

# Nutritional Information - Desserts



Menu Item	Serving Size																				Additional info			
		Calories	Cals from fat	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free	Egg	Dairy	Soy	Tree Nuts	Peanuts		Fish	Shellfish	
Assorted Mini Candy Bars	5 pieces	210	117	25	13	7	0	5	30	2	22	3	X		X		X	X		X				
Brownie - Chocolate	1 brownie	440	198	58	22	12	0	100	130	2	42	6	X			X	X	X						
Brownie - Peanut butter	1 brownie	440	234	50	26	12	0	80	160	2	36	8	X			X	X	X		X				
Brownie - Salted Carmel	1 brownie	360	162	52	18	10	0	80	480	2	44	4	X			X	X	X						
Chocolate Dipped Strawberry	1 each	140	75	14	11	5	0	0	3	2	12	2	X		X		X	X						
Cookie - Chocolate Chunk	1 cookie	190	80	26	9	4.5	0	20	105	1	15	2	X			X	X	X						
Cookie - Double Chocolate Chunk	1 cookie	190	80	26	9	4.5	0	15	115	1	16	2	X			X	X	X						
Cookie - Oatmeal Raisin	1 cookie	180	70	26	8	3	0	20	105	1	14	2	X			X	X	X						
Cookie - Peanut Butter	1 cookie	210	110	22	12	6	0	15	150	1	15	4	X			X	X	X		X				
Cookie - White Chocolate Macadamia	1 cookie	200	100	24	11	5	0	15	110	1	14	2	X			X	X	X	X					Contains: Macadamia
Larabar	1 bar	230	100	30	11	1	0	0	0	5	20	6	X	X	X				X	X				X1
Lemon Bar	1 bar	250	120	29	14	8	0	80	100	0	19	3	X			X	X	X						
Mini Cannoli	1 cannoli	135	58	17	6	2.75	0	9	45	0	10	3	X				X							
Sweet Bar - Meltaway (Coconut Chocolate)	1 bar	370	200	37	23	8	0	5	180	2	25	5	X			X	X	X	X					
Sweet Bar - Pecan Chocolate Chunk	1 bar	300	170	30	19	8	0	60	135	1	13	3	X			X	X	X	X					Contains: Pecans
Sweet Bar - Raspberry Tango	1 bar	260	160	23	18	9	0	60	80	2	14	3	X			X	X	X						

X1

This is an average for all of the Larabars provided. Larabars contain a variety of nuts such as cashews, almonds, peanuts, etc. depending on the bar. Nutrition facts for each individual bar are present on the packaging.

### DISCLAIMER

Nutritional information is based on standard recipes and uses the latest nutritional data available from the USDA as well as nutritional data provided by food manufacturers about their products. Variations may occur due to product availability and food preparation. If you have a food allergy, please note that many of our menu items may potentially come in contact with other allergens. This site is not a substitute for the services of a trained health professional.