



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
Pastries & Bagels																							
Jumbo Chocolate Chip Cookie		510	25	15	1	80	280	71	2	38	6	✓			✓	✓		✓			✓		✓
Jumbo M&M Cookie Pretzel		550	25	16	1	95	420	77	2	38	7	✓			✓	✓		✓			✓		✓
Blueberry Streusel Muffin		490	13	5	0	20	280	90	2	48	7	✓			✓	✓					✓		✓
Apricot Cardamom Scone		280	10	6	0	65	270	44	3	18	6	✓			✓	✓					✓		✓
Cherry Cheese Danish		360	18	11	0.5	70	360	40	1	15	7	✓			✓	✓		✓			✓		✓
Black & White Cupcake		450	19	8	0	35	330	69	2	54	4	✓			✓	✓		✓			✓		✓
S'mores Bar		370	11	7	0	25	250	64	2	36	2	✓			✓	✓		✓					
Orange Date Nut Cake		480	26	2	0	0	120	62	4	39	4			✓	✓	✓					✓		✓
Chocolate Croissant		270	14	9	0	35	250	28	2	8	5	✓			✓	✓		✓					✓
Plain Croissant		280	15	9	0	45	320	29	1	5	6	✓			✓	✓					✓		✓
Almond Bear Claw		350	19	10	0	55	300	39	1	11	6	✓		✓	✓	✓					✓		✓
Cinnamon Roll		450	22	9	1.5	20	480	58	1	37	4	✓			✓	✓		✓			✓		✓
Plain Bagel		380	1	0	0	0	1080	71	3	5	13				✓	✓						✓	
Everything Bagel		400	1	0	0	0	1800	66	3	4	12				✓	✓	✓					✓	
Cinnamon Raisin Bagel		380	1	0	0	0	1020	73	4	9	13				✓	✓						✓	

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Nutritional information does not include additional condiments or ingredients.

If you have any food allergies or dietary restrictions, please speak with a member of our team. We are happy to assist to 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.

*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.

**Fall 2026 Menu