



## NUTRITIONAL INFORMATION

	CALORIES	FAT (g)	CARBS (g)	FIBER (g)	PROTEIN (g)	CALS FROM FAT	SAT. FAT (g)	CHOLEST. (MG)	SODIUM (MG)	SUGAR (g)
<b>BREAKFAST</b>										
<b>EGG SANDWICHES</b>										
TWO EGGS ON ROLL	383 - 413	17	40	1	23	159	5	430	682	6
TWO EGGS ON WRAP	280 - 310	13.5	31	1	17	123	4	430	450	1
TWO EGGS ON WHOLE WHEAT WRAP	280 - 310	13.5	29	4	17	123	4	430	450	1
TWO EGGS ON PLATTER	140 - 160	9	2	0	12	83	3	430	130	0
TWO EGGS ON WHITE	290 - 320	11	34	0	18	103	3	430	530	1
TWO EGGS ON WHOLE WHEAT BREAD	249 - 279	11	28	4	17	101	3.5	430	426	3
TWO EGGS ON RYE	214 - 244	10	21	2	15	94	3	430	394	2
EGG WHITES ON ROLL (157G)	320 - 350	12	39	1	21	105	4	430	470	4
HARD BOILED EGGS (50G)	78	5	1	0	6	49	2	212	62	1
<b>ADD ONS:</b>										
SIDE OF BACON	257 - 267	23	0	0	17	202	8	50	1000	0
SIDE OF TURKEY BACON	181 - 191	14	2	0	15	126	4	49	1142	0
SIDE OF SAUSAGE	160 - 170	14	0	0	10	130	5	42	375	0
SIDE OF BEEF SAUSAGE	146 - 156	13	1	0	7	123	6	34	566	0
SIDE OF TURKEY SAUSAGE	113 - 123	5	0	0	12	49	1	46	332	0
SIDE OF HAM	68 - 78	1	1	0	8	13	0.4	22	403	1
SIDE OF TURKEY	68 - 78	1	2	0	10	8	0.4	18	351	1
SIDE OF POTATOES	145 - 155	3	31	3	3	21	1	0	9	2
AMERICAN CHEESE (28G)	90	7	2	0	6	60	4.5	20	360	1
SWISS CHEESE (28G)	106	8	2	0	8	70	5	26	54	0.3
CHEDDAR CHEESE (28G)	113	9	0.4	0	7	84	6	29	174	0.1
MOZZARELLA CHEESE (28G)	70	5	1	0	6	43	3	15	200	1
MUENSTER CHEESE (21G)	80	6	0	0	5	58	4	20	135	0
FETA CHEESE (28G)	75	6	1	0	4	54	4	25	316	1

NUTRITIONAL INFORMATION LISTED HERE IS BASED ON STANDARD RECIPES AND PRODUCT FORMULATIONS. HOWEVER SLIGHT VARIATIONS MAY OCCUR DUE TO SEASONALITY,

USE OF ALTERNATE SUPPLIERS, AND/OR SMALL DIFFERENCES IN ASSEMBLY OF EACH PRODUCT. THE ADDITION OF CONDIMENTS AND/OR OTHER FOOD ITEMS MAY ALTER THE NUTRITIONAL INFORMATION. WE ARE CONTINUALLY TRYING NEW PRODUCTS IN AN EFFORT TO IMPROVE THE QUALITY OF THE ITEMS WE OFFER. THEREFORE NUTRITIONAL

