

03.29.18

\* Items May come in contact with the following known Allergens: Wheat (W), Milk (M), Eggs (E), Soy (S), Peanuts (P), Tree Nuts (TN), Fish (F), Shellfish (SH)

Bagels	*ALLERGENS	Total Weight (g)	Servings	Total Calories	Calories from Fat	Total Fat (g)	% DV Total Fat	Saturated Fat (g)	%DV Saturated Fat	Trans Fat (g)	Cholesterol (mg)	%DV Cholesterol	Sodium (mg)	%DV Sodium	Total Carbohydrate (g)	%DV Ttl Carbohydrate	Dietary Fiber (g)	%DV Dietary Fiber	Sugars (g)	Protein (g)
All World	W	1 ct (120g)	1	300	10	1.5	2%	0	0%	0	0	0%	800	33%	60	20%	2	8%	5	11
Asiago	W, M	1 ct (113g)	1	280	25	3	5%	1	5%	0	0	0%	540	23%	56	19%	1	4%	2	10
Blueberry	W, S	1 ct (113g)	1	300	10	1	2%	0	0%	0	0	0%	460	19%	59	20%	2	8%	6	8
Chocolate Chip	W, S	1 ct (113g)	1	300	25	3	5%	1	5%	0	0	0%	440	18%	57	19%	2	8%	6	8
Cinnamon Raisin	W	1 ct (113g)	1	280	0	0	0%	0	0%	0	0	0%	440	18%	59	20%	2	8%	8	8
Herb and Cheese	W, M	1 ct (113g)	1	280	25	3	5%	1	5%	0	0	0%	520	22%	54	18%	2	8%	1	10
Jalapeno Cheese	W, M	1 ct (113g)	1	280	20	2	3%	0	0%	0	0	0%	620	26%	56	19%	2	8%	2	10
Megaberry	W, S	1 ct (113g)	1	280	10	1	2%	1	5%	0	0	0%	460	19%	59	20%	2	8%	6	8
Multigrain	W	1 ct (113g)	1	280	10	1	2%	0	0%	0	0	0%	440	18%	57	19%	2	8%	4	8
Onion	W	1 ct (113g)	1	280	10	1	2%	0	0%	0	0	0%	460	19%	57	19%	2	8%	1	10
Plain	W	1 ct (113g)	1	280	0	0	0%	0	0%	0	0	0%	480	20%	58	19%	2	8%	4	10
Seasame Topped	W	1 ct (120g)	1	310	25	3	5%	0	0%	0	0	0%	480	20%	59	20%	3	12%	4	11
Salt Topped	W	1 ct (116g)	1	280	0	0	0%	0	0%	0	0	0%	1390	58%	58	19%	2	8%	4	10
Cheese Topped	W, M	1 ct (121g)	1	310	20	2.5	4%	1.5	8%	0	10	3%	530	22%	58	19%	2	8%	4	12
Jalapeno Cheese Topped	W, M	1 ct (121g)	1	310	40	4.5	7%	1.5	8%	0	10	3%	670	28%	56	19%	2	8%	2	12

03.30.18

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BAKERY Donuts	*ALLERGENS	Serving size oz(g)	Calories	Calories from Fat	Total Fat (g)	% DV Total Fat	Saturated Fat (g)	%DV Saturated Fat	Trans Fat (g)	Cholesterol (mg)	%DV Cholesterol	Sodium (mg)	%DV Sodium	Total Carb (g)	%DV Ttl Carb	Dietary Fiber (g)	%DV Dietary Fiber	Sugars (g)	Protein (g)
<b>Choose a Donut</b>																			
Raised Ring Donut	W, E, M, S	1 ct (56g)	280	160	18	28	9	45	0	0	0	240	10	23	8	1	4	3	4
Raised Bar Donut	W, E, M, S	1 ct (80g)	290	140	15	23	7	35	0	0	0	310	13	33	11	1	4	4	5
Raised Twist Donut	W, E, M, S	1 ct (78g)	280	140	15	23	7	35	0	0	0	300	13	32	11	1	4	4	5
Raised Star Donut (TX)	W, E, M, S	1 ct (56g)	220	110	12	18	6	30	0	0	0	210	9	22	7	1	4	3	4
Raised Bismark Shell	W, E, M, S	1 ct (53g)	200	90	10	15	5	25	0	0	0	200	8	22	7	1	4	3	4
Cruller Donut	W, E, M, S	1 ct (49g)	210	160	18	28	9	45	0	30	10	210	9	9	3	0	0	0	3
Cake Ring Donut	W, E, M, S	1 ct (85g)	380	230	25	38	12	60	0	20	7	460	19	35	12	1	4	13	4
Old Fashioned Donut	W, E, M, S	1 ct (87g)	480	280	31	48	15	75	0	15	5	460	19	47	16	1	4	21	5
Pershing Donut	W, E, M, S	1 ct (92g)	370	180	20	31	9	45	0	0	0	360	15	40	13	2	8	5	6
Apple Fritter	W, E, M, S	1 ct (109g)	470	250	28	43	13	65	0	0	0	360	15	48	16	2	8	12	6
<b>Choose a Filling</b>																			
Bavarian Crème	none	28g	35	5	0	0	0	0	0	0	0	40	2	8	3	0	0	6	0
Raspberry	none	28g	40	0	0	0	0	0	0	0	0	15	1	10	3	0	0	7	0
Lemon	none	28g	40	0	0	0	0	0	0	0	0	15	1	10	3	0	0	7	0
<b>Choose an Icing</b>																			
Glaze	none	10g	30	0	0	0	0	0	0	0	0	0	0	8	3	0	0	7	0
Chocolate icing	S	22g	80	20	2.5	4	0.5	3	0	0	0	20	1	16	5	0	0	14	0
Maple Icing	none	22g	70	0	0	0	0	0	0	0	0	5	0	18	6	0	0	17	0
Pink Icing	S	22g	80	5	0	0	0	0	0	0	0	15	1	18	6	0	0	18	0
<b>Choose a Topping</b>																			
Mini Choc Chips	M, S	10g	45	25	2.5	4	1.5	8	0	0	0	0	0	7	2	1	4	6	1
Coconut Shreds	TN	7g	35	20	2.5	4	2	10	0	0	0	20	1	3	1	0	0	3	0
Sprinkles	none	2g	10	5	0.5	1	0	0	0	0	0	0	0	2	1	0	0	1	0
Sugar	none	3g	10	0	0	0	0	0	0	0	0	0	0	3	1	0	0	3	0
Bacon Bits	none	10g	45	30	3	5	1.5	8	0	20	7	230	10	0	0	0	0	0	4
Whipped striping	M, S	1.5g	5	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0
Maple striping	none	2g	5	0	0	0	0	0	0	0	0	0	0	2	1	0	0	1	0
Chocolate striping	S	2g	5	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0
Pink striping	S	2g	5	0	0	0	0	0	0	0	0	0	0	2	1	0	0	2	0