

Artisan Baked Goods Nutritional & Ingredient Information (SoCal)

The following nutritional information is provided by our baked goods suppliers and is intended only as an estimate. Not all items are available in every location. All of our baked goods are produced in bakeries where known allergens are present. We cannot guarantee that any of our products are free from allergens (including dairy, eggs, soy, tree nuts, wheat and others) as we use shared equipment to store, prepare and serve them. Data is rounded to meet FDA regulations. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

	<u>Serving Size</u>		<u>Calories from</u>		<u>Saturated Fat</u>		<u>Cholesterol</u>		<u>Total Carbohydrates</u>				
	<u>(g)</u>	<u>Calories</u>	<u>Fat</u>	<u>Total Fat (g)</u>	<u>(g)</u>	<u>Trans Fat (g)</u>	<u>(mg)</u>	<u>Sodium (mg)</u>	<u>(g)</u>	<u>Fiber (g)</u>	<u>Sugars (g)</u>	<u>Protein (g)</u>	
Butter Croissant	65	310	140	15	10	0.5	55	320	34	1	5	7	
Almond Croissant	90	470	250	28	14	0.5	90	330	44	3	12	11	
Chocolate Croissant	83	350	160	18	10	0.5	40	400	43	2	14	7	
Ham & Cheese Croissant	98	340	160	18	10	0.5	60	620	31	1	6	12	
Pistachio & Almond Queen Croissant	110	440	240	27	14	1	75	380	42	2	14	9	
Cardamom Morning Bun	74	290	140	15	9	0.5	40	220	34	<1	13	4	
Lemon Blueberry Danish	98	400	180	20	12	0.5	55	340	49	1	26	6	
Pesto Caprese Danish	70	300	160	18	10	0.5	60	480	27	2	4	10	
Mixed Berry Cream Scone	94	350	150	17	10	0.5	55	300	44	1	15	6	
Banana Nut Bread	105	370	160	18	3	0	50	260	46	2	27	5	
Cinnamon Swirl Crumb Cake	100	490	200	22	10	0	75	270	68	2	38	6	
Blueberry Crumble Muffin	113	400	180	20	4.5	0	50	350	50	1	27	6	
Morning Glory Muffin	85	390	170	19	3	0	0	290	53	3	30	4	
Mini Cinnamon Roll	51	180	70	8	3	0	25	130	26	<1	14	3	
Chocolate Chip Cookie with Sea Salt	1 cookie	400	190	21	12	0	55	280	51	2	25	5	

Ingredients:

Butter Croissant	High gluten flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, butter, egg (whole eggs, citric acid), sugar, dry milk, dry barley malt (organic malted barley), yeast, salt, improver (wheat flour, malted barley flour, ascorbic acid, enzymes, lactic acid (lactic acid, calcium lactate)). Contains: Milk, Egg, Wheat.
Almond Croissant	High gluten flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, butter, egg (whole eggs, citric acid), sugar, almonds sliced, almond flour, butter, dry milk, dry barley malt (organic malted barley), yeast, salt, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), improver (wheat flour, malted barley flour, ascorbic acid, enzymes), almond extract (water, alcohol, benzaldehyde), lactic acid (lactic acid, calcium lactate). Contains: milk, egg, almond, wheat.
Chocolate Croissant	Unbleached wheat flour (wheat flour, enzymes), water, butter (cream [milk], natural flavor), semi-sweet chocolate (sugar, cocoa mass, cocoa butter, dextrose, soy lecithin, natural flavor), sugar, milk powder, yeast, sea salt, dough conditioner (wheat flour, xanthan gum, guar gum, deactivated yeast, enzymes, ascorbic acid), milk protein (casein), deactivated yeast. Contains: milk, wheat, soybeans.
Ham & Cheese Croissant	Wheat Flour (Wheat Flour, Enzyme), Low Sodium Smoked Ham Water Added (Pork Cured With: Water, Contains 2% Or Less Of Potassium Lactate, Dextrose, Salt, Potassium Chloride, Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Water, Butter (Cream [Milk], Natural Flavor), Bechamel Mustard Sauce (Milk, Dijon Mustard (Water, Mustard Seeds, Vinegar, Salt, Contains 2% Or Less of Citric Acid, Potassium Metabisulfite [Preservative]), Corn Starch, Butter [Sweet Cream, Lactic Acid], Palm Oil, Wheat Flour, Salt, Garlic Powder, Onion Powder, Spice, Natural Butter Flavor), Swiss Cheese (Part-Skim Milk, Cheese Culture, Salt, Enzymes), Sugar, Milk Powder, Yeast, Sea Salt, Dough Conditioner (Wheat Flour, Xanthan Gum, Guar Gum, Deactivated Yeast, Enzymes, Ascorbic Acid), Milk Protein (Casein), Deactivated Yeast. Contains: milk, wheat.
Pistachio & Almond Queen Croissant	Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), pistachio filling (cream cheese [pasteurized cultured milk and cream, salt, xanthan gum, locust bean gum, guar gum], eggs, pistachios, powdered sugar [sugar, cornstarch], butter [sweet cream], blanched almonds, honey, unbleached wheat flour, sugar, modified food starch, salt, natural flavor, orange blossom water), butter (sweet cream), water, sugar, pistachios, non fat dry milk, yeast, salt, dough conditioner (wheat gluten, xanthan gum, ascorbic acid, enzymes), deactivated yeast, enzyme. Contains wheat, milk, eggs, pistachio, peanut, and almond.
Cardamom Morning Bun	Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), butter (sweet cream), water, sugar, non fat dry milk, yeast, salt, cinnamon, cardamom, dough conditioner (wheat gluten, xanthan gum, ascorbic acid, enzymes), deactivated yeast, enzyme, orange oil. Contains wheat, milk.