## NUTRITIONAL INFORMATION

	CALORIES	FAT (G)	CARBS (G)	FIBER (G)	PROTEIN (G)	CALS FROM FAT	SAT. FAT (G)	CHOLES. (MG)	SODIUM (MG)	SUGAR (G)
<b>BAKERY</b>										
<b>MUFFINS</b>										
CORN (142G)	480	20	66	3	7	180	4.5	60	20	1
ORANGE CRANBERRY (140G)	420	15	65	2	6	130	9	90	530	28
APPLE CINNAMON (140G)	500	22	70	2	6	200	3.5	55	510	35
BANANA WALNUT (140G)	540	17	90	2	8	150	10	105	370	47
HONEY RAISIN BRAN (136G)	476	16	85	9	9	130	2	47	611	35
LEMON BLUEBERRY (120G)	356	12	40	4	4	100	2	17	220	29
BANANA CHOC CHIP (110G)	403	21	53	4	6	178	8	58	171	32
FAT FREE TRIPLE BERRY (142G)	350	0	84	6	5	0	0	0	840	54
FAT FREE FIBER BRAN (142G)	260	0	74	32	10	0	0	0	310	21
FAT FREE CAPPUCCINO (126G)	350	0	49	4	8	0	0	0	305	15
<b>CROISSANTS</b>										
PLAINCROISSANT (81G)	280	18	28	3	4	154	10	77	128	10
CHOCOLATE CROISSANT (104G)	307	7	55	6	6	56	1	19	384	26
ALMOND CROISSANT (136G)	497	29	47	2	12	259	13	0	0	12
HAM & CHEESE CROISSANT (165G)	328	10	28	2	25	91	5	59	1298	2
<b>DANISH</b>										
CHEESE DANISH (71G)	266	16	26	1	6	139	5	11	320	5
BLUEBERRY DANISH (85G)	352	18	45	2	5	155	3	38	336	0
CINNAMON BUN (105G)	423	24	47	1	7	209	6	22	389	0
APPLE TURNOVER (125G)	395	18	53	0	4	161	4	0	570	26
APPLE DANISH (114G)	340	15	45	3	3	131	5	24	66	28
CHERRY DANISH (74G)	302	9	29	2	4	74	2	22	31	15
<b>POUND CAKE</b>										
CRANBERRY (130G)	451	219	52	0	7	403	24	0	127	0
CARROT (136G)	414	9	78	2	4	84	2	27	245	49
MARBLE (113G)	430	22	52	1	6	198	10	130	440	21
DOUBLE CHOC (136G)	510	27	63	2	8	235	15	140	440	40
ICED LEMON (141G)	440	16	68	1	7	143	8	125	390	47
PLAIN (113G)	420	21	52	1	68	119	11	135	370	38

## NUTRITIONAL INFORMATION

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<b>BAGELS</b>										
PLAIN (128G)	350	2	68	3	13	20	0	0	680	0
EVERYTHING (132G)	370	2.5	70	3	14	25	0	0	680	1
POPPYSEED (130G)	360	2	68	3	13	20	0	0	680	1
CINNAMON RAISIN (128G)	350	2	70	3	13	20	0	0	410	8
SESAME SEED (129G)	360	2.5	68	3	14	25	0	0	680	1
ONION (130G)	360	2	70	3	14	20	0	0	680	1
WHOLE WHEAT (128G)	290	3	54	12	12	25	0	0	320	2
PUMPERNICKEL (128G)	320	4	61	8	11	35	0.5	0	860	1



**NUTRITIONAL INFORMATION**

	CALORIES	FAT (g)	CARBS (g)	FIBER (g)	PROTEIN (g)	SUGAR (g)
<b>GRIDDLE ORIGINALS</b>						
BUTTERMILK PANCAKES	204 - 234	6	29	3	6	12
BUTTERMILK WHOLE WHEAT PANCAKES	172 - 202	6	22	3	6	3
CHALLAH FRENCH TOAST	155 - 185	7	19	3	7	6



