

A person wearing a white apron is holding a white bowl filled with a vibrant salad. The salad includes green leafy vegetables, sliced cherry tomatoes in red and yellow, avocado slices, and crumbled white cheese. A clear plastic cup with iced coffee is visible in the background. The scene is set on a light-colored marble table.

TATTE BAKERY & CAFÉ

ALLERGEN
& NUTRITIONAL
INFORMATION

Spring 2025 | v. 03.10.25

ALLERGEN INFORMATION

At Tatte, we use tree nuts, seeds, and flour in all of our bakeries and kitchens.

Please note that this allergen guide states what allergen is present in each dish as prepared, without modifications. Cross contamination may occur. Tatte does not use peanuts or shellfish and therefore they are not noted on this guide.

Please inform a member of our team if anyone in your party has a food allergy.

TREE NUT GUIDE:

*A - Almond; Cw - Cashew; Co - Coconut; H - Hazelnut;
Pec - Pecan; Pis - Pistachio; Pin - Pine; W - Walnut*

ALLERGEN INFORMATION v. 03.10.25

Name	Wheat	Milk	Egg	Soy	Sesame	Tree Nuts	Fish	Notes
BREAKFAST								
Bread And Butter	X	X	X		X			
Breakfast Sandwich	X	X	X					GF version available
Croissant Sandwich	X	X	X					GF version available
Croque Madame	X	X	X					
Croque Monsieur	X	X	X					
Egg in the Hole	X	X	X		X			
Egg in the Hole with Ham & Cheese	X	X	X		X			
Halloumi & Sunny-Side Sandwich	X	X	X					GF version available
House Breakfast Plate	X	X	X					GF version available
Lamb Hash	X	X	X	X				GF version available
Muesli		X			X	A, Cw		
Sausage Breakfast Sandwich	X	X	X					GF version available
Scrambled Egg Plate - Prosciutto	X	X	X					GF version available
Scrambled Egg Plate - Tomato & Goat Cheese	X	X	X					GF version available
Smoked Salmon, Avocado & Egg Sandwich	X	X	X	X			X	GF version available
Warm Oatmeal with Dried Fruits					X			
BRUNCH								
Spinach, Jerusalem Artichoke & Egg Plate	X	X	X					GF version available
Donut - Strawberry	X	X	X					
Donut - Vanilla Sugar	X	X	X					
French Toast - Savory	X	X	X		X			
French Toast - Sweet	X	X	X			A		
Greek Style Pancakes	X	X	X		X			
Meze Breakfast	X	X	X		X	Cw, Pis, H		GF version available
TARTINES								
Avocado	X		X					GF version available
Smoked Salmon Avocado	X	X	X	X			X	GF version available
SHAKSHUKA								
Bacon, Potato & Mushroom	X	X	X					GF version available
Meatball	X	X	X					GF version available
Traditional	X	X	X					GF version available
PLATES & BOWLS								
Braised Short Rib & Eggplant Couscous Bowl	X							
Chickpea & Fava Plate	X				X	H		GF version available
Fresh Corn & Avocado Farro Bowl	X	X						
Lamb Kebab Plate	X	X			X			GF version available
Maple Aleppo Chicken		X				H		
Quiche - Ham & Cheddar & Salad	X	X	X					
Quiche - Leek, Potato & Spinach & Salad	X	X	X					
Roasted Salmon & Spring Vegetable Rice Bowl							X	
Tomato Mozzarella Flatbread Slice	X	X				Pin		
SANDWICHES								
BLAT	X		X	X				GF version available
Broccoli & Squash Hummus Pita	X				X			
Chicken Pita	X	X	X	X				
Chicken Salad	X	X	X	X				GF version available
Fresh Mozzarella	X	X				Pin		
Grilled Cheese	X	X						
Kids Sandwich	X	X	X					GF version available
Lamb Kebab Pita	X	X						
Prosciutto & Fig Panini	X	X						
Roasted Cauliflower	X	X				Pin		
Roasted Salmon	X		X	X			X	
Short Rib Grilled Cheese	X	X	X					GF version available
Tuna	X	X	X				X	GF version available
Turkey Avocado	X	X	X	X				GF version available
Turkey BLAT	X		X	X				GF version available

