

Nutritional Information for Spring 2018 Menu

| Item | Serving Size | Calories | Calories from Fat | Total Fat | Saturated Fat | Trans Fat | Cholesterol | Sodium | Total Carbs | Dietary Fiber | Sugars | Protein |
|--|--------------|----------|-------------------|-----------|---------------|-----------|-------------|--------|-------------|---------------|--------|---------|
| Coffeecakes | | | | | | | | | | | | |
| 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 |
| Muffin | | | | | | | | | | | | |
| Berries & Cream Muffin | 166g | 487 | 156 | 18g | 6g | 0g | 85mg | 468mg | 78g | 3g | 30g | 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 |
| Bars | | | | | | | | | | | | |
| Almond Apricot Cake (Dairy Free) | 146g | 469 | 186 | 21g | 6g | 0g | 71mg | 533mg | 67g | 3g | 40g | 6g |
| Lemon Olive Oil Cake (Dairy Free) | 139g | 452 | 174 | 20g | 4g | 0g | 47mg | 431mg | 71g | 2g | 37g | 3g |
| 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 Pumpkin Bar | 156g | 426 | 127 | 15g | 1g | 0g | 0mg | 676mg | 75g | 2g | 36g | 1g |
| Brownie | | | | | | | | | | | | |
| Raspberry Brownie (Dairy Free) | 127g | 499 | 244 | 28g | 8g | 0g | 142mg | 323mg | 68g | 3g | 42g | 5g |
| Vegan Caramel Brownie | 125g | 445 | 192 | 22g | 10g | 0g | 0g | 350mg | 69g | 3g | 41g | 4g |
| Nut Bars | | | | | | | | | | | | |
| Vegan Peanut Butter Power Bar | 82g | 397 | 175 | 19g | 3g | 0g | 0mg | 105mg | 49g | 5g | 28g | 10g |
| Cookies | | | | | | | | | | | | |
| Chocolate Chip Cookie | 69g | 307 | 143 | 16g | 9g | 0g | 63mg | 186mg | 42g | 2g | 25g | 4g |
| Peanut Butter Chocolate Chip Cookie (Dairy F | 100g | 555 | 375 | 43g | 7g | 0g | 24mg | 285mg | 36g | 4g | 25g | 14g |
| 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 |
| Dessert Bars | | | | | | | | | | | | |
| 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 |
| Tiramisu | 154g | 462 | 237 | 26g | 14g | 0g | 131mg | 304mg | 54g | 0g | 37g | 2g |