	45	270	37	1	13	6	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Chocolate Croissant		270	14	9	0	35	250	28	2	8	5	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Plain Croissant		280	15	9	0	45	320	29	1	5	6	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Everything Seasoning Croissant		300	15	9	0	45	385	30	2	5	6	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Strawberry POP Tart		410	22	15	0	0	270	51	1	23	2	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>	
Cherry Cheese Danish		360	18	11	0.5	70	360	40	1	15	7	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Cinnamon Roll		440	20	12	0	60	520	52	2	14	8	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Bacon and Swiss Quiche		350	24	12	0	195	420	21	0	6	13	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>			

If you have any food allergies or dietary restrictions, please speak with a member of our team. We are happy to assist and ensure your dining experience is safe and enjoyable.

Please note: Due to shared preparation and cooking areas in our kitchens and the risk of cross-contact, we cannot guarantee that any item is free of any allergen.

Nutritional information does not include additional condiments or ingredients.

*Made without gluten means the menu item is made with ingredients that do not contain gluten.

IMPORTANT: Foods prepared without gluten containing ingredients may not be 'gluten-free' since recipes are prepared in open kitchens where cross-contact is possible.