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<b>HOT CEREAL BAR</b>										
<b>HEARTY OATMEAL</b>										
OATMEAL W/ WHOLE MILK (8 oz)	263	9	35	3	11	82	5	25	104	0
OATMEAL W/ WATER (8 oz)	118	1	25	1	4	4	0	0	7	0
OATMEAL W/ SKIM MILK (8 oz)	143	2	25	4	6	21	0	0	2	1
OATMEAL W/ WHOLE MILK (12 oz)	395	14	52	4	17	423	8	37	156	0
OATMEAL W/ WATER (12 oz)	177	1	37	2	5	7	0	0	10	0
OATMEAL W/ SKIM MILK (12 oz)	214	3	37	6	9	31	1	0	3	1
<b>YOGURT</b>										
<b>DANNON YOGURT</b>										
REGULAR DANNON (6 oz.)	100	2.5	12	0	8	25	1.5	10	110	12
LIGHT N FIT BLUEBERRY (6 oz.)	60	0	10	0	5	0	0	5	80	7
LIGHT N FIT STRAWBERRY (6 oz.)	60	0	11	0	5	0	0	5	90	7
LIGHT N FIT STRAW/BAN (6 oz.)	60	0	11	0	5	0	0	5	90	7
LIGHT N FIT VANILLA (6 oz.)	60	0	10	0	5	0	0	5	80	7
LIGHT N FIT PEACH (6 oz.)	60	0	11	0	5	0	0	5	85	7
LIGHT N FIT RASPBERRY (6 oz.)	60	0	11	0	5	0	0	5	95	7
<b>YOGURT PARFAITS</b>										
PLAIN PARFAIT (9 oz.)	210	7	28	1	12	60	2.5	10	130	22
STRAWBERRY PARFAIT (9 oz.)	210	6	27	2	12	60	2.5	10	125	22
BLUEBERRY PARFAIT (9 oz.)	210	6	28	2	12	60	2.5	10	125	23
PLAIN PARFAIT (12 oz.)	400	12	52	3	22	110	4.5	20	250	42
STRAWBERRY PARFAIT (12 oz.)	400	12	53	3	22	110	4.5	20	240	42
BLUEBERRY PARFAIT (12 oz.)	410	12	55	3	22	110	4.5	20	240	44
<b>FRESH FRUIT SALADS</b>										
REGULAR MIXED BOWL (10 oz.)	90	0	28	4	1	0	0	0	20	19
MEDIUM MIXED BOWL (16 oz.)	180	1	45	8	3	8	0	0	390	36



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<b>CEREAL</b>										
KELLOGGS CORN FLAKES	150	0	37	1	2	0	0	0	310	3
KELLOGG'S RICE KRISPIES	120	0	29	3	2	0	0	0	320	3
KELLOGG'S SMART START	190	0.5	43	3	3	50	0	0	280	14
KASHIS HEART TO HEART	230	3	50	9	8	25	0.5	0	200	10
KELLOGG'S SPECIAL K	140	0.5	26	0.8	8	5	0	0	260	0.5
KELLOGG'S FROSTED FLAKES	220	0	54	1	2	0	0	0	290	23
KELLOGG'S RAISIN BRAN CRUNCH	280	1.5	67	6	5	15	0	0	310	30

