

Nutritional Information - Desserts, Snacks and Breaks



Menu Item	Serving Size	Calories	Nutritional Facts										Allergens										Additional info			
			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				
BROWNIE - CHOCOLATE	3.2 (1 BROWNIE)	440	198	22	12	0	100	130	58	2	42	6	X													
BROWNIE - PEANUT BUTTER	3.2 (1 BROWNIE)	440	234	26	12	0	80	160	50	2	36	8	X							X						CONTAINS PEANUTS
BROWNIE - SALTED CARAMEL	3.2 (1 BROWNIE)	360	162	18	10	0	80	480	52	2	44	4	X													
CHOCOLATE DIPPED STRAWBERRY	1 EACH	140	75	11	5	0	0	3	14	2	12	2	X		X		X	X								
COOKIE - CHOCOLATE CHUNK	1 PC	190	80	9	5	0	20	105	26	1	15	2	X			X	X	X								
COOKIE - DOUBLE CHOC CHUNK	1 PC	190	80	9	5	0	15	115	26	1	16	2	X			X	X	X								
COOKIE - OATMEAL RAISIN	1 PC	180	70	8	3	0	20	105	26	1	14	2	X			X	X	X								
COOKIE - PEANUT BUTTER	1 PC	210	110	12	6	0	15	150	22	1	15	4	X			X	X	X		X						CONTAINS PEANUTS
COOKIE - MACADAMIA WHITE CHOC	1 PC	200	100	11	5	0	15	110	24	1	14	2	X			X	X	X								CONTAINS MACADAMIA NUTS
LEMON BAR	1 BAR	250	120	14	8	0	80	100	29	0	19	3	X			X	X									
CANNOLI - WHOLE MINI	1 PC	135	58	6	3	0	9	45	17	0	10	3	X				X	X								
CRACKER - ASSORTMENT	3-6 PCS	70-90	25-45	3-5	0.5-1	0	0	125-150	9-10	0-0.5	1	<1	X	X					X							
SWEET BAR - PEACAN CHOCOLATE CHUNK	1 EACH	300	170	19	8	0	60	135	30	1	13	3	X			X	X	X	X							CONTAINS PECANS
SWEET BAR - RASPBERRY	1 EACH	260	160	18	9	0	60	80	23	2	14	3	X		X	X	X									
FRESH CUT VEGGIE TRAY	4 OZ	41	2	0	0	0	0	62	10	3	5	1	X	X	X											
FRUIT - APPLES - WHOLE	1 OZ	9	0	0	0	0	0	0	2	0	2	0	X	X	X											
FRUIT - BANANAS - WHOLE	1 PC	105	0	0	0	0	0	1	27	3	14	1	X	X	X											
FRUIT - FRESH CUT FRUIT TRAY	5 OZ	56	3	1	1	0	0	13	14	2	13	1	X	X	X											
FRUIT - GRAPES - WHOLE	1 OZ	19	1	0	0	0	0	1	5	0	5	0	X	X	X											
FRUIT - ORANGE - WHOLE	1 OZ	9	0	0	0	0	0	0	2	0	2	0	X	X	X											
FRUIT - PLUMS - WHOLE	1 PC	30	0	0	0	0	0	0	8	1	7	0	X	X	X											
FRUIT - STRAWBERRY	1 OZ	9	1	0	0	0	0	0	2	1	1	0	X	X	X											
SOFT PRETZEL	1 MINI SOFT PRETZEL	145	0	0	0	0	0	550	35	2	2	7	X	X	0				X							
TORTILLA CHIPS	ABOUT 10 CHIPS	140	70	7	3	0	0	150	17	1	0	2	X	X	X				X							

Nutrition Facts of bagged chips, granola bars, sodas, Tasty Kakes, and various other packaged snacks are not displayed because the nutrition facts for these products are directly 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.