



CORNER BAKERY MENU NUTRITION INFORMATION

| BREAKFAST SCRAMBLERS (for total nutrition, add side)* | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|--|-----------------|------------------|----------------|------------------|--------------|--------------|--------------|----------------|--------------------|---------------|
| Anaheim Scrambler | 500 | 38 | 11 | 0 | 13 | 3 | 4 | 27 | 555 | 670 |
| American Scrambler w/ Bacon | 400 | 30 | 10 | 0 | 3 | 0 | 2 | 29 | 565 | 950 |
| American Scrambler w/ Sausage | 400 | 21 | 6 | 0 | 9 | 0 | 6 | 41 | 645 | 1380 |
| Garden Gate Scrambler - V | 320 | 22 | 8 | 0 | 6 | < 1 | 4 | 23 | 550 | 820 |
| Garden Gate Scrambler w/ Sausage | 390 | 24 | 8 | 0 | 9 | < 1 | 6 | 32 | 590 | 1210 |
| *All Scramblers are GC excluding sides | | | | | | | | | | |

| BREAKFAST SIDES (subtract/add to customize) | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|--|-----------------|------------------|----------------|------------------|--------------|--------------|--------------|----------------|--------------------|---------------|
| Bacon (3 slices) - GC | 160 | 14 | 4 | 0 | 0 | 0 | 0 | 10 | 30 | 520 |
| Breakfast Potatoes - VG, GC | 110 | 4 | 0.5 | 0 | 17 | 2 | 1 | 2 | 0 | 390 |
| Chicken Apple Sausage (2 ea) | 160 | 5 | 0 | 0 | 6 | 0 | 4 | 22 | 110 | 960 |
| Eggs - V, GC | 110 | 7 | 3 | 0 | 1 | 0 | 1 | 9 | 255 | 210 |
| Harvest Toast - V | 190 | 5 | 1.5 | 0 | 30 | 2 | 6 | 6 | 5 | 240 |
| Pancakes (w/ Butter only) (2 ea) - V | 330 | 16 | 4.5 | 0 | 38 | 0 | 9 | 6 | 55 | 900 |
| Salsa - VG, GC | 5 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 15 |
| Seasonal Fruit Medley - VG, GC | 45 | 0 | 0 | 0 | 12 | 1 | 10 | 1 | 0 | 10 |
| *Vanilla Syrup - VG, GC | 190 | 0 | 0 | 0 | 47 | 0 | 46 | 0 | 0 | 0 |

| BREAKFAST BOWLS (Add toast separately) | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|--|-----------------|------------------|----------------|------------------|--------------|--------------|--------------|----------------|--------------------|---------------|
| Bacon Breakfast Bowl | 380 | 30 | 8 | 0 | 13 | 3 | 3 | 18 | 275 | 400 |
| Power Breakfast Bowl - V | 450 | 30 | 9 | 0 | 19 | 6 | 6 | 26 | 525 | 580 |
| *Harvest Toast (add for full nutritionals) - V | 190 | 5 | 1.5 | 0 | 30 | 2 | 6 | 6 | 5 | 240 |

| BREAKFAST SANDWICHES | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|--|-----------------|------------------|----------------|------------------|--------------|--------------|--------------|----------------|--------------------|---------------|
| Anaheim Panini | 610 | 30 | 13 | 0 | 54 | 4 | 2 | 29 | 305 | 1130 |
| Bacon Panini | 660 | 35 | 14 | 0 | 51 | 2 | 1 | 35 | 320 | 1500 |
| Sausage Panini | 660 | 25 | 10 | 0 | 57 | 2 | 5 | 47 | 400 | 1930 |
| BELT on Mom's White Bread | 960 | 70 | 19 | 0.5 | 49 | 3 | 8 | 345 | 36 | 1980 |
| Bacon & Egg Croissant | 800 | 52 | 25 | 0 | 50 | 3 | 12 | 36 | 380 | 1200 |
| Ham & Swiss Croissant w/ Hot Honey | 630 | 36 | 20 | 0 | 48 | 1 | 7 | 31 | 140 | 990 |
| Ham, Egg & Swiss Croissant w/ Hot Honey | 740 | 44 | 23 | 0 | 50 | 1 | 8 | 40 | 390 | 1190 |
| Turkey & Swiss Croissant w/ Hot Honey | 630 | 36 | 20 | 0 | 48 | 1 | 7 | 34 | 140 | 900 |
| Turkey, Egg & Swiss Croissant w/ Hot Honey | 740 | 43 | 22 | 0 | 50 | 1 | 8 | 43 | 390 | 1100 |
| Sausage & Egg Croissant | 790 | 44 | 21 | 0 | 50 | 1 | 12 | 47 | 460 | 1780 |

| BREAKFAST WRAPS | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|------------------------|-----------------|------------------|----------------|------------------|--------------|--------------|--------------|----------------|--------------------|---------------|
| Avocado Wrap | 680 | 35 | 14 | 0 | 58 | 5 | 1 | 28 | 300 | 1620 |
| Bacon Wrap | 750 | 39 | 16 | 0 | 59 | 4 | 4 | 34 | 320 | 2130 |
| Sausage Wrap | 700 | 31 | 13 | 0 | 61 | 4 | 5 | 37 | 345 | 2170 |
| *Salsa - VG, GC | 5 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 15 |

| PANCAKES & FRENCH TOAST (include butter & syrup) | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|---|-----------------|------------------|----------------|------------------|--------------|--------------|--------------|----------------|--------------------|---------------|
| Pancakes (4 stack) - V | 850 | 33 | 9 | 0 | 122 | 0 | 64 | 13 | 115 | 1800 |
| Pancakes w/ Bacon (4 stack) - V | 1010 | 47 | 13 | 0 | 122 | 0 | 64 | 23 | 145 | 2320 |
| Pancakes w/ Sausage (4 stack) - V | 1010 | 38 | 9 | 0 | 128 | 0 | 68 | 35 | 225 | 2760 |
| Pancake Combo w/ Bacon & Eggs (4 stack) - V | 1120 | 54 | 16 | 0 | 124 | 0 | 65 | 32 | 395 | 2530 |
| Pancake Combo w/ Sausage & Eggs (4 stack) - V | 1120 | 45 | 12 | 0 | 130 | 0 | 69 | 44 | 475 | 2960 |

