

Artisan Baked Goods Nutritional & Ingredient Information (NorCal - Contra Costa District)

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	<u>Serving Size (g)</u>	<u>Calories</u>	<u>Calories from Fat</u>	<u>Total Fat (g)</u>	<u>Saturated Fat (g)</u>	<u>Trans Fat (g)</u>	<u>Cholesterol (mg)</u>	<u>Sodium (mg)</u>	<u>Total Carbohydrates (g)</u>	<u>Fiber (g)</u>	<u>Sugars (g)</u>	<u>Protein (g)</u>
Maple Walnut Scone	110	430	200	23	13	0	85	360	50	2	24	5
Iced Lemon Scone	110	440	200	23	14	0	90	410	53	< 1	23	5
Berry Cream Scone (with raspberries and blackberries)	118	360	160	17	9	0	60	320	44	2	12	6
Peach Berry Scone (Reduced Fat)	105	280	70	8	4.5	0	50	190	46	2	14	6
Guittard Chocolate Brownie (Vegan) (Made without Wheat)	81	360	160	18	2.5	0	0	115	52	4	33	3
Banana Nut Bread	125	430	170	18	8	0	60	260	59	2	28	6
Iced Lemon Bread	113	430	170	19	7	0	100	320	59	1	41	5
Cinnamon Swirl Coffee Cake	100	390	140	16	6	0	60	250	58	1	38	4
Pumpkin Bread	125	400	160	17	2	0	65	450	54	2	28	6
Blueberry Muffin	131	540	230	26	9	0	80	360	72	2	33	7
Bran Cranberry Apple Muffin	153	490	220	24	7	0	80	630	59	7	18	6
Pumpkin Muffin	145	460	140	15	3	0	50	360	74	3	38	7
Morning Bun (with orange zest and cinnamon sugar)	95	360	140	15	9	0.5	45	410	49	1	20	7
Sweet Cheese Danish	105	410	210	23	15	0.5	65	440	41	1	14	9
Chocolate Chip Cookie (with sea salt)	82	380	160	18	11	0	50	290	55	3	36	4
Kitchen Sink Granola Cookie	73	360	160	18	6	0	40	210	46	3	21	6
Butter Croissant	61	300	140	16	10	0	70	290	24	0	3	5
Single-Origin Chocolate Croissant	85	360	190	21	12	0.5	45	300	40	2	17	6
Almond Crown Croissant (with almond frangipane)	105	470	240	27	13	0.5	75	400	47	3	18	10
Ham and Swiss Bowtie	90	340	180	20	12	0.5	65	400	27	1	5	12

Ingredients:

Maple Walnut Scone	All purpose flour, whole wheat flour, sugar, butter, cream, milk, egg, brown sugar, walnuts, maple syrup, maple extract, baking powder and salt. Contains: Wheat, Milk, Eggs, Walnuts
Iced Lemon Scone	All purpose flour, sugar, butter, cream, milk, egg, lemon flavado, lemon juice, baking powder, and salt. Contains: Wheat, Milk, Eggs
Berry Cream Scone (with raspberries and blackberries)	Enriched Unbleached Flour, Manufacturing Cream, Sugar, Eggs, Butter, Bakers Margarine, Ollalieberries, Milk, Raspberries, Frozen, Red, Sweetened, Baking Powder, Salt, Orange Peel. Contains: Wheat, Milk, Eggs
Peach Berry Scone (Reduced Fat)	Enriched Unbleached Flour, Buttermilk, Sugar, Peaches, Eggs, Butter, Ollalieberries, Raspberries, Frozen, Unsweetened, Baking Powder, Salt, Baking Soda. Contains: Milk, Egg, Wheat
Guittard Chocolate Brownie (Vegan) (Made without Wheat)	Sugar, Canola Oil, Rice Flour, Water, Vegan Chocolate Chip , Chickpea Flour, Applesauce, Cocoa, Sorghum Flour, Vanilla Extract , Baking Soda, Baking Powder , Salt, Xanthan Gum.
Banana Nut Bread	Enriched Unbleached Flour, Bananas, Sugar, Sour Cream , Eggs, Brown Sugar, Butter, Bakers Margarine, Walnuts, Canola Oil, Baking Powder , Salt, Vanilla Extract. Contains: Wheat, Milk, Eggs, Walnuts
Iced Lemon Bread	Sugar, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Eggs, Butter (Cream [Milk], Natural Flavor), Water, Soybean Oil, Lemon Juice, Nonfat Dry Milk, Natural Flavor, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Food Starch-Modified, Salt, Soy Lecithin, Wheat Gluten, Guar Gum, Xanthan Gum, Beta-Carotene Color. Icing: Icing Sugar (Sugar, Cornstarch), Lemon Juice, Butter (Cream [Milk], Natural Flavor), Corn Syrup, Guar Gum, Natural Flavor. Contains Wheat, Eggs, Milk, Soy