Lemon Blueberry Danish	Wheat Flour (Wheat Flour, Enzyme), Lemon Curd Filling (Sugar, Lemon Juice, Water, Butter [Milk], Egg Yolk, Modified Starch, Protein, Fruit and Vegetable Juice [Color]), Butter (Cream [Milk], Natural Flavor), Water, Sugar, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Carob Bean Gum, Guar Gum), Blueberries, Milk Powder, Yeast, Sea Salt, Pastry Cream (Sugar, Modified Potato Starch, Whey Powder, Whole Milk Powder, Skimmed Milk Powder, Sodium Alginate), Dough Conditioner (Wheat Flour, Xanthan Gum, Guar Gum, Deactivated Yeast, Enzymes, Ascorbic Acid), Deactivated Yeast, Citric Acid. Contains egg, milk, wheat.
Pesto Caprese Danish	High gluten flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), mozza blend (skim milk, cheese culture, salt, enzymes, potato starch, and powdered cellulose), water, butter, cherry tomato, egg (whole eggs, citric acid), pesto (basil, canola oil, parmesan cheese (pasteurized part-skim cows milk, cheese culture, salt, enzymes), granulated garlic, salt), sugar, dry milk, dry barley malt (organic malted barley), salt, yeast, improver (wheat flour, malted barley flour, ascorbic acid, enzymes), black pepper, lactic acid (lactic acid, calcium lactate). Contains: Milk, Egg, Wheat.
Mixed Berry Cream Scone	Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), butter (sweet cream), sugar, whole milk, raspberry chips (sugar, vegetable oil, wheat flour, malic acid, natural flavor, fruit and vegetable juice, sodium citrate, soy lecithin), heavy cream, sour cream (cultured cream, enzyme), eggs, dried blueberries (blueberries, cane sugar, sunflower oil), baking powder (sodium bicarbonate, sodium aluminum sulfate, corn starch, calcium sulfate, monocalcium phosphate), salt, baking soda, lemon oil. Contains wheat, milk, soy, and eggs.
Banana Nut Bread	Bananas, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, eggs, walnuts, mono- and diglycerides, baking powder (baking soda, sodium acid pyrophosphate, cornstarch, monocalcium phosphate), salt, potassium sorbate (preservative), xanthan gum, spice, natural flavor, cellulose gum, soy lecithin. Contains: wheat, eggs, walnuts, and soy.
Cinnamon Swirl Crumb Cake	Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), sugar, margarine (palm oil and its fraction, water, salt, vegetable mono & diglycerides, sodium benzoate, artificial flavor), egg (whole eggs, citric acid), whole milk (milk, vitamin D3 added), organic brown sugar, butter, cinnamon, vanilla (vanilla, alcohol, water, sugar), baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, calcium sulfate, mono calcium phosphate), salt. Contains: Milk, Egg, Wheat.
Blueberry Crumble Muffin	Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, blueberries, eggs, water, buttermilk (nonfat milk, dry buttermilk, bacterial culture), butter (cream, natural flavor), whey, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, dextrose, mono- and diglycerides, natural flavor, cellulose gum, sodium stearyl lactylate, xanthan gum, citric acid, soy lecithin. Contains: wheat, eggs, milk, soy.
Morning Glory Muffin	Sugar, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), canola oil, carrot, banana puree (banana, ascorbic acid), water, coconut (coconut, sugar, water, propylene glycol, salt and sodium metabisulfite), apple (diced apple, ascorbic acid), high gluten flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), raisin, walnut, egg replacer (corn flour, sugar, corn starch, monoglycerides, cellulose gum, soy lecithin, sodium bicarbonate, natural flavor, beta carotene), pearl sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, calcium sulfate, mono calcium phosphate), cinnamon, sodium bicarbonate, salt. Contains: Walnut, Wheat, Soy.
Mini Cinnamon Roll	Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), cinnamon filling (brown sugar, margarine [palm oil, canola oil, coconut oil, water, salt, mono & diglycerides of fatty acids, citric acid, natural flavor, vitamin A], cinnamon, egg whites, modified food starch, salt, wheat flour), cream cheese icing (cream cheese [pasteurized cultured milk and cream, salt, xanthan gum, locust bean gum, guar gum], powdered sugar [sugar, cornstarch], whole milk, natural vanilla flavor), margarine [palm oil, canola oil, coconut oil, water, salt, mono & diglycerides of fatty acids, citric acid, natural flavor, vitamin A], brown sugar, sour cream (cultured milk, cream, modified food starch, sodium citrate, carrageenan, guar gum, locust bean gum), sugar, eggs, water, egg yolk, yeast, invert sugar, cinnamon, mono- and diglycerides of fatty acids, salt, enzymes. Contains wheat, milk, eggs.
Chocolate Chip Cookie with Sea Salt	Enriched Flour (Unbleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme), Semi-Sweet Chocolate (Unsweetened Chocolate, Sugar, Cocoa Butter, Soy Lecithin, Natural Vanilla Flavor), Butter (Cream [Milk], Natural Flavor), Sugar, Brown Sugar, Wheat Flour, Margarine (Palm Oil, Palm Kernel Oil, Water, Salt, Vegetable Monoglycerides, Sunflower Lecithin, Natural Flavor, Citric Acid [Acidulant], Vitamin A Palmitate, Vitamin D2), Egg, Sea Salt, Guar Gum, Enzymes, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Baking Soda, Natural Vanilla Flavor. Contains: egg, milk, soy, wheat.