

# Nutrition Information

## Bakery Items



Item	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Total Sugars	Protein
Biscotti	1/2 the biscotti	130-150	6-4.5g	4-5g	0g	20mg	40-130mg	18-22mg	0g	6-10g	2-3g
Cookies	1 cookie	350-380	16-19g	11g	0g	45mg	390-430mg	49-50mg	1-2g	28-30g	4-5g
Lemon Pound Cake	1 package	400	13g	4.5g	0.5g	80mg	350mg	65g	65g	41g	5g
Muffins without cream cheese	1 muffin	380-470	15-23g	3-6g	0g	45-60mg	350-430mg	55-60g	1-2g	31-35g	5-6g
Muffins with cream cheese	1 muffin	520-550	27-29g	7-10g	0g	80-90mg	460-540mg	64-70g	1g	36-44g	6g
Oatmeal	1 container	260-280	3.5-6g	0.49-0.78g	0g	0mg	190-220mg	48-49mg	5-6g	12-13g	9-10g
PureFit Bars	1 bar	220-230	7-8g	0.5-1g	0g	0mg	160-170mg	24mg	3-4g	15-16g	18g
Scones	1 scone	410-450	20-22g	10-12g	0g	10mg	270-330mg	51-60g	1-3g	22-32g	5-6g

### Allergens

Biscotti - contains wheat, milk, soy, eggs. Made on shared equipment with wheat, milk, soy, eggs, peanuts, and tree nuts.

Cookies - contains egg, milk, soy, tree nuts, wheat. Manufactured in a facility that processes peanuts/nuts.

Oatmeal - manufactured in a facility that uses wheat, tree nuts, soy, peanuts, and dairy. No gluten products used.

PureFit Bars - Contains soy, peanuts, almonds. Manufactured in a plant that also processes tree nuts, peanut, milk, and egg.

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Banana Nut Muffin - Contains: eggs, walnuts, wheat made in a facility that processes milk, peanuts, soy and other tree nuts (almonds, cashews, coconut, macadamia nuts, pecans).

Blueberry Muffin - Contains: wheat, eggs, soy.

Chocolate Chocolate Chip Muffin - Contains: eggs, milk, soy, wheat may contain peanuts and tree nuts (cashews, coconut, macadamia nuts, pecans, walnuts).

## Ingredients

### Muffins

**Banana Nut Muffin:** Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, water, eggs, bananas, walnuts, contains 2% or less of: modified corn starch, leavening (sodium aluminum phosphate, baking soda, monocalcium phosphate), salt, wheat gluten, potassium sorbate (preservative), mono- and diglycerides, xanthan gum, calcium sulfate, natural and artificial flavors, canola lecithin, caramel color, enzymes. Contains: eggs, walnuts, wheat made in a facility that processes milk, peanuts, soy and other tree nuts (almonds, cashews, coconut, macadamia nuts, pecans).

**Blueberry Muffin:** Sugar, enriched bleached flour (bleached wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, blueberries, soybean oil, eggs, contains 2% or less of: mono- and diglycerides, modified corn starch, soy flour, wheat protein isolate, salt, leavening (sodium aluminum phosphate, baking soda, monocalcium phosphate), mono- and diesters of fatty acids, potassium sorbate (preservative), sodium stearoyl lactylate, natural and artificial flavor, xanthan gum, calcium sulfate, blueberry juice concentrate, blackberry juice concentrate, enzymes. Contains: wheat, eggs, soy.

**Chocolate Cream Cheese Muffin:** Sugar, filling [water, cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), sugar, food starch-modified, corn syrup, palm oil, contains 2% or less of: artificial flavor, glucono delta-lactone, mono- and diglycerides, polysorbate 60, preservatives (potassium sorbate, sodium benzoate), salt, titanium dioxide (color), yellow 5, yellow 6], eggs, water, soybean oil, enriched bleached wheat flour (flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), chocolate flavored confectionery (sugar, hydrogenated palm kernel oil, cocoa powder processed with alkali, soy lecithin (emulsifier), salt, vanillin (artificial flavor), wheat flour, eggs, contains less than 2% of alkali processed cocoa, caramel color, corn starch, dextrose, leavening (baking soda, sodium aluminum phosphate), margarine [palm oil, water, soybean oil, salt, soy lecithin, natural flavor, beta-carotene (color), vitamin a palmitate], modified food starch, mono- & diglycerides, natural and artificial flavor, propylene glycol mono & diesters of

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fatty acids, red 40, salt, sodium propionate (preservative), sodium stearoyl lactylate, sour cream (cultured cream), soy flour, soy lecithin, vital wheat gluten, whey.