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Cinnamon Swirl Coffee Cake	Sugar, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Eggs, Soybean Oil, Butter (Cream, Natural Flavor), Water, Sour Cream (Milk, Cream, Nonfat Dry Milk, Corn Starch, Acacia, Guar Gum, Locust Bean Gum, Carrageenan, Whey, Lactic Acid), Cinnamon, Wheat Starch, Food Starch-Modified, Dry Whole Milk, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Salt, Natural Flavor, Soy Lecithin, Xanthan Gum, Citric Acid, Cellulose Gum. Contains: Wheat, Eggs, Milk, Soy
Pumpkin Bread	Enriched Unbleached Flour, Pumpkin, Sugar, Eggs, Canola Oil, Brown Sugar, Buttermilk, Baking Soda, Salt, Cinnamon, Allspice. Contains: Milk, Egg, Wheat
Blueberry Muffin	All-purpose flour, sugar, butter, eggs, wild Maine blueberries, milk, canola oil, baking powder, baking soda, salt, and crumb topping. Contains: Wheat, Milk, Eggs
Bran Cranberry Apple Muffin	All-purpose flour, applesauce, butter, eggs, cranberries, apples, bran cereal, brown sugar, canola oil, baking soda and salt. Contains: Wheat, Milk, Eggs
Pumpkin Muffin	Enriched Unbleached Flour, Pumpkin, Sugar, Brown Sugar, Buttermilk, Eggs, Canola Oil, Butter, Oats, Cinnamon, Baking Soda, Allspice, Salt. Contains: Milk, Egg, Wheat
Morning Bun (with orange zest and cinnamon sugar)	Unbleached Wheat Flour (Wheat Flour, Enzymes), Water, Butter (Cream [Milk], Natural Flavor), Sugar, Orange Flavored (Orange Peel, Sugar, Orange Oil), Dry Whole Milk, Sea Salt, Yeast, Milk Protein, Cinnamon, Xanthan Gum, Deactivated Yeast, Ascorbic Acid (Dough Conditioner), Enzymes. Contains: Milk, Wheat
Sweet Cheese Danish	Unbleached Wheat Flour (Wheat Flour, Enzymes), Butter (Cream [Milk], Natural Flavor), Water, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers [Carob Bean, Xanthan Gum, Guar Gum]), Sugar, Milk Protein, Whole Milk Powder, Yeast, Sea Salt, Eggs, Xanthan Gum, Deactivated Yeast, Ascorbic Acid (Dough Conditioner), Enzymes, Pastry Cream Powder (Corn Starch, Flavor, Salt, Stabilizer), Citric Acid. Contains: Egg, Milk, Wheat
Chocolate Chip Cookie (with sea salt)	Semi-sweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose, Soy Lecithin [Emulsifier], Natural Vanilla Flavor), Unbleached Flour (Wheat Flour, Niacin, Thiamin Mononitrate, Riboflavin, Folate, Enzyme), Butter (Cream [Milk], Natural Flavor), Sugar, Brown Sugar, Eggs, Baking Soda, Sea Salt, Baking Powder, (Baking Soda, Cornstarch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Natural Vanilla Flavor. Contains: Egg, Milk, Soy Wheat
Kitchen Sink Granola Cookie (clusters of maple sweetened oats, pecans, and almonds)	Unbleached Wheat Flour (Wheat Flour, Niacin, Thiamin Mononitrate, Riboflavin, Folate, Enzyme), Butter (Cream [Milk], Natural Flavor), Brown Sugar, Sugar Oat Flakes, Eggs, Almonds, Maple Syrup, Pecans, Canola Oil, Sunflower Seeds, Natural Vanilla Flavor, Sea Salt, Baking Soda, Baking Powder. Contains: Eggs, Milk, Almonds, Pecans, Wheat
Butter Croissant	High gluten flour, European butter, fresh yeast, milk, sugar, water, eggs and salt. Contains: Wheat, Milk, Eggs
Single-Origin Chocolate Croissant	Unbleached Wheat Flour (Wheat Flour, Enzymes), Water, Butter (Cream [Milk], Natural Flavor), Chocolate (Sugar, Cocoa Paste, Cocoa Butter, Emulsifier [Soy Lecithin], Vanilla [Flavor]), Sugar, Whole Milk Powder, Yeast, Sea Salt, Xanthan Gum, Deactivated Yeast, Ascorbic Acid (Dough Conditioner), Enzymes, Milk Protein. Contains: Wheat, Milk, Soy
Almond Crown Croissant (with almond frangipane)	Unbleached Wheat Flour (Wheat Flour, Enzymes), Butter (Cream [Milk], Natural Flavor), Water, Sugar, Flan Powder (Sugar, Modified Starch, Whey Powder, Whole Milk Powder, Skimmed Milk Powder, Sodium Alginate), Almonds, Almond Meal, Eggs, Yeast, Sea Salt, Xanthan Gum, Ascorbic Acid (Dough Conditioner), Enzymes, Milk Protein, Natural Flavor. Contains: Egg, Milk, Wheat, Almonds
Ham and Swiss Bowtie	Wheat Flour (Wheat Flour, Enzymes), Water, Butter [Cream (Milk), Natural Flavor], Ham (Pork, Water, Sea Salt, Natural Flavors, Sugars), Cheese (Part Skim Milk, Cheese Culture, Salt, Enzymes), Sugar, Contains Less Than 2% Of Milk Powder, Yeast, Dough Conditioner (Wheat Flour, Xanthan Gum, Deactivated Yeast, Ascorbic Acid, Enzymes), Milk Protein, Sea Salt. Contains: Wheat, Milk