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	CALORIES	FAT (g)	CARBS (g)	FIBER (g)	PROTEIN (g)
<b>LUNCH</b>					
<b>SANDWICHES</b>					
EGG SALAD	457 - 487	24	42	5	22
CRANBERRY TURKEY SALAD	591 - 621	37	56	5	23
COCONUT CURRY CHICKEN SALAD	456 - 476	19	49	6	23
LEMON GRILL CHICKEN	455 - 485	23	42	4	23
ORGANIC TUNA SALAD	377 - 407	12	41	5	18
FRESH & CO. VEGETARIAN	324 - 354	11	46	7	13
TURKEY BLT	588 - 618	28	43	5	39
ROAST BEEF & WHITE CHEDDAR	636 - 666	42	43	5	23
WHITE CHEDDAR	479 - 509	33	43	5	29
TURKEY & HUMMUS	438 - 468	13	51	7	31
TOMATO & MOZZARELLA	541 - 571	28	54	18	29
CHICKEN COBB	559 - 589	29	43	7	31
MONTEREY GRILLED CHICKEN	485 - 515	28	41	9	22
<b>BAGUETTES</b>					
GREEK FETA & TOMATO	441 - 471	18	46	3	14
GRILLED CHICKEN MOZZARELLA	449 - 479	14	51	3	28
ROAST BEEF & SHAVED ROMANO	534 - 574	28	44	3	32
SMOKED TURKEY	531 - 561	33	43	3	31
<b>PANINI MELTS</b>					
SMOKED TURKEY CROQUE MONSIEUR	492 - 522	15	66	3	30
GRILLED CHICKEN FUNGHI	540 - 570	26	66	3	30
SMOKED TURKEY & CHEDDAR	529 - 559	22	66	4	35
GRILLED STEAK & FONTINA	563 - 583	25	65	4	20
CHICKEN FRESCO	541 - 571	26	67	4	38
CRISPY CHICKEN & MOZZARELLA	669 - 699	35	83	7	27
FALAFEL BURGER	641 - 671	27	67	4	27
BUFFALO CHICKEN	582 - 612	22	72	4	22

## NUTRITIONAL INFORMATION

	CALORIES	FAT (g)	CARBS (g)	FIBER (g)	PROTEIN (g)
<b>SIDE SALADS</b>					
ORGANIC GRILLED CORN & BARLEY	171	6	23	6	5
ORGANIC LEMON CHIC PEA	220	6	28	7	7
PESTO	313	16	34	5	8
NOODLES	229	2	31	3	5
SANTORINI SALAD	276	22	8	1	6
SPICY SOUTHWESTERN PASTA	357	21	32	4	7
MOROCCAN SPICED ORZO	343	9	54	3	9
ORGANIC TUSCAN WHITE BEAN	239	21	23	6	8
ORGANIC QUINOA SALAD	280	9	32	9	12
SKINNY DIP	155	3	6	6	4
<b>CHEF DESIGN SALAD</b>					
SANTA FE	385 - 415	24	24	8	20
AEGEAN	342 - 372	11	19	8	14
ASIAN CHOP CHOP	314 - 339	6	30	14	20
w/ SHRIMP	369 - 399	7	33	10	24
w/ RAW TUFO	359 - 389	17	35	13	24
STEAK HOUSE	552 - 582	32	29	8	38
CALIFORNIA COBB	629 - 659	37	10	8	66
JUMBO GRILLED SHRIMP	362 - 392	12	19	10	25
CLASSIC CAESAR	340 - 370	22	43	4	25
w/ GRILLED CHICKEN	395 - 425	24	43	4	35
w/ GRILLED STEAK	415 - 490	26	46	6	34
FIESTA CHICKEN	456 - 486	21	25	8	33
w/ GRILLED CHICKEN	511 - 541	23	25	8	43
w/ GRILLED STEAK	531 - 561	25	29	10	42
MIDDLE EASTERN FALAFEL	386 - 416	20	9	5	30
SOUTH BEACH	607 - 637	29	13	9	35



## NUTRITIONAL INFORMATION

	CALORIES	FAT (g)	CARBS (g)	FIBER (g)	PROTEIN (g)
<b>DRESSINGS 1oz (30g)</b>					
5 SPICE ASIAN	97	7	0	0	1
BLUE CHEESE	110	18	1	0	41
SMOKEY CHIPOTLE	120	19	1	0	1
CAESAR	121	16	1	0	1
LOW FAT SPICY TEX MEX	43	5	0	0	13
LOW FAT PEPPERCORN RANCH	62	5	5	0	0
ORGANIC SESAME GINGER	110	11	5	0	1
THOUSAND ISLAND	104	10	5	0	0
BALSAMIC VINAIGRETTE	111	14	8	0	0
SPICY THAI BASIL	22	5	0	0	0
FAT FREE LEMON HERB	46	0	4	0	0
FAT FREE RASPBERRY VINAIGRETTE	34	0	9	0	0
CARB FREE TOMATO BASIL	11	0	3	0	0