| | | | | | | | | | | |
|--------------------------------|-----|----|----|---|-----|---|----|---|----|-----|
| Cinnamon Roll French Toast - V | 840 | 23 | 10 | 0 | 150 | 3 | 92 | 9 | 22 | 480 |
| * Vanilla Syrup - VG, GC | 190 | 0 | 0 | 0 | 47 | 0 | 46 | 0 | 0 | 0 |

| FRUIT & GRAINS (Sweet Crisp listed separately) | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|---|-----------------|------------------|----------------|------------------|--------------|--------------|--------------|----------------|--------------------|---------------|
| Fresh Berry & Yogurt Parfait with Nutty Granola -V, GC* | 370 | 13 | 2 | 0 | 46 | 6 | 27 | 9 | 5 | 105 |
| Honey Banana Yogurt Parfait with Nutty Granola -V, GC* | 460 | 12 | 1 | 0 | 80 | 6 | 50 | 5 | 18 | 75 |
| Berry Almond Swiss Oatmeal - V, GC* | 550 | 12 | 1 | 0 | 95 | 13 | 46 | 5 | 22 | 55 |
| Swiss Oatmeal - V, GC* | 410 | 4.5 | 0.5 | 0 | 80 | 8 | 38 | 5 | 17 | 55 |
| Steel Cut Oatmeal (No Toppings) - VG, GC* | 160 | 2.5 | 0.5 | 0 | 29 | 4 | 1 | 5 | 0 | 150 |
| Steel Cut Oatmeal w/ All Toppings - VG, GC* | 350 | 11 | 1.5 | 0 | 57 | 6 | 26 | 8 | 0 | 150 |

| Oatmeal Toppings | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|---|-----------------|------------------|----------------|------------------|--------------|--------------|--------------|----------------|--------------------|---------------|
| Toasted Almonds - VG, GC | 45 | 4 | 0 | 0 | 2 | < 1 | 0 | 2 | 0 | 0 |
| Brown Sugar - VG, GC | 45 | 0 | 0 | 0 | 11 | 0 | 11 | 0 | 0 | 0 |
| Dried Cranberries - VG, GC | 35 | 0 | 0 | 0 | 9 | < 1 | 8 | 0 | 0 | 0 |
| Dried Currants - VG, GC | 20 | 0 | 0 | 0 | 5 | 0 | 5 | 0 | 0 | 0 |
| Walnuts - VG, GC | 60 | 6 | 0.5 | 0 | 1 | < 1 | 0 | 1 | 0 | 0 |
| *Sweet Crisp (add for total nutritionals) - V | 120 | 4.5 | 1.5 | 0 | 20 | 1 | 10 | 5 | 2 | 105 |

| BAGELS / MUFFINS / SWEET BREADS | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|---|-----------------|------------------|----------------|------------------|--------------|--------------|--------------|----------------|--------------------|---------------|
| Bagels and Spreads (add/subtract spread as needed) | | | | | | | | | | |
| Cinnamon Raisin Bagel - VG | 330 | 1 | 0 | 0 | 70 | 2 | 10 | 11 | 0 | 400 |
| Everything Bagel - VG | 330 | 2 | 0 | 0 | 67 | 2 | 7 | 11 | 0 | 790 |
| Plain Bagel - VG | 320 | 1 | 0 | 0 | 68 | 2 | 6 | 11 | 0 | 410 |
| Sesame Bagel - VG | 340 | 2.5 | 0 | 0 | 69 | 2 | 6 | 11 | 0 | 420 |
| *Cream Cheese - V | 70 | 7 | 4 | 0 | 2 | 0 | 0 | 2 | 15 | 115 |
| *Peanut Butter - VG | 180 | 15 | 3 | 0 | 8 | 2 | 2 | 7 | 0 | 130 |
| *Whipped Butter (2) - V | 140 | 16 | 9 | 0 | 0 | 0 | 0 | 0 | 40 | 120 |

| Muffins | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|-----------------------------|-----------------|------------------|----------------|------------------|--------------|--------------|--------------|----------------|--------------------|---------------|
| Banana Muffin - V | 480 | 24 | 5 | 0 | 62 | 2 | 36 | 6 | 50 | 370 |
| Blueberry Muffin - V | 620 | 34 | 9 | 0 | 72 | 2 | 36 | 7 | 60 | 600 |
| Chocolate Muffin - V | 670 | 39 | 10 | 0 | 75 | 2 | 39 | 7 | 70 | 680 |
| Chunky Monkey Muffin - V | 450 | 27 | 6 | 0 | 50 | 3 | 30 | 6 | 35 | 250 |
| Cinnamon Crumb Muffin - V | 670 | 33 | 11 | 0 | 88 | 2 | 53 | 8 | 100 | 570 |
| Cranberry Orange Muffin - V | 420 | 18 | 3 | 0 | 62 | 1 | 38 | 4 | 205 | 360 |
| Pumpkin Muffin- V | 450 | 28 | 18 | 0 | 68 | 1 | 43 | 4 | 55 | 370 |

| Sweet Breads | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|-------------------------------|-----------------|------------------|----------------|------------------|--------------|--------------|--------------|----------------|--------------------|---------------|
| Cinnamon Roll- V | 680 | 23 | 10 | 0 | 111 | 3 | 54 | 9 | 20 | 480 |
| Caramel Nut Cinnamon Roll - V | 840 | 31 | 11 | 0 | 131 | 4 | 54 | 10 | 26 | 550 |
| Chocolate Croissant - V | 300 | 16 | 10 | 0 | 50 | 3 | 10 | 7 | 70 | 290 |
| Plain Croissant - V | 390 | 21 | 12 | 0 | 42 | < 1 | 6 | 9 | 70 | 360 |
| Sweet Crisp - V | 120 | 4.5 | 1.5 | 0 | 20 | 1 | 10 | 2 | 5 | 105 |

