



# NUTRITIONAL & ALLERGEN INFORMATION GUIDE

Categories	Calories	Fat (g)	Trans Fat (g)	Saturated 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 Eggs	Vegan	Vegetarian	Made Without Gluten
<b>Pastries</b>																					
Apple Cinnamon Scone	390	18	0	9	0	330	54	1	28	5	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				
Blondie	550	34	0	10	35	360	60	4	35	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"/>			
Blueberry Muffin	400	19	0	3	65	390	50	1	30	6	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Blueberry Scone	380	14	0	7	0	320	57	1	27	5	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>			
Brownie	510	29	0	12	85	180	62	3	48	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"/>	<input checked="" type="checkbox"/>			
Chocolate Chunk Muffin	420	19	0	5	65	320	56	3	36	6	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Cinnamon Roll	460	21	0	13	0	1220	62	3	17	7	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				
Jumbo Chocolate Chip Cookie	455	22	0.2	8	30	303	61	2	35	4	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Lemon Pound Cake	420	19	0.5	11	125	310	56	1	39	5	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
Plain Bagel	275	1.6	0	0.2	0	534	53	2	0	10.5				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>		
Raspberry White Chocolate Scone	390	15	0	8	0	330	57	1	29	5	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				
Salted Caramel Cookie	420	18	0	11	55	660	60	1	33	5	<input checked="" type="checkbox"/>		<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.