## NUTRITIONAL INFORMATION

	CALORIES	FAT (G)	CARBS (G)	FIBER (G)	PROTEIN (G)	SAT. FAT (G)	SODIUM (MG)	SUGAR (G)	EST NET CARBS	TRANS FAT (G)
<b>SOUP</b>										
<b>ALL SOUP NUTRITIONAL DATA BASED ON</b>										
5 STAR MUSHROOM SOUP	131	1	28	10	5	0	100	8	23	0
BEEF BARLEY	111	1	20	4	4	1	91	3	16	0
BEEF STROGANOFF	248	15	35	1	12	9	297	1	34	0
BLACK BEAN & CHORIZO	153	9	8	2	7	3	532	2	6	0
BLACK BEAN SOUP	84	3	12	3	3	0	310	1	8	0
BUTTERNUT SQUASH CREAM	199	11	21	2	1	8	215	14	19	0
CARROT GINGER	130	6	18	2	1	4	68	11	16	0
CHICKEN BARLEY SOUP	76	0	11	1	1	0	73	1	10	0
CHICKEN CACCIATORE SOUP	101	1	11	2	7	0	287	4	9	0
CHICKEN CORDON BLEU SOUP	246	19	4	0	9	13	197	1	4	0
CHICKEN GUMBO SOUP	203	9	18	3	13	3	466	7	14	0
CHICKEN MARSALA SOUP	112	1	8	1	8	0	60	1	7	0
CHICKEN NOODLE SOUP	106	2	10	1	12	0	69	2	9	0
COCONUT CHICKEN SOUP	224	32	22	1	7	22	87	3	21	0
COCONUT SALMON SOUP	211	27	10	1	1	20	202	2	9	0
CORN & CHICKEN POBLANO BISQUE	226	25	8	1	12	13	117	1	8	1
CORN CHOWDER SOUP	138	4	23	2	2	2	132	5	21	0
CREAM OF BROCCOLI	191	16	6	1	1	11	26	2	5	0
CREAM OF MUSHROOM SOUP	246	32	11	1	5	20	462	1	10	0
CREAM OF SPINACH & WILD RICE SOUP	180	17	5	0	2	11	123	0	3	0
CREAM OF TOMATO FLORENTINE SOUP	174	12	14	4	5	7	110	5	10	0
CREAM OF TOMATO SOUP	165	22	17	1	3	13	104	7	15	0
CREAM OF TURKEY & MUSHROOM	121	9	8	2	2	6	346	3	6	0
CURRY CHICKEN MASALAR	204	11	19	3	4	7	167	2	16	0
CURRY CHICKEN SOUP	154	21	11	1	8	15	191	1	10	0
DIABLO TEQUILA SHRIMP CHOWDER SOUP	124	1	9	1	10	0	322	2	8	0
GARDEN VEG CURRY	69	1	11	3	3	0	121	3	8	0
GAZPACHO	125	10	15	3	4	6	939	10	11	0
JALAPENO CRAB & CORN CHOWDER SOUP	113	0	13	2	4	0	590	6	11	0
LOBSTER BISQUE	239	5	54	4	11	3	52	2	50	0
MANHATTAN CLAM CHOWDER SOUP	121	3	17	2	7	1	406	5	15	0



