Nutritional Information - Add On To Your Breakfast

Philadelphia CATERING CO.

Menu Item	Serving Size	Calories	Cals from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free	Contains Egg	Contains Dairy	Contains Soy	Contains Tree Nuts	Contains Peanuts	Contains Fish	Conatins Shellfish	Conatins Sesame	Additional info
VEGAN SCONE	3.20 oz	300	36	4	3	0	0	25	64	13	3	3	X	X				X						
GLUTEN FREE MUFFIN	3 oz	260	81	9	2	0	70	260	40	1	21	3	X		X	X								
YOGURT CUPS	5.29 oz	110	0	0	0	0	5	55	15	1	14	11	X		X		X							
CUT FRUIT	6 OZ	69	3	0	0	0	0	19	17	2	15	1	X	X	X									0.1996 Kg Co2e
YOGURT AND GRANOLA TOPPING	6.00 oz	435	94	22	3	0	2	204	150	9	53	18	X				X							
YOGURT PARFAIT	8 OZ	306	46	10	2	0	3	143	88	5	40	11	X				X							0.6451 Kg Co2e
HARDBOILED EGGS	2.47 oz	108	67	7	2	0	261	87	1	0	1	9	X		X	X								
HOUSE MADE OATMEAL	13.01 oz	426	24	9	2	0	0	70	78	12	0	14	X	X	X									
SCRAMBLED EGGS	4.11 oz	185	124	14	6	0	388	237	1	0	0	13	X		X	X	X							
HOUSEMADE FRENCH TOAST	2.82 oz	345	106	12	5	0	204	419	44	3	2	15	X			X	X	X						
BREAKFAST POTATOES	7.02 oz	198	67	8	1	0	0	2355	32	3	2	5	X	X	X									
PORK BACON	0.79 oz	123	88	10	3	0	24	493	0	0	0	8			X									
TURKEY BACON	0.86 oz	89	57	6	2	0	37	491	1	0	1	7			X									
PORK SAUSAGE	1 oz	113	96	11	4	0	19	244	0	0	0	4			X									
OVERNIGHT OATS - BLUEBERRY WALNUT	6.96 oz	275	76	8	1	0	0	58	43	6	13	6	X	X	X				X					0.1949 Kg Co2e
OVERNIGHT OATS - STRAWBERRY ALMOND	7.12 oz	260	60	7	1	0	0	58	43	7	13	6	X	X	X				X					0.2016 Kg Co2e
OVERNIGHT OATS - RAISIN & BROWN SUGAR	7.18 oz	293	35	4	1	0	0	58	77	6	29	5	X	X	X									0.1909 Kg Co2e
OVERNIGHT OATS - PB & CHOCOLATE CHIP	7.34 oz	370	130	15	4	0	0	143	49	7	18	9	X		X			X		X				0.2480 Kg Co2e
MUFFIN - BLUEBERRY CRUMB	4.50 oz	420	203	23	5	0	0	255	77	1	32	6	X			X	X	X						
MUFFIN - CORN	4.50 oz	480	203	23	4	0	0	285	61	0	28	6	X			X	X	X						
MUFFIN - CRANBERRY ORANGE	4.50 oz	480	203	23	5	0	0	300	60	0	33	6	X			X	X	X						
MUFFIN - FRENCH VANILLA	4.50 oz	450	216	24	4	0	0	330	55	0	32	5	X			X	X	X						
SCONE - CINNAMON CHIP	4 oz	460	225	25	15	0	120	520	50	1	19	7	X			X	X	X						
SCONE - BLUEBERRY	4 oz	390	189	21	13	0	135	530	41	1	7	8	X			X	X							
SCONE - CRANBERRY ORANGE	4 oz	400	180	20	12	0	125	530	45	1	12	8	X			X	X							
SLICED COFFE CAKE - BLUEBERRY YOGURT LOAF	2 oz	200	90	10	2	0	30	185	26	1	14	3	X			X	X	X						
SLICED COFFE CAKE - COFFEE CAKE YOGURT LOAF	2 oz	215	104	12	3	0	28	185	27	1	3	3	X			X	X	X	X					
SLICED COFFE CAKE - LEMON POPPY YOGURT LOAF	2 oz	220	99	11	2	0	35	205	28	1	15	3	X			X	X	X						
SLICED COFFE CAKE - MARBLE YOGURT LOAF	2 oz	220	99	11	2	0	30	230	28	1	15	3	X			X	X	X						
FRUIT DANISH	3 oz	383	191	21	7	0	43	96	43	0	17	6	X			X	X	X						
BUTTER CROISSANT	1 oz	280	117	13	5	0	0	360	36	1	8	6	X			X	X	X	X					
ALMOND FILLED CROISSANT	4.50 oz	500	227	25	12	0	45	750	59	3	16	12	X			X	X		X					X1
CHOCOLATE FILLED CROISSANT	4.50 oz	450	172	19	11	1	39	686	63	3	20	10	X			X	X							X1

X1 Soy is only present as soybean oil. Highly refined soybean oil does not usually cause an allergic reaction.

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.