



2018 NUTRITION FACTS

Product Name	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Vanilla Macaron	20	110	5	1.7	0.1	10	5	15	1	14	2	2	0	2	2
Chocolate Macaron	20	100	4.5	1	0	10	0	15	1	13	2	0	0	2	4
Salted Caramel Macaron	20	110	5	1.5	0.1	20	5	16	1	15	2	2	0	2	2
Birthday Cake Macaron	20	110	4.5	0.6	0	25	0	17	1	16	2	0	0	2	2
Red Velvet Macaron	20	110	4	1	0	15	5	17	1	16	2	2	0	2	2
Pistachio Macaron	20	120	6	1	0	10	5	15	1	14	2	2	0	2	2
Lemon Macaron	20	110	5	1.5	0.1	10	10	16	1	15	2	2	2	2	2
Fig & Goat Cheese Macaron	20	100	3.5	0.6	0	15	0	17	1	15	2	0	0	2	2
Cappuccino Macaron	20	110	5	2	0.1	10	5	15	1	15	2	2	0	2	2
Blueberry Cheesecake Macaron	20	100	4	1	0	15	0	16	1	15	2	0	0	2	2
Mango Macaron	20	100	4	0.5	0	20	0	16	1	15	2	0	0	2	2
Strawberry Macaron	20	100	4	0.5	0	20	5	16	1	15	2	0	0	2	2
Vanilla Cupcake	75	300	17	10	0.5	115	90	35	1	25	3	15	0	2	4
Vegan Double Chocolate Cupcake	115	370	16	9.5	0	320	0	59	5	39	4	0	2	8	20
Red Velvet Cupcake	90	380	18	11	0.4	150	95	52	1	42	4	15	0	4	4
Tiramisu Cupcake	85	320	18	11	0.5	115	95	37	1	26	4	15	0	3	4
Salted Caramel Cupcake	90	320	18	11	0.5	135	95	37	1	27	3	15	0	2	4
Vegan Carrot Cupcake	115	330	9	2.3	0	360	0	62	2	48	1	10	2	6	6
Lemon Curd Cupcake	85	320	18	11	0.5	115	100	37	1	26	4	15	2	2	4
Mountain Brownie Cupcake	135	420	24	15	0.5	150	105	51	4	38	6	15	0	4	20
Vegan Chocolate Raspberry Cupcake	140	370	16	9.5	0	320	0	60	5	40	4	0	2	8	20
Vegan Roasted Apple Pie Cupcake	105	310	10	4.3	0	370	0	56	3	39	2	0	6	6	6
Vegan Banana Birthday Cupcake	110	330	13	5	0	340	0	54	2	38	2	0	4	6	6
Vegan Mochaccino Cupcake	110	390	15	6.4	0	370	0	68	4	50	3	0	2	6	15
Vanilla Custom Cake	100	410	24	15	1	135	115	45	1	33	4	20	0	2	4
Classic Chocolate Cake	100	400	25	16	1	130	105	43	2	32	5	20	0	2	10
Vegan Death by Chocolate Custom Cake	100	310	15	8.7	0.3	230	0	47	4	32	3	0	2	6	20
Death by Chocolate Custom Cake	100	320	17	10	0.3	115	70	42	3	30	5	8	0	2	15
Red Velvet Custom Cake	100	370	18	10	0.4	160	95	50	1	39	4	15	0	4	4
Tiramisu Custom Cake	100	360	20	12	0.5	120	115	43	1	31	4	15	0	2	4
Salted Caramel Custom Cake	100	410	23	14	0.5	220	110	47	1	36	4	20	0	2	4
Classic Carrot Custom Cake	100	370	17	10	0.4	160	95	50	1	38	4	15	0	4	4
Vegan Carrot Custom Cake	100	310	10	2.5	0	300	0	56	1	45	1	8	2	6	4
Lemon Custom Cake	100	410	24	15	1	125	135	46	1	34	4	20	10	2	6
Mountain Brownie Custom Cake	100	350	19	12	0.4	180	80	44	3	33	4	15	0	2	15
Strawberry Cake	100	340	19	11	0.5	140	95	41	1	29	4	15	10	2	4
Vegan Chocolate Raspberry Custom Cake	100	300	13	7.5	0	200	0	48	5	33	3	0	8	4	15
Vegan Roasted Apple Pie Custom Cake	100	270	3.5	10	0	280	0	46	2	34	1	0	2	4	4
Vegan Banana Chocolate Custom Cake	100	280	14	7.9	0	220	0	39	3	25	2	0	4	4	15
Vegan Banana Sprinkle Custom Cake	100	320	3.5	13	0	290	0	50	2	38	1	0	2	4	4
Vegan Banana Chocolate Tray Cake	75	190	8	4.6	0	210	0	30	2	17	2	0	4	4	8
Carrot Cake Tray Cake	77	210	5	3	0.1	250	35	40	1	30	2	15	0	6	4
Cheesecake	100	350	24	14	0.3	180	105	30	1	17	5	25	0	6	4
Old Fashioned Lemon Bar	75	260	10	6	0.4	15	65	41	1	21	2	10	6	2	2
Maple Pecan Buttermilk Bar	65	270	14	4.4	0	120	0	36	1	16	1	0	4	2	4
Cheesecake Brownie	60	230	16	10	0.5	100	80	22	1	19	3	15	0	2	6
Chocolate Brownie	60	240	17	10	0.5	70	75	22	2	18	3	15	0	2	8
Date Square	85	280	9	5	0.3	120	20	49	3	27	3	6	0	4	8
Roasted Apple Strusel Bar	49	210	9	2.2	0	110	0	32	1	13	1	0	4	0	2
Broccoli and Cheddar Quiche	120	380	31	18	0.4	190	245	17	1	2	9	35	20	10	8
Bacon Potato and Cheddar Quiche	135	430	33	18	0.4	380	245	20	1	2	12	30	4	8	8
Bacon and Swiss Cheese Quiche	120	430	35	19	0.4	400	255	17	1	2	12	35	2	10	8
Spinach, Sundried Tomato, Goat Cheese Quiche	120	370	30	17	0.3	180	215	19	1	4	8	35	8	6	10
Pie Shell - Flaky	26	100	6	4	0.2	30	15	10	0	0	1	6	0	0	2
Pie Shell -Vegan Shortbread	27	200	11	2.7	0	105	0	26	1	6	1	0	0	0	2
Roasted Apple Pie	127	270	12	7.6	0.5	120	30	40	2	16	2	10	6	2	4
Wild Blueberry Pie	133	280	13	7.5	0.5	60	30	42	3	18	2	10	2	2	4

