

## Nutritional Information for Summer 2017 Menu

Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
<b>Coffeecakes</b>												
Lemon Blueberry Coffeecake	192g	620	267	30g	17g	0g	130mg	656mg	85g	1g	51g	3g
Vegan Raspberry Coffeecake	184g	556	169	18g	5g	0g	0mg	616mg	96g	0g	50g	0g
<b>Muffin</b>												
Berries & Cream Muffin	166g	487	156	18g	6g	0g	85mg	468mg	78g	1g	34g	3g
Vegan Blueberry Muffin	181g	481	225	26g	2g	0g	0mg	629mg	61g	1g	11g	2g
Vegan Banana Oat Muffin	172g	616	247	29g	3g	0g	0mg	411mg	88g	4g	40g	5g
<b>Bars</b>												
Almond Apricot Cake (Dairy Free)	146g	469	186	21g	6g	0g	71mg	533mg	67g	3g	40g	6g
Lemon Poppy Seed Pound Cake	130g	473	189	21g	13g	0g	122mg	350mg	68g	1g	41g	3g
Vegan Zucchini Bar	147g	512	211	25g	2g	0g	0mg	418mg	73g	2g	35g	3g
Vegan Sunshine Bar	149g	431	155	18g	1g	0g	0mg	490mg	71g	6g	33g	1g
Vegan Pumpkin Bar	156g	426	127	15g	1g	0g	0mg	676mg	75g	2g	36g	1g
<b>Brownie</b>												
Double Chocolate Chunk Brownie	118g	478	218	24g	14g	0g	86mg	428mg	70g	4g	45g	4g
Vegan Caramel Brownie	125g	445	192	22g	10g	0g	0g	350mg	69g	3g	41g	4g
<b>Nut Bars</b>												
Vegan Peanut Butter Power Bar	82g	397	175	19g	3g	0g	0mg	105mg	49g	5g	28g	10g
<b>Cookies</b>												
Chocolate Chip Cookie	69g	307	143	16g	9g	0g	63mg	186mg	42g	2g	25g	4g
Chocolate Hazelnut Shortbread (Egg Free)	54g	266	152	17g	9g	0g	32mg	207mg	26mg	2g	14g	3g
Vegan Double Chocolate Chunk Cookie	69g	294	136	15g	6g	0g	0mg	172mg	44g	2g	26g	3g
Vegan Oatmeal Raisin Cookie	70g	286	99	11g	3g	0g	0mg	241mg	45g	2g	24g	3g
<b>Dessert Bars</b>												
Buckeye Bar	94g	468	275	32g	16g	0g	56mg	234mg	43g	2g	33g	6g
Vegan Crispy Nut Bar	91g	421	223	25g	7g	0g	0mg	222mg	50g	3g	36g	5g
Rocky Road Bar	114g	517	280	35g	18g	0g	64mg	241mg	53g	4g	33g	6g