



Nutrition Facts

Serving Size Calories Calories from Fat Total Fat (g) Saturated Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Carbohydrates (g) Dietary Fiber (g) Sugars (g) Protein (g) Allergens

Round Cakes

Black Forest	6.0 oz (170 g)	465	28	16	0	106	187	49	1	30	4	wheat, eggs, soy, milk
Chocolate Indulgence	7 oz (199 g)	750	34	12	0	75	690	100	6	49	11	wheat, eggs, soy, milk
Choco Mocha Crunch	4.8 oz (136 g)	405	36	15	0	112	174	39	1	28	8	wheat, eggs, soy, milk
Chocolate Mousse	3.38 oz (96 g)	345	19	10	0	37	157	34	1	24	3	wheat, eggs, soy, milk
Mango Supreme	4.5 oz (128 g)	300	19	10	0	87	157	34	1	24	3	wheat, eggs, soy, milk
Mocha Flan	5.36 oz (152 g)	320	13	5	0	265	135	46	0	39	9	wheat, eggs, soy, milk
Rocky Road	5.5 oz (156 g)	555	37	16	0	87	500	57	1	33	6	wheat, eggs, soy, milk, tree nuts (cashew)
Sans Rival	1.7 oz (48 g)	170	11	4	0	10	65	17	0	13	3	wheat, eggs, milk, tree nuts (cashew)
Ube Overload	5.25 oz (149 g)	360	19	12	0	82	165	49	0	33	4	wheat, eggs, soy, milk
Yema Caramel	7 oz (199 g)	530	27	12	0	235	230	62	0	50	12	wheat, eggs, soy, milk, tree nuts (cashew)

Dedication Cakes

Mango Supreme	3.5 oz (99 g)	220	13	7	0	58	83	22	0	15	2	wheat, eggs, soy, milk
Chocolate	4.5 oz (127 g)	330	16	5	0	110	240	45	1	31	6	wheat, eggs, soy, milk
Mocha	4.5 oz (127 g)	350	21	5	0	50	390	37	0	18	5	wheat, eggs, soy, milk
Ube Overload	4.8 oz (136 g)	325	17	10	0	75	150	45	0	30	4	wheat, eggs, soy, milk

Rolls

Brazo de Mercedes	3.2 oz (91 g)	200	8	4.5	0	85	80	29	1	26	5	wheat, eggs, milk
Mango Roll	3.8 oz (108 g)	370	27	13	0	135	220	32	0	22	5	wheat, eggs, soy, milk
Mocha Roll	3.1 oz (88 g)	370	27	10	0	70	230	29	1	21	3	wheat, eggs, soy, milk
Ube Coconut Roll	3.8 oz (108 g)	320	13	6	0	85	150	50	1	37	4	wheat, eggs, soy, milk, tree nuts (coconut)
Triple Chocolate Roll	4.5 oz (127 g)	360	18	6	0	105	220	51	3	36	7	wheat, eggs, soy, milk

Savory Pastries

Chicken Empanada	4.0 oz (113 g)	330	14	4.5	0	115	780	37	1	8	12	wheat, eggs, soy, milk
Beef Empanada	4.0 oz (113 g)	390	22	10	0	90	720	35	1	8	11	wheat, eggs, soy, milk
Pork Empanada	3.0 oz (85 g)	270	8	4.5	0	75	560	31	1	8	8	wheat, eggs, soy, fish

Meals

Arroz Caldo	17 oz (482 g)	330	14	4	0	55	1710	34	1	1	16	soy, eggs, fish
Palabok	12.5 oz (354 g)	660	39	5	0	205	1680	83	2	1	18	wheat, eggs, soy, fish

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Calories from Fat

Total Fat (g)

Saturated Fat (g)

Trans Fat (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrates (g)

Dietary Fiber (g)

Sugars (g)

Protein (g)