| FRESH SALADS (salad nutrition includes dressing) | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|---|-----------------|------------------|----------------|------------------|--------------|--------------|--------------|----------------|--------------------|---------------|
| Berry Pecan Salad (entree) - VG | 730 | 42 | 9 | 0 | 46 | 8 | 41 | 35 | 90 | 1490 |
| Berry Pecan Salad (cafe) - VG | 390 | 23 | 4.5 | 0 | 24 | 4 | 22 | 17 | 45 | 790 |
| Caesar Salad (entree) | 580 | 49 | 10 | 0 | 21 | 4 | 2 | 16 | 55 | 1050 |
| Caesar Salad (cafe) | 330 | 29 | 5 | 0 | 11 | 2 | 1 | 8 | 30 | 590 |
| Chicken Caesar Salad (entree) | 690 | 50 | 10 | 0 | 22 | 4 | 3 | 39 | 110 | 1560 |
| Chicken Caesar Salad (cafe) | 390 | 30 | 5 | 0 | 11 | 2 | 2 | 20 | 60 | 840 |
| Chopped Salad (entree) - GC | 780 | 58 | 12 | 0 | 27 | 8 | 11 | 40 | 100 | 1950 |
| Chopped Salad (cafe) - GC | 430 | 33 | 6 | 0 | 15 | 4 | 7 | 20 | 50 | 1040 |
| Greens & Grains Salad (entree) - V | 700 | 34 | 3.5 | 0 | 71 | 12 | 34 | 18 | 180 | 1190 |
| Greens & Grains Salad (cafe) - V | 410 | 21 | 2.5 | 0 | 37 | 6 | 19 | 12 | 180 | 670 |
| Greens & Grains Salad w/ Chicken (entree) | 810 | 35 | 3.5 | 0 | 73 | 12 | 35 | 41 | 235 | 1700 |
| Greens & Grains Salad w/ Chicken (cafe) | 460 | 21 | 2.5 | 0 | 38 | 6 | 19 | 24 | 210 | 930 |

| | | | | | | | | | | |
|--|-----|----|----|---|----|-----|----|----|-----|------|
| Harvest Salad (entree) | 850 | 49 | 10 | 0 | 60 | 9 | 44 | 38 | 100 | 1610 |
| Harvest Salad (cafe) | 450 | 27 | 5 | 0 | 30 | 5 | 23 | 19 | 50 | 860 |
| Mixed Green Salad (entree) - VG | 480 | 41 | 3 | 0 | 26 | 3 | 9 | 5 | 0 | 820 |
| Mixed Greens Salad (cafe) - VG | 280 | 25 | 2 | 0 | 14 | 1 | 6 | 2 | 0 | 480 |
| Mixed Green Salad w/ Chicken (entree) | 590 | 42 | 3 | 0 | 28 | 3 | 10 | 27 | 55 | 1330 |
| Mixed Greens Salad w/ Chicken (cafe) | 340 | 25 | 2 | 0 | 15 | 1 | 6 | 14 | 30 | 730 |
| Trio Salad - Tuna / DC Chicken Salad / Fruit - GC | 700 | 52 | 7 | 1 | 28 | 4 | 21 | 31 | 75 | 1150 |
| Trio Salad - Tuna / DC Chicken Salad / Caesar Salad side | 870 | 71 | 11 | 1 | 20 | 4 | 10 | 37 | 100 | 1540 |
| Trio Salad - Tuna / DC Chicken Salad / Mixed Greens side | 830 | 68 | 8 | 1 | 24 | 4 | 14 | 32 | 75 | 1450 |
| Turkey Cobb Salad (entree) - GC | 680 | 48 | 13 | 0 | 18 | 7 | 7 | 47 | 295 | 2040 |
| Turkey Cobb Salad (cafe) - GC | 400 | 30 | 8 | 0 | 10 | 4 | 4 | 27 | 240 | 1100 |
| *Sub Shrimp on salad (entree size) | 80 | 2 | 0 | 0 | 1 | 0 | 0 | 16 | 120 | 360 |
| *Sub Shrimp on salad (cafe size) | 50 | 1 | 0 | 0 | 0 | 0 | 0 | 10 | 75 | 220 |
| *Side Bread (add for the total nutritionals) -V | 130 | 2 | 0 | 0 | 23 | 4.8 | 2 | 4 | 0 | 220 |

Salad Dressings (entree/cafe size) - subtract to customize

| | | | | | | | | | | |
|--|---------|-------|-------|---|------|---|-------|-----|-------|---------|
| Avocado Ranch (Turkey Cobb) - V, GC | 210/130 | 21/13 | 3.5/2 | 0 | 3/2 | 0 | 2/1 | 1/1 | 10/5 | 290/190 |
| Balsamic Vinaigrette (Harvest) - VG, GC | 200/130 | 18/11 | 1.5/1 | 0 | 2/1 | 0 | 9/6 | 0 | 0 | 400/250 |
| Caesar (Caesar) - GC | 330/210 | 36/22 | 4.5/3 | 0 | 2/1 | 0 | 0 | 3/2 | 30/20 | 500/310 |
| Honey Balsamic Vinaigrette (Greens & Grains) - V, GC | 220/130 | 16/10 | 1/0.5 | 0 | 12/7 | 0 | 16/10 | 0 | 0 | 350/220 |
| House (Chopped, Mixed Greens) - VG | 340/210 | 36/22 | 3/2 | 0 | 8/5 | 0 | 7/4 | 0 | 0 | 550/340 |
| Strawberry Vinaigrette (Berry Pecan) - VG, GC | 220/140 | 17/11 | 1/<1 | 0 | 10/6 | 0 | 16/10 | 0 | 0 | 380/240 |