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Name	Wheat	Milk	Egg	Soy	Sesame	Tree Nuts	Fish	Notes
SALADS								
Baby Kale, Chicken & Chickpea	X	X	X					GF version available
Blueberry Beet & Ricotta	X	X	X			Cw, H		GF version available
Crunchy Halloumi	X	X	X		X	A		GF version available
Fattoush	X	X	X		X			
Green & Nutty	X	X	X	X	X			GF version available
Maple, Squash & Chicken	X	X	X			A		GF version available
SOUPS								
Beef Chickpea	X	X	X					GF version available
Chicken Vegetable	X		X					GF version available
Red Lentil	X		X					GF version available
Tomato Basil	X	X	X					GF version available
GRAB & GO								
Bagged Salad Rolls	X		X					
Berries & Grapes								
Cashew Pepper Spread						Cw		
Chicken Salad		X	X	X				
Labneh		X						
Mediterranean Farro Salad	X	X			X			
Muesli		X			X	A, Cw		
Overnight Oats					X			
Tomato Basil Soup		X						
Tuna Salad		X					X	
BAKERY - MORNING PASTRIES								
Biscuit, Buttermilk	X	X	X					
Cheese Boureka	X	X	X		X			
Chocolate Snail	X	X	X					
Croissant - Almond	X	X	X			A		
Croissant - Chocolate	X	X	X					
Croissant - Ham & Cheese	X	X	X		X			
Croissant - Pistachio	X	X	X			Pis		
Croissant - Plain	X	X	X					
Danish - Sour Cherry Cream Cheese	X	X	X					
Jerusalem Bagel	X				X			
Kouign Amann	X	X	X					
Monkey Bread	X	X	X					
Morning Bun	X	X	X					
Muffin - Blueberry Olive Oil	X	X	X					
Muffin - Dark Chocolate (GF)		X	X					
Palmier	X	X	X					
Pita - Spinach & Labneh	X	X			X			
Rose - Chocolate	X	X	X	X				
Rose - Cinnamon Pecan	X	X	X			Pec		
Scone - Cherry Almond Scone	X	X	X			A		
Tea Cake - Raspberry (GF)		X	X			A		
Tea Cake - Turmeric (GF)		X	X			A		
Turnover - Strawberry	X	X	X					
BAKERY - BROWNIES & COOKIES								
Almond Square Cookie	X	X				A		
Biscotti - Cranberry Orange Pecan	X	X	X			Pec		
Biscotti - Vanilla Almond	X	X	X			A		
Brownie - Halva (GF)		X	X		X			
Brownie - Plain (GF)		X	X					
Brownie - Walnut (GF)		X	X			W		
Butter Nutella Cookie	X	X	X	X		H		
Chocolate Sandwich Cookie	X	X			X			
Cranberry Pistachio Cookie	X	X	X			Pis		
Halva Chocolate Chunk Cookie	X	X	X		X			
Linzer Cookie	X	X	X					
Oatmeal & Walnut Cookie (GF)		X	X			W		
Plain Butter	X	X	X					
Vanilla Shortbread	X	X						

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Name	Wheat	Milk	Egg	Soy	Sesame	Tree Nuts	Fish	Notes
BAKERY - CAKES & DESSERTS								
Almond Tart - Long	X	X	X			A		
Cheesecake - Blue	X	X	X					
Cheesecake - Crumbs	X	X	X					
Cheesecake - Red	X	X	X					
Chocolate Loaf Cake	X	X	X	X				
Coffee Cake	X	X	X			W		
Coffee Caramel Mousse (GF)		X	X					
Dark Chocolate Mousse (GF)		X	X					
Espresso Mocha Mousse (GF)		X	X					
Fruit Box - Fig	X	X	X					
Halva Bomb (GF)		X	X		X			
Krembo - Passion Fruit		X	X			Co		
Krembo - Vanilla Lime		X	X			A		
Lemon Mint Tart	X	X	X					
Lemon Poppy Pound Cake	X	X	X					
Lemon Raspberry Pavlova	X	X						
Maple Pecan Pie	X	X	X			Pec		
Mixed Nut Box	X	X	X			Cw, H, Pec, Pis, W		
Mixed Tart - Long	X	X	X			Cw, H, Pec, Pis, W		
Orange Upside Down Cake	X	X	X			A		
Pear Tart	X	X	X			A		
Pear Tarte Tatin	X	X	X					
Pecan Tart - Long	X	X	X			Pec		
Pistachio Cherry Tart	X	X	X			A, Pis		
Pistachio Crush		X	X			Pis		
Raspberry Yogurt Meringue Cloud (GF)		X	X					