Lemon Meringue Pie	80	360	21	9.8	0.5	90	95	44	1	28	3	10	25	2	4
Coconut Cream Pie	121	430	23	12.8	0	230	55	53	3	30	4	2	2	2	8
Apple Crumble Pie	143	370	12	2.8	0	190	0	66	3	30	3	0	8	2	6
Maple Pecan Pie	70	310	16	5.5	0	130	0	42	2	23	2	0	6	2	6
Blueberry Scones	82	240	11	6	0.4	170	25	33	1	6	4	8	0	8	6
Cheddar Cheese Scones	79	270	14	8	0.5	250	35	31	1	6	6	10	0	15	6
Raisin Scones	87	280	11	7	0.4	180	30	40	2	10	4	8	0	8	6
Blueberry Banana Muffins	87	170	4	2.5	0	260	45	33	1	17	3	2	2	6	6
Banana Chocolate Muffins	88	220	8	4.5	0	270	45	37	2	19	4	2	2	6	10
Apple Cinnamon Muffins	80	170	4	2.5	0	260	45	33	2	17	3	2	0	6	6
Apple Carrot Muffins	70	130	3	2	0	200	35	25	1	13	2	8	2	6	6
Lemon Poppyseed Muffins	75	180	4.5	2.5	0	280	45	34	2	17	3	2	2	8	8
Carrot Bread	60	140	1	0.3	0	240	25	30	1	20	2	10	0	6	4
Vegan Banana Bread	58	130	3.5	2	0	190	0	23	2	12	1	0	4	4	4
Cinnamon Buns	98	350	18	9	0.3	420	45	46	3	20	3	8	0	10	8
Vegan Cinnamon Buns	78	230	8	2.9	0	350	0	39	2	18	2	0	0	8	6
Double Chocolate Quinoa Cookie Large	120	520	29	16	0	320	0	61	7	30	10	0	4	4	35
Chocolate Chip Cookie Large	110	490	26	15	0	250	0	62	5	30	7	0	4	2	25
Oatmeal Raisin Cookie Large	110	460	22	11	0	260	0	60	6	28	10	0	2	4	20
Bite Size Ginger Crinkle	20	80	3	2	0	70	5	13	1	5	1	0	0	2	2
Bite Size Chocolate Chip Cookies	20	110	6	3	0	55	0	14	1	6	1	0	0	0	6
Bite Size Double Chocolate Quinoa	20	90	5	3	0	55	0	10	1	5	2	0	0	0	6
Bite Size Chocolate Biscotti	50	250	10	6	0	105	40	37	4	18	5	2	2	4	20
Bite Size Almond Biscotti	50	200	8	2	0	70	25	28	2	13	5	2	4	6	10
Wholegrain Bread	40	90	2.5	0.3	0	85	0	15	4	1	2	1	2	2	4
Sourdough Demi Baguette	40	90	0.4	0	0	140	0	20	2	1	2	0	0	0	0.4
Poppyseed Bagels	120	320	1.5	0	0	390	0	71	5	1	5	0	0	0	10
Teff Bread	40	90	2.5	0.3	0	85	0	15	4	1	2	0	0	2	4
Sandwich Bread	50	110	1.5	0.2	0	400	0	21	1	2	2	0	0	0	2
Herb Bread	50	110	1.5	0.2	0	400	0	21	1	2	2	0	0	0	2
Raisin Bread	54	120	1.5	0.2	0	390	0	24	1	4	2	0	0	2	2
Cheese Bread	50	110	2.5	0.75	0	390	0	20	1	2	2	0	0	2	2
Hamburger Buns	118	220	3	0.5	0	115	0	43	6	3	4	0	0	2	8
Dinner Rolls	45	80	1	0.2	0	45	0	16	2	1	1	0	0	2	2
Rosemary Flat Bread	50	100	1.5	0.2	0	360	0	19	1	2	2	0	0	0	2
Pizza Shells	160	390	12	2	0	450	40	65	4	4	6	2	0	2	15
Wraps	52	110	4	1	0	290	0	24	3	3	4	0	0	8	4
Muffin Mix	35	130	0.5	0.1	0	240	0	30	1	15	1	0	0	4	4
Pancake Mix	35	120	1	0.2	0	370	0	27	2	6	2	0	0	15	8
Bread Crumbs	35	140	2	0.3	0	290	0	28	1	2	2	0	0	0	2
All Purpose Gluten free Flour	35	130	1	0.1	0	2	0	28	2	1	2	0	0	0	6
Cake & Pastry Gluten Free Flour	35	130	0.5	0.1	0	1	0	28	1	0	2	0	0	0	4
Maple Almond Granola	30	150	8	4	0	2	0	18	3	7	3	0	0	2	8
Organic Dark Chocolate Chips	30	170	13	8	0	0	0	14	3	9	2	0	0	2	20