SIDE SALADS (salad nutrition includes dressing)

| | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|-------------------------------|----------|-----------|---------|-----------|-------|-------|-------|---------|-------------|--------|
| Caesar Salad (side) | 240 | 22 | 4.5 | 0 | 6 | 1 | 1 | 6 | 25 | 440 |
| Mixed Green Salad (side) - VG | 210 | 19 | 1.5 | 0 | 10 | 1 | 5 | 2 | 0 | 350 |

Salad Dressings (side) - subtract to customize

| | | | | | | | | | | |
|-----------------------------------|-----|----|-----|---|---|---|---|---|----|-----|
| Caesar Dressing (Caesar) | 170 | 18 | 2.5 | 0 | 1 | 0 | 0 | 2 | 15 | 250 |
| House Dressing (Mixed Green) - VG | 170 | 18 | 1.5 | 0 | 4 | 0 | 4 | 0 | 0 | 270 |

Additional Salad Sides

| | | | | | | | | | | |
|-----------------------|-----|----|---|---|----|-----|----|----|----|-----|
| Side Berries - VG, GC | 50 | 0 | 0 | 0 | 13 | 3 | 8 | 1 | 0 | 0 |
| Side Fruit - VG, GC | 70 | 0 | 0 | 0 | 18 | 2 | 15 | 1 | 0 | 15 |
| Side Grains - V | 200 | 8 | 1 | 0 | 27 | 4 | 5 | 4 | 0 | 110 |
| Side DC Chicken Salad | 350 | 30 | 4 | 0 | 13 | 2 | 9 | 12 | 30 | 450 |
| Side Tuna Salad | 270 | 21 | 3 | 0 | 1 | < 1 | 1 | 18 | 40 | 640 |

SOUPS & CHILI (nutrition does not include bread)

| | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|---|----------|-----------|---------|-----------|-------|-------|-------|---------|-------------|--------|
| Baked Potato Soup (cup) | 400 | 27 | 15 | 0.5 | 30 | 3 | 4 | 13 | 90 | 75 |
| Baked Potato Soup (bowl) | 620 | 41 | 23 | 1 | 45 | 4 | 7 | 20 | 140 | 150 |
| Broccoli Cheddar Soup (cup) - V | 300 | 21 | 12 | 0.5 | 18 | 1 | 5 | 10 | 70 | 1100 |
| Broccoli Cheddar Soup (bowl) - V | 450 | 31 | 17 | 1 | 27 | 2 | 8 | 15 | 105 | 1630 |
| Chicken Noodle Soup (cup) | 140 | 3.5 | 1 | 0 | 16 | 1 | 2 | 9 | 20 | 970 |
| Chicken Noodle Soup (bowl) | 210 | 6 | 2 | 0 | 24 | 2 | 4 | 13 | 30 | 1460 |
| Tomato Basil Soup w/ Croutons (cup) - V | 140 | 4 | 0 | 0 | 24 | 4 | 11 | 3 | 0 | 1070 |
| Tomato Basil Soup w/ Croutons (bowl) - V | 210 | 6 | 0 | 0 | 37 | 6 | 17 | 5 | 0 | 1610 |
| Cheesy Chicken Enchilada Soup w/ Tortilla Strips (cup) | 280 | 11 | 4.5 | 0 | 30 | 3 | 3 | 16 | 50 | 1100 |
| Cheesy Chicken Enchilada Soup w/ Tortilla Strips (bowl) | 430 | 17 | 7 | 0 | 46 | 5 | 4 | 23 | 70 | 1670 |
| Coconut Lentil Soup (cup) - VG, GC | 260 | 6 | 3.5 | 0 | 38 | 11 | 3 | 14 | 0 | 1150 |
| Coconut Lentil Soup (bowl) - VG, GC | 380 | 9 | 5 | 0 | 56 | 16 | 4 | 20 | 0 | 1630 |
| Beef Chili w/ Cheddar Cheese (cup) | 360 | 18 | 7 | 0 | 26 | 7 | 4 | 23 | 65 | 1110 |
| Beef Chili w/ Cheddar Cheese (bowl) | 540 | 28 | 12 | 0 | 37 | 9 | 6 | 35 | 100 | 1630 |
| *Side Bread (add for total nutritionals) - V | 130 | 2 | 0 | 0 | 23 | 5 | 2 | 4 | 0 | 220 |

PASTA DISHES (nutrition does not include bread)

| | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|------------------------------------|----------|-----------|---------|-----------|-------|-------|-------|---------|-------------|--------|
| Bacon Tomato Mac & Cheese (entree) | 940 | 40 | 21 | 0 | 113 | 5 | 12 | 36 | 110 | 2250 |
| Bacon Tomato Mac & Cheese (cafe) | 580 | 26 | 14 | 0 | 66 | 3 | 7 | 22 | 70 | 1490 |

| | | | | | | | | | | |
|---|------|----|-----|-----|-----|-----|----|----|-----|------|
| Cavatappi Marinara (entree) - V | 610 | 11 | 4 | 0 | 106 | 7 | 11 | 26 | 20 | 840 |
| Cavatappi Marinara (cafe) - V | 330 | 5 | 2 | 0 | 58 | 4 | 6 | 14 | 10 | 420 |
| Chicken Carbonara (entree) | 1130 | 47 | 26 | 1 | 113 | 7 | 9 | 62 | 185 | 1480 |
| Chicken Carbonara (cafe) | 650 | 29 | 16 | 0.5 | 64 | 4 | 5 | 33 | 110 | 820 |
| Chicken Rosa Pasta (entree) | 1320 | 66 | 25 | 0.5 | 126 | 9 | 12 | 59 | 135 | 2560 |
| Chicken Rosa Pasta (cafe) | 670 | 33 | 12 | 0 | 66 | 5 | 6 | 30 | 65 | 1300 |
| Mac & Cheese (entree) - V | 890 | 36 | 20 | 0 | 112 | 5 | 11 | 32 | 100 | 2110 |
| Mac & Cheese (cafe) - V | 550 | 24 | 13 | 0 | 65 | 3 | 7 | 20 | 65 | 1420 |
| Pesto Cavatappi Pasta w/ Chicken (entree) | 1120 | 51 | 22 | 1 | 116 | 6 | 10 | 52 | 165 | 1310 |
| Pesto Cavatappi Pasta w/ Chicken (cafe) | 620 | 31 | 14 | 0.5 | 60 | 3 | 6 | 27 | 100 | 740 |
| Shrimp Scampi Linguini (entree) | 1080 | 54 | 20 | 0 | 101 | 7 | 3 | 46 | 165 | 1530 |
| Shrimp Scampi Linguini (cafe) | 570 | 27 | 10 | 0 | 56 | 4 | 2 | 24 | 85 | 770 |
| *Garlic Bread (add for total nutritional) - V | 150 | 6 | 2.5 | 0 | 19 | < 1 | 0 | 3 | 0 | 320 |