**Chocolate Chocolate Chip Muffin:** Sugar, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, eggs, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, vanilla extract, milk), chocolate flavored chips (sugar, palm kernel and/or palm oil, cocoa [processed with alkali], dextrose, soy lecithin, polysorbate 60, sorbitan monostearate, natural flavor, salt, vanilla extract, milk), cocoa (processed with alkali), contains 2% or less of: modified corn starch, soy flour, leavening (sodium aluminum phosphate, baking soda, monocalcium phosphate), caramel color (contains sulfites), salt, wheat gluten, potassium sorbate (preservative), mono- and diglycerides, propylene glycol esters of fatty acids, sodium stearoyl lactylate, xanthan gum, calcium sulfate, natural and artificial flavor, canola lecithin, enzymes. Contains: eggs, milk, soy, wheat may contain peanuts and tree nuts (cashews, coconut, macadamia nuts, pecans, walnuts).

**Cinnamon Cream Cheese Muffin:** Sugar, enriched bleached wheat flour (flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), filling [water, cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), sugar, food starch-modified, corn syrup, palm oil, contains 2% or less of: artificial flavor, glucono delta-lactone, mono- and diglycerides, polysorbate 60, preservatives (potassium sorbate, sodium benzoate), salt, titanium dioxide (color), yellow 5, yellow 6], water, eggs, soybean oil, modified food starch, palm oil, cinnamon, sour cream (cultured cream), sodium propionate (preservative), defatted soy flour, leavening (baking soda, sodium aluminum phosphate), mono- & diglycerides, propylene glycol mono & diesters of fatty acids, salt, sodium stearoyl lactylate, vital wheat gluten, whey.

### Scones

**Apple Cinnamon Scone:** Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, sugar, water, apples, cinnamon drops (sugar, palm oil, cinnamon, nonfat milk, soy lecithin), corn syrup solids, modified corn starch, baking soda, dried egg yolk (contains sodium silicoaluminate), dried egg white (contains citric acid), nonfat milk, salt, sodium aluminum phosphate, monocalcium phosphate, wheat protein isolate (wheat gluten), xanthin gum, natural flavor.

**Blueberry Scone:** Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, sugar, water, blueberries, corn syrup solids, modified corn starch, baking soda, dried egg yolk (contains sodium silicoaluminate), dried egg white (contains citric acid), nonfat milk, salt, sodium aluminum phosphate, monocalcium phosphate, wheat protein isolate (wheat gluten), xanthin gum, natural flavor.

**Brown Sugar Scone:** Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, sugar, water, cinnamon drops (sugar, palm oil, cinnamon, nonfat milk, soy lecithin), brown sugar, corn

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syrup solids, cinnamon, high fructose corn syrup (glucose-free), baking soda, dried egg yolk (contains sodium silicoaluminate), dried egg white (contains citric acid), nonfat milk, salt, sodium aluminum phosphate, monocalcium phosphate, wheat protein isolate (wheat gluten), xanthin gum.

**Chocolate Chip Scone:** Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, sugar, water, sweet chocolate chunks (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural flavor), corn syrup solids, high fructose corn syrup (glucose-fructose), modified corn starch, baking soda, dried egg yolk (contains sodium silicoaluminate), dried egg white (contains citric acid), nonfat milk, salt, sodium aluminum phosphate, monocalcium phosphate, wheat protein isolate (wheat gluten), xanthin gum, cinnamon, natural flavor.

**Cranberry Orange Scone:** Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, sugar, water, cranberries, corn syrup solids, modified corn starch, oranges, baking soda, dried egg yolk (contains sodium silicoaluminate), dried egg white (contains citric acid), nonfat milk, salt, sodium aluminum phosphate, monocalcium phosphate, wheat protein isolate (wheat gluten), xanthin gum, natural flavor.

**Double Chocolate Scone:** Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, sugar, water, sweet chocolate chunks (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural flavor), cocoa processed with alkali, corn syrup solids, modified corn starch, baking soda, dried egg yolk (contains sodium silicoaluminate), dried egg white (contains citric acid), nonfat milk, salt, sodium aluminum phosphate, monocalcium phosphate, wheat protein isolate (wheat gluten), xanthin gum, natural flavor, butterfat, soy lecithin.

**Lemon Poppyseed Scone:** Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, sugar, water, corn syrup solids, poppy seed modified corn starch, baking soda, dried egg yolk (contains sodium silicoaluminate), dried egg white (contains citric acid), nonfat milk, salt, sodium aluminum phosphate, monocalcium phosphate, wheat protein isolate (wheat gluten), xanthin gum, natural flavor, annatto and turmeric extract color.

**White Chocolate Raspberry Scone:** Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), palm oil, sugar, water, white confectionary chunks (sugar, palm kernel oil, milk, nonfat milk, butterfat, soy lecithin, natural flavor), corn syrup solids, raspberries, raspberry flavored nuggets (dextrose, sugar, wheat flour, soybean oil, cellulose gum, maltodextrin, fruit and vegetable juice color, natural flavor, citric acid), modified corn starch, baking soda, dried egg yolk (contains sodium silicoaluminate), dried egg white (contains citric acid), nonfat milk, salt, sodium aluminum phosphate, monocalcium phosphate, wheat protein isolate (wheat gluten), xanthin gum, fruit and vegetable juice concentrates added for color (purple sweet potato, radish, apple, cherry), natural flavor.