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<b>SOUP (CONTINUED)</b>										
MINISTRONE SOUP	90	0	8	4	2	0	170	4	4	0
MOROCCAN TOMATO & CHICK PEA SOUP	76	0	12	2	2	0	69	7	10	0
MUSHROOM BARLEY SOUP	124	3	17	2	3	1	30	2	14	0
NEW ENGLAND CLAM CHOWDER SOUP	239	16	18	1	5	10	299	1	17	0
ORGANIC SPLIT PEA SOUP	139	2	20	3	9	0	29	1	17	0
POT ROAST WITH VEGETABLES SOUP	169	8	10	2	13	3	619	4	8	0
PUMPKIN SOUP	175	3	36	3	1	2	11	31	32	0
SEAFOOD JAMBALAYA SOUP	197	13	16	1	16	5	562	2	14	0
SHE CRAB SOUP	211	21	14	1	4	13	261	3	13	0
SHRIMP & CORN CHOWDER SOUP	157	2	26	3	9	0	296	7	24	0
TOMATO ORZO ROASTED GARLIC	119	1	26	3	4	0	245	5	22	0
TURKEY CHILI SOUP	194	9	15	4	20	2	497	5	10	0
TURKEY POT PIE SOUP	197	16	12	2	14	9	133	3	10	0
TURKEY VEG BARLEY	114	3	16	3	7	1	176	2	13	0
TUSCAN VEGETABLE SOUP	85	0	13	3	2	0	298	9	11	0
WHITE BEAN & SAUSAGE SOUP	222	14	34	8	17	4	527	2	26	0
ASIAGO CHEESE BISQUE SOUP	203	19	15	1	7	11	707	1	13	0
BROCCOLI CHEDDAR SOUP	190	17	13	1	8	11	1000	4	12	0
CAJUN BLACK BEAN SOUP	187	1	33	19	12	0	920	1	15	0
CREAM OF CARROT SOUP	160	11	12	1	3	7	933	1	11	0
CREAM OF TOMATO FLORENTINE SOUP	189	20	14	1	2	12	51	5	13	0
CURRIED RICE & LENTIL SOUP	147	2	24	1	7	0	1120	3	23	0
FRENCH ONION SOUP	80	3	11	1	3	1	1320	3	9	0
ITALIAN WEDDING SOUP	147	5	19	1	7	1	893	1	17	0
PASTA E FAGIOLI SOUP	203	7	36	8	11	1	800	3	28	0
POTATO LEEK	152	13	17	1	4	8	1080	1	16	0
ROASTED GARLIC & TOMATO SOUP	163	15	16	1	4	9	36	4	15	0
SANTA FE TORTILLA SOUP	147	7	19	3	3	3	1093	3	16	0
VEGETARIAN CHILI SOUP	173	1	32	15	9	0	960	4	17	0



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<b>PIZZA &amp; CALZONES</b>										
<b>BY THE SLICE</b>										
PEPPERONI & MUSHROOM	575 - 605	42	59	7	38	373	20	102	2551	12
HAM & PINEAPPLE	491 - 521	19	67	8	28	149	7	52	2076	19
MARGHERITA W/ MOZZ & BASIL	402 - 432	16	57	7	20	136	7	27	1518	10
HAWAIIAN W/ BACON, ONIONS & MEAT LOVERS	495 - 525	19	67	8	28	150	7	52	2077	20
MUSHROOM	594 - 624	31	58	7	33	269	12	75	2347	10
SAUSAGE	421 - 451	16	59	8	22	136	7	27	1751	10
PEPPERS & ONIONS	547 - 577	27	57	7	28	241	11	62	1829	10
SPINACH RICOTTA	464 - 494	20	61	8	21	175	11	27	1560	13
VEGGIE LOVERS	452 - 482	19	59	7	24	163	8	21	1575	11
CRISPY CHICKEN & BROCCOLI	432 - 462	16	60	8	22	143	7	27	1710	11
PEPPERONI	524 - 554	23	65	8	25	199	9	37	1727	10
BROCCOLI	509 - 539	25	57	7	24	221	11	53	1863	10
CHEESE	419 - 449	16	59	7	11	137	7	27	1531	10
CHEESE	406 - 436	16	57	7	20	136	7	27	1518	10
<b>PERSONAL PIZZA</b>										
CHEESE	706 - 736	26	93	13	35	230	12	48	2971	24
MARGHERITA	714 - 744	27	92	13	37	239	13	51	3013	23
PEPPERONI	886 - 916	42	93	13	43	376	19	91	3599	24
WILD MUSHROOM	743 - 773	28	94	13	39	245	13	53	3276	24
PRIMAVERA	905 - 935	31	101	13	41	278	17	53	3307	27
QUATTRO FORMAGGI	554 - 584	24	68	8	28	210	10	45	1329	5
RUSTICA	1021 - 1051	46	111	15	48	416	19	77	3609	27
AMERICANO	905 - 935	36	99	13	56	320	18	120	3933	26
GUISEPPE	897 - 927	41	97	13	44	367	19	83	3387	27
<b>CALZONES</b>										
THREE CHEESE	689 - 719	33	68	7	47	280	16	72	1686	8
HAM & CHEESE	648 - 678	29	64	7	46	254	14	97	2502	6
<b>STUFFED PIZZA</b>										
CHICKEN & BROCCOLI	859 - 889	41	99	11	41	353	14	65	2084	7
SAUSAGE & PEPPERONI	866 - 896	54	65	8	42	478	22	132	2393	5