| SANDWICHES (Add Bakery Chips for full nutritional) | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|---|-----------------|------------------|----------------|------------------|--------------|--------------|--------------|----------------|--------------------|---------------|
| BBLT on Mom's White w/ Balsamic Aioli | 870 | 65 | 17 | 0.5 | 47 | 1 | 7 | 36 | 345 | 1920 |
| Chicken Pesto on Ciabatta Ficelle w/ Pesto Aioli | 760 | 31 | 4 | 0 | 82 | 4 | 5 | 36 | 65 | 1740 |
| DC Chicken Salad on Croissant | 730 | 47 | 15 | 0 | 56 | 4 | 16 | 21 | 100 | 890 |
| Ham on Pretzel w/ Apples & Hot Honey (horseradish dijonnaise) | 690 | 25 | 9 | 0 | 76 | 3 | 7 | 40 | 95 | 2100 |
| Mom's Chicken on Harvest (No Cheese/Mayo/Must) | 440 | 9 | 3 | 0 | 57 | 5 | 10 | 33 | 65 | 1110 |
| Mom's Ham on Harvest (No Cheese/Mayo/Must) | 450 | 11 | 4 | 0 | 58 | 5 | 11 | 31 | 70 | 1690 |
| Mom's Turkey on Harvest (No Cheese/Mayo/Must) | 450 | 10 | 3 | 0 | 58 | 5 | 11 | 37 | 70 | 1510 |
| Mom's Chicken on White (No Cheese/Mayo/Must) | 380 | 8 | 4 | 0 | 47 | 3 | 6 | 29 | 75 | 1030 |
| Mom's Ham on White (No Cheese/Mayo/Must) | 390 | 10 | 5 | 0 | 48 | 3 | 7 | 27 | 80 | 1610 |
| Mom's Turkey on White (No Cheese/Mayo/Must) | 390 | 9 | 4 | 0 | 48 | 3 | 7 | 33 | 80 | 1430 |
| Roast Beef & Bleu on Dutch Crunch | 840 | 33 | 5 | 0 | 101 | 20 | 10 | 40 | 70 | 2150 |
| Tomato Mozzarella on Ciabatta Ficelle w/ Balsamic Vinaigrette - V | 660 | 22 | 9 | 0 | 84 | 4 | 7 | 30 | 60 | 1480 |
| Tuna Salad on Harvest | 620 | 30 | 6 | 0 | 58 | 5 | 10 | 30 | 55 | 1280 |
| Turkey on Pretzel w/ Apple & Hot Honey (horseradish dijonnaise) | 690 | 24 | 8 | 0 | 76 | 3 | 7 | 46 | 95 | 1910 |
| Uptown Turkey Avocado on Harvest | 820 | 47 | 10 | 0 | 62 | 7 | 12 | 45 | 100 | 2030 |
| *Bakery Chips - VG | 150 | 9 | 1.5 | 0 | 17 | 1 | < 1 | 0 | 0 | 90 |

| PANINIS | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|---|-----------------|------------------|----------------|------------------|--------------|--------------|--------------|----------------|--------------------|---------------|
| Club Panini | 1040 | 57 | 23 | 0 | 74 | 3 | 3 | 57 | 165 | 2950 |
| Chicken Pomodori Panini | 920 | 44 | 20 | 0 | 78 | 4 | 4 | 46 | 115 | 2120 |
| Green Chile Chicken Panini | 770 | 34 | 17 | 0 | 68 | 1 | 4 | 42 | 130 | 1970 |
| Grilled Cheese w/ Tomato Soup Dipper - V | 790 | 51 | 29 | 0 | 53 | 3 | 9 | 35 | 145 | 1790 |
| Grilled Cheese Bacon & Tomato w/ Tomato Soup Dipper | 900 | 60 | 31 | 0 | 54 | 4 | 9 | 42 | 165 | 2140 |
| Rustic Italian Panini | 1090 | 59 | 25 | 0.5 | 80 | 5 | 5 | 56 | 175 | 3750 |

| BROWNIES & BARS | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|----------------------------|-----------------|------------------|----------------|------------------|--------------|--------------|--------------|----------------|--------------------|---------------|
| Cream Cheese Brownie - V | 570 | 36 | 20 | 1 | 55 | 3 | 40 | 9 | 175 | 400 |
| Fudge Brownie | 600 | 31 | 18 | 0.5 | 78 | 5 | 54 | 9 | 140 | 190 |
| Lemon Bar - V | 660 | 30 | 17 | 1 | 93 | 1 | 65 | 6 | 150 | 450 |
| Maple Pecan Bar - V | 630 | 28 | 11 | 0 | 90 | 2 | 54 | 5 | 80 | 480 |