Allergens

Sweet Pastries

Butter Mamon	2.5 oz (71 g)	190	10	5	0	120	130	24	0	17	5	wheat, eggs, soy, milk
Cheesy Mamon	2.7 oz (77 g)	270	12	7	0	150	330	31	0	21	7	wheat, eggs, soy, milk
Mocha Mamon	2.5 oz (71 g)	190	10	5	0	120	130	24	0	17	5	wheat, eggs, soy, milk
Ube Mamon	2.8 oz (79 g)	230	6	1.5	0	90	170	43	0	29	5	wheat, eggs, soy
Cheesy Ensaimada	3.0 oz (85 g)	310	5	4	0	45	590	41	0	12	7	wheat, eggs, soy, milk
Ube Ensaimada	3.6 oz (102 g)	420	7	5	0	45	570	63	0	36	7	wheat, eggs, soy, milk
Banana Slice	2.75 oz (78 g)	290	12	6	0	85	210	44	1	23	5	wheat, eggs, milk
Classic Butter Slice	2.3 oz (65 g)	230	14	7	0	65	105	27	0	19	3	wheat, eggs, soy, milk
Moist Choco Slice	2.7 oz (76 g)	260	12	2.5	0	35	320	39	1	26	3	wheat, eggs, soy, milk
Taisan Slice	1.87 oz (53 g)	170	9	1.5	0	75	135	21	0	14	4	wheat, eggs, soy, milk
Banana Loaf	2.75 oz (78 g)	290	12	6	0	85	180	44	1	23	5	wheat, eggs, milk
Taisan Loaf	1.87 oz (53 g)	170	9	1.5	0	75	135	21	0	14	4	wheat, eggs, soy, milk
Brownie	2.5 oz (71 g)	280	12	5	0	55	75	39	1	30	3	wheat, eggs, soy, milk
Cashew Brownie	2.5 oz (71 g)	300	14	6	0	55	75	40	1	30	4	wheat, eggs, soy, milk, tree nuts (cashew)
Mango Bar	1.5 oz (43 g)	200	6	3	0	30	95	34	0	24	2	wheat, eggs, soy, milk
Coconut Macaroons	1.25 oz (35 g)	160	2	0.5	0	35	50	17	0	11	3	wheat, eggs, milk, tree nuts (coconut)
Caramel Bar	2 oz (57 g)	270	14	8	0	70	140	33	0	23	6	wheat, eggs, milk, tree nuts (cashew)
Pandesal	1.3 oz (37 g)	110	2.5	0.5	0	0	160	21	0	5	3	wheat, soy, milk
Butter Pandesal	1.3 oz (37 g)	120	3	1.5	0	25	125	21	0	4	3	wheat, eggs, soy, milk

Beverages

Halo Halo	16oz (454g)	490	9	6	0	30	90	95	0	51	10	milk, coconut
Aquafina Bottled Water	16.9f oz (500ml)	0	0					0		0	0	
Pepsi Soda	12f oz (355ml)	150	0				30	41		41	0	
Diet Pepsi	12f oz (355ml)	0	0				35	0		0	0	
Mountain Dew	12f oz (355ml)	170	0				60	46		46	0	
Sierra Mist	12f oz (355ml)	150	0				35	39		39	0	
Diet Sierra Mist	12f oz (355ml)	0	0				35	0		0	0	
Americano	12f oz	10	0	0	0	0	5	2	0	0	1	
Cappuccino (2% milk)	12f oz	90	3	2	0	15	70	9	0	8	6	milk
Latte (2% milk)	12f oz	100	0	0	0	5	120	15	0	14	10	milk
Mocha (2% milk)	12f oz	200	6	3	0	20	100	31	1	24	10	milk
Iced Americano	16f oz	10	0	0	0	0	5	21	0	20	0	
Iced Latte (2% milk)	16f oz	120	1.5	1	0	5	35	24	0	24	3	milk
Iced Mocha (2% milk)	16f oz	260	3.5	2	0	15	230	54	0	45	4	milk
Brewed Coffee	12f oz	0	0	0	0	0	20	1	0	0	2	
Creamer Half & Half	3/8f oz	10	1	0	0	0	0	1	0	0	0	milk
Sugar Packet	2.8g	10	0	0	0	0	0	3	0	3	0	
Equal 0 calorie sweetener	1.0g	0	0	0	0	0	0	1	0	1	0	
Splenda 0 calorie sweetener	1.0g	0	0	0	0	0	0	1	0	1	0	

*Per serving information based on weight of standard regular or individual serving
2000 calories a day is used for general nutrition advice but calorie needs vary

This information applies only to US mainland and Hawaii.

The nutrition information in this list is based on standard product formulation and serving sizes. Variation in serving sizes, preparation techniques, product testing and supply sources, as well as regional and seasonal differences may affect the nutritional composition of each product. Nutrition information is derived from testing conducted in accredited laboratories, published resources, or from information provided by suppliers. This information is current as of March 1, 2021.

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