## NUTRITIONAL INFORMATION

	CALORIES	FAT (G)	CARBS (G)	FIBER (G)	PROTEIN (G)	CALS FROM FAT	SAT. FAT (G)	CHOLEST. (MG)	SODIUM (MG)	SUGAR (G)
<b>ROLLS</b>										
CHICKEN ROLL	792 - 822	40	86	11	33	352	13	<b>60</b>	1875	6
SAUSAGE, PEPPERS & ONIONS	797 - 827	46	71	8	39	401	17	103	2246	6
BROCCOLI	574 - 604	21	86	9	30	172	8	33	1461	7

## NUTRITIONAL INFORMATION

	CALORIES	FAT (G)	CARBS (G)	FIBER (G)	PROTEIN (G)	CALS FROM FAT	SAT. FAT (G)	CHOLES. (MG)
<b>DESSERTS</b>								
<b>SIGNATURE SWEETS</b>								
FRUIT JELLO (8oz)	18	0	0	0	3	0	0	0
RICE PUDDING (60oz)	277	13	37	0	4	115	2	2
CHOCOLATE PUDDING (6oz)	172	2	40	2	2	15	2	0
NY CHEESECAKE (127G)	540	32	33	1	7	280	0	135
CARROT CAKE (180G)	570	41	92	3	9	370	7	135
TIRAMISU (118G)	499	21	69	1	6	190	11	43
<b>GIANT COOKIES</b>								
CHOCOLATE CHUNK (2.8G)	440	22	62	2	6	200	12	60
HONEY OATMEAL RAISIN (2.8G)	420	12	24	1	3	120	6	50
BLACK & WHITE (2.2oz)	400	9	30	1	1	77	4	46
PEANUT BUTTER (2.8oz)	460	26	48	2	10	240	10	50
<b>BROWNIES</b>								
OREO COOKIE (5.3oz)	539	37.1	79.5	0	5.3	318	21.2	79.5
PEANUT BUTTER (2.8oz)	564	46	81	4	12	405	11	109
FLUFFER NUTTER BAR (5.3oz)	499	44	76	6	10	398	12	111
CHOCOLATE MARSHMALLOW (5.3oz)	473	35	85	1	7	309	21	90
CHOCOLATE DECADENCE (5.3oz)	486	37.1	79.5	5.3	10.6	318	21.2	159
<b>SQUARES</b>								
RASPBERRY CHEESE (5.3oz)	593	43	48	0	5	382	23	148
LEMON (5.3oz)	613	33	52	4	8	283	17	215
APRICOT CHEESE (5.3oz)	566	27	82	6	5	44	15	120
<b>KRISPY TREATS</b>								
RICE KRISPY TREAT (518oz)	390	5	37	0	2	45	3.5	15
CHOCOLATE RICE KRISPY (520G)	495	18	86	5	5	158	11	45