| COOKIES | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|---------------------------|-----------------|------------------|----------------|------------------|--------------|--------------|--------------|----------------|--------------------|---------------|
| Chocolate Chip Cookie - V | 240 | 10 | 5 | 0 | 35 | 2 | 22 | 3 | 15 | 160 |
| Monster Cookie - V | 300 | 13 | 7 | 0 | 44 | 2 | 30 | 4 | 20 | 170 |
| Oatmeal Raisin Cookie - V | 230 | 8 | 3.5 | 0 | 37 | 2 | 22 | 3 | 15 | 180 |
| Snickerdoodle Cookie - V | 280 | 9 | 3.5 | 0 | 49 | < 1 | 32 | 3 | 25 | 200 |
| Sugar Cookie - V | 230 | 9 | 3.5 | 0 | 35 | < 1 | 18 | 3 | 25 | 200 |
| Toffee Cookie - V | 250 | 12 | 6 | 0 | 33 | 1 | 21 | 3 | 20 | 180 |

| BUNDTTS & CAKES | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|----------------------------|-----------------|------------------|----------------|------------------|--------------|--------------|--------------|----------------|--------------------|---------------|
|----------------------------|-----------------|------------------|----------------|------------------|--------------|--------------|--------------|----------------|--------------------|---------------|

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|--------------------------------------|-----|----|-----|---|-----|---|----|---|-----|-----|
| Baby Chocolate Bundt Cake - V | 580 | 32 | 8 | 0 | 70 | 2 | 45 | 5 | 55 | 470 |
| Baby Chunky Monkey Bundt Cake - V | 450 | 27 | 6 | 0 | 51 | 3 | 31 | 6 | 35 | 250 |
| Baby Cranberry Orange Bundt Cake - V | 440 | 16 | 2.5 | 0 | 73 | 1 | 51 | 4 | 170 | 310 |
| Baby Lemon Bundt Cake- V | 540 | 24 | 5 | 0 | 76 | 1 | 51 | 6 | 90 | 400 |
| Baby Maple Pecan Bundt Cake - V | 580 | 29 | 16 | 0 | 94 | 2 | 70 | 4 | 50 | 310 |
| Cinnamon Cream Cake (slice) - V | 800 | 38 | 14 | 0 | 107 | 4 | 64 | 9 | 105 | 690 |

COLD BEVERAGES

| | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|--|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| Lemonade | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz |
| Dragon Fruit Arnold Palmer | 120 / 180 | 0 | 0 | 0 | 30 / 45 | 0 | 29 / 44 | 0 | 0 | 0 |
| Dragon Fruit Iced Tea | 50 / 80 | 0 | 0 | 0 | 12 / 17 | 0 | 12 / 17 | 0 | 0 | 0 |
| Dragon Fruit Lemonade | 190 / 290 | 0 | 0 | 0 | 49 / 73 | 0 | 47 / 70 | 0 | 0 | 0 |
| Strawberry Lemonade | 180 / 250 | 0 | 0 | 0 | 47 / 65 | 0 | 45 / 62 | 0 | 0 | 0 |
| Soda | 20oz / 30oz | 20oz / 30oz | 20oz / 30oz | 20oz / 30oz | 20oz / 30oz | 20oz / 30oz | 20oz / 30oz | 20oz / 30oz | 20oz / 30oz | 20oz / 30oz |
| Coca Cola | 200 / 300 | 0 | 0 | 0 | 56 / 84 | 0 | 56 / 84 | 0 | 0 | 10 / 20 |
| Cherry Coca Cola | 210 / 310 | 0 | 0 | 0 | 54 / 81 | 0 | 54 / 81 | 0 | 0 | 10 / 10 |
| Diet Coca Cola | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 / 30 |
| Diet Coca Cola Caffeine Free | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 20 / 30 |
| Coca Cola Zero | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 55 / 85 |
| Fanta | 220 / 340 | 0 | 0 | 0 | 60 / 90 | 0 | 60 / 90 | 0 | 0 | 15 / 25 |
| Sprite | 200 / 290 | 0 | 0 | 0 | 52 / 78 | 0 | 52 / 78 | 0 | 0 | 45 / 65 |
| Dr. Pepper | 200 / 300 | 0 | 0 | 0 | 54 / 81 | 0 | 54 / 81 | 0 | 0 | 70 / 105 |
| Diet Dr. Pepper | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 70 / 105 |
| IBC Root Beer - Bottle (12oz) | 160 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 140 |
| Vitamin Water XXX Acai Blueberry Pomegranate | 100 / 150 | 0 | 0 | 0 | 26 / 39 | 0 | 26 / 39 | 0 | 0 | 0 |

HOT COFFEE BEVERAGES

| | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
|--|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Brewed Hot Coffee (regular and decaf) | 12z /16z /20z | 12z /16z /20z | 12z /16z /20z | 12z /16z /20z | 12z /16z /20z | 12z /16z /20z | 12z /16z /20z | 12z /16z /20z | 12z /16z /20z | 12z /16z /20z |
| Brewed Coffee | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Americano | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Hot Coffee Drinks (no whipped cream) | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim |
| 12oz. Cappuccino | 100 / 60 | 5 / 0 | 3 / 0 | 0 | 8 / 9 | 0 | 9 / 9 | 5 / 5 | 15 / 0 | 70 / 90 |
| 16oz. Cappuccino | 140 / 90 | 7 / 0 | 4 / 0 | 0 | 11 / 12 | 0 | 13 / 12 | 7 / 8 | 20 / 0 | 100 / 125 |
| 20oz. Cappuccino | 190 / 120 | 10 / 0 | 6 / 0 | 0 | 15 / 17 | 0 | 17 / 17 | 10 / 11 | 30 / 5 | 135 / 180 |
| 12oz. Latte | 190 / 120 | 10 / 0 | 6 / 0 | 0 | 15 / 16 | 0 | 17 / 16 | 10 / 11 | 30 / 5 | 130 / 170 |
| 16oz. Latte | 250 / 160 | 13 / 0 | 8 / 0 | 0 | 19 / 22 | 0 | 22 / 22 | 13 / 14 | 40 / 10 | 170 / 230 |
| 20oz. Latte | 300 / 190 | 16 / 0 | 9 / 0 | 0 | 23 / 26 | 0 | 27 / 26 | 16 / 17 | 50 / 10 | 210 / 280 |
| 12oz. Caramel Latte | 380 / 320 | 11 / 2 | 7 / 1 | 0 | 61 / 63 | 0 | 45 / 44 | 10 / 11 | 10 / 10 | 210 / 210 |
| 16oz. Caramel Latte | 490 / 410 | 13 / 2 | 8 / 1 | 0 | 81 / 84 | 0 | 57 / 57 | 12 / 13 | 40 / 15 | 220 / 260 |
| 20oz. Caramel Latte | 650 / 540 | 17 / 3 | 10 / 2 | 0 | 108 / 111 | 0 | 76 / 76 | 16 / 17 | 55 / 20 | 280 / 340 |
| 12oz. Chai Tea Latte | 200 / 130 | 11 / 0 | 6 / 0 | 0 | 15 / 17 | 0 | 18 / 17 | 11 / 12 | 35 / 10 | 135 / 180 |
| 16oz. Chai Tea Latte | 270 / 170 | 15 / 0 | 8 / 0 | 0 | 20 / 23 | 0 | 24 / 23 | 15 / 16 | 45 / 10 | 180 / 240 |
| 20oz. Chai Tea Latte | 340 / 210 | 18 / 0 | 11 / 0 | 0 | 25 / 29 | 0 | 29 / 29 | 18 / 20 | 55 / 10 | 230 / 300 |
| 12oz. Hazelnut Latte | 240 / 320 | 9 / 2 | 5 / 1 | 0 | 28 / 63 | 0 | 45 / 44 | 10 / 11 | 10 / 10 | 210 / 210 |
| 16oz. Hazelnut Latte | 490 / 410 | 13 / 2 | 8 / 1 | 0 | 81 / 84 | 0 | 57 / 57 | 12 / 13 | 40 / 15 | 220 / 260 |
| 20oz. Hazelnut Latte | 650 / 540 | 17 / 3 | 10 / 2 | 0 | 108 / 111 | 0 | 76 / 76 | 16 / 17 | 55 / 20 | 280 / 340 |
| 12oz. Truffle Mocha Latte | 300 / 220 | 10 / 1 | 6 / 0.5 | 0 | 45 / 46 | 1 / 1 | 41 / 42 | 10 / 11 | 30 / 5 | 220 / 220 |
| 16oz. Truffle Mocha Latte | 410 / 320 | 12 / 1 | 7 / 1 | 0 | 68 / 69 | 2 / 2 | 61 / 62 | 13 / 14 | 35 / 5 | 300 / 300 |
| 20oz. Truffle Mocha Latte | 560 / 430 | 16 / 1.5 | 9 / 1 | 0 | 93 / 94 | 2 / 2 | 83 / 84 | 17 / 18 | 45 / 10 | 400 / 390 |
| 12oz. Vanilla Latte | 240 / 160 | 9 / 0 | 5 / 0 | 0 | 29 / 30 | 0 | 29 / 29 | 9 / 10 | 30 / 5 | 125 / 125 |
| 16oz. Vanilla Latte | 280 / 180 | 12 / 0 | 7 / 0 | 0 | 32 / 33 | 0 | 32 / 33 | 11 / 12 | 35 / 5 | 150 / 150 |
| 20oz. Vanilla Latte | 340 / 220 | 15 / 0 | 9 / 0 | 0 | 36 / 37 | 0 | 36 / 37 | 14 / 13 | 45 / 10 | 200 / 200 |
| Hot Chocolate | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim |
| 12oz. Truffle Hot Chocolate w/ Whipped Cream | 350 / 280 | 17 / 7 | 10 / 4 | 0 | 50 / 51 | 1 / 1 | 47 / 47 | 12 / 13 | 55 / 30 | 190 / 230 |
| 16oz. Truffle Hot Chocolate w/ Whipped Cream | 480 / 390 | 21 / 7 | 12 / 4 | 0 | 75 / 78 | 2 / 2 | 72 / 71 | 16 / 17 | 65 / 30 | 250 / 300 |

| | | | | | | | | | | |
|---|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| 20oz. Truffle Hot Chocolate w/ Whipped Cream | 610 / 490 | 24 / 7 | 14 / 4 | 0 | 100 / 103 | 2 / 2 | 95 / 94 | 20 / 21 | 75 / 30 | 300 / 370 |
| *Whipped Cream (subtract to customize) | 90 | 6 | 3 | 0 | 6 | 0 | 3 | 0 | 25 | 0 |
| COLD COFFEE BEVERAGES | Calories | Total Fat | Sat Fat | Trans Fat | Carbs | Fiber | Sugar | Protein | Cholesterol | Sodium |
| Brewed Cold Coffee (regular and decaf) | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz |
| Black Cold Brew Coffee | < 5 / 5 | 0 | 0 | 0 | < 1 / 1 | 0 | 0 | 0 | 0 | 0 |
| Iced Americano | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Cold Coffee Drinks | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim | Whole/Skim |
| Iced Coffee | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 16oz. Iced Latte | 190 / 120 | 10 / 0 | 6 / 0 | 0 | 15 / 16 | 0 | 17 / 16 | 10 / 11 | 30 / 5 | 130 / 170 |
| 24oz. Iced Latte | 300 / 190 | 16 / 0 | 9 / 0 | 0 | 23 / 26 | 0 | 27 / 26 | 16 / 17 | 50 / 10 | 210 / 280 |
| 16oz. Iced Caramel Latte | 380 / 320 | 11 / 2 | 7 / 1 | 0 | 61 / 63 | 0 | 45 / 44 | 10 / 11 | 10 / 10 | 210 / 210 |
| 24oz. Iced Caramel Latte | 650 / 540 | 17 / 3 | 10 / 2 | 0 | 108 / 111 | 0 | 76 / 76 | 16 / 17 | 55 / 20 | 280 / 340 |
| 16oz. Iced Chai Tea Latte | 200 / 130 | 11 / 0 | 6 / 0 | 0 | 15 / 17 | 0 | 18 / 17 | 11 / 12 | 35 / 10 | 135 / 180 |
| 24oz. Iced Chai Tea Latte | 340 / 210 | 18 / 0 | 11 / 0 | 0 | 25 / 29 | 0 | 29 / 29 | 18 / 20 | 55 / 10 | 230 / 300 |
| 16oz. Iced Hazelnut Latte | 380 / 320 | 11 / 2 | 7 / 1 | 0 | 61 / 63 | 0 | 45 / 44 | 10 / 11 | 10 / 10 | 210 / 210 |
| 24oz. Iced Hazelnut Latte | 650 / 540 | 17 / 3 | 10 / 2 | 0 | 108 / 111 | 0 | 76 / 76 | 16 / 17 | 55 / 20 | 280 / 340 |
| 16oz. Truffle Mocha Latte | 490 / 410 | 13 / 2 | 8 / 1 | 0 | 81 / 84 | 0 | 57 / 57 | 12 / 13 | 40 / 15 | 220 / 260 |
| 24oz. Truffle Mocha Latte | 650 / 540 | 17 / 3 | 10 / 2 | 0 | 108 / 111 | 0 | 76 / 76 | 16 / 17 | 55 / 20 | 280 / 340 |
| 16oz. Iced Vanilla Latte | 240 / 160 | 9 / 0 | 5 / 0 | 0 | 29 / 30 | 0 | 29 / 29 | 9 / 10 | 30 / 5 | 125 / 125 |
| 24oz. Iced Vanilla Latte | 340 / 220 | 15 / 0 | 9 / 0 | 0 | 36 / 37 | 0 | 36 / 37 | 14 / 13 | 45 / 10 | 200 / 200 |
| Vanilla Sweet Cream Cold Brew Coffee | 120 / 180 | 4.5 / 7 | 3 / 4.5 | 0 | 16 / 25 | 0 | 16 / 24 | 3 / 4 | 20 / 30 | 40 / 60 |
| Syrups/Sauces (add to customize Coffee Drinks) | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz | 16oz / 24oz |
| Hazelnut Syrup | 40 / 60 | 0 | 0 | 0 | 10 / 14 | 0 | 10 / 14 | 0 | 0 | 0 |
| Vanilla Syrup | 40 / 60 | 0 | 0 | 0 | 10 / 15 | 0 | 10 / 15 | 0 | 0 | 0 |
| Vanilla Sugar-free Syrup | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Caramel Sauce | 120 / 180 | 0.5 / 1 | 0 | 0 | 29 / 44 | 0 | 22 / 32 | 0 | 0 / 5 | 115 / 170 |
| Chocolate Sauce | 90 / 140 | 0 / 0.5 | 0 | 0 | 23 / 35 | 1 / 2 | 21 / 32 | 1 / 1 | 0 | 80 / 120 |
| Customize Coffee Drinks | 12z / 16z / 20z | 12z / 16z / 20z | 12z / 16z / 20z | 12z / 16z / 20z | 12z / 16z / 20z | 12z / 16z / 20z | 12z / 16z / 20z | 12z / 16z / 20z | 12z / 16z / 20z | 12z / 16z / 20z |
| Skim Milk | 100/120/160 | 0 | 0 | 0 | 14 / 17 / 23 | 0 | 14 / 17 / 23 | 9 / 12 / 15 | 5 / 5 / 10 | 120/150/190 |
| Whole Milk | 180/200/280 | 9 / 11 / 15 | 5 / 6 / 9 | 0 | 14 / 16 / 22 | 0 | 14 / 16 / 22 | 9 / 10 / 14 | 30 / 35 / 45 | 125/140/200 |
| Almond Milk | 70 / 90 / 110 | 3 / 3.5 / 4.5 | 0 | 0 | 10 / 12 / 15 | 0 | 8 / 10 / 13 | 1 / 1 / 2 | 0 | 190/230/300 |
| Oat Milk | 190/230/300 | 11 / 13 / 17 | 1 / 1.5 / 2 | 0 | 21 / 26 / 34 | 0 | 8 / 10 / 13 | 1 / 1 / 2 | 0 | 125/150/200 |
| Soy Milk | 120/140/190 | 5 / 6 / 8 | 0.5 / 0.5 / 1 | 0 | 10 / 12 / 15 | 0 | 7 / 9 / 11 | 8 / 10 / 13 | 0 | 140/170/230 |
| Cold Foam (Add) | 100 | 9 | 7 | 0 | 1 | 0 | 1 | 0 | 30 | 0 |
| Whipped Cream (Add) | 90 | 6 | 3 | 0 | 6 | 0 | 3 | 0 | 25 | 0 |

GC-Gluten Conscious

Corner Bakery Cafe-valid through Aug 1, 2025

GC* - GC, prepared in a facility that may contain gluten

V-Vegetarian

VG-Vegan

Corner Bakery Cafe's nutritional information is derived from data provided by our suppliers and computer analysis of recipes using Genesis Foods nutrition analysis program from Trustwell. The nutrition information is based on standard product formulations and serving sizes. Corner Bakery Cafe attempts to provide nutrition and ingredient information regarding its products that is as complete as possible. There may be variations in nutritional content across servings, based on variations in overall size and quantities of ingredients, sources of supply, regional and seasonal differences that may affect nutritional values for each product, and based on special ordering of menu items. In addition, product formulations may change periodically. You should expect some variation in the nutrient content of menu items purchased in our restaurants. Nutritional analysis for fountain beverages is based on standardized ice fill and fluid levels. Some menu items may not be available at all restaurants; test products, test formulations or regional items may not be included. As many of our products are prepared by hand, serving sizes may vary. Additionally, no products are certified as vegan or gluten free. We make every effort to ensure your meal All nutrition information is based on average values for ingredients and is rounded in accordance with current U.S. FDA NLEA regulations. This listing is continuously updated in an attempt to reflect the current status of our products. This information is correct as of April 22, 2025 unless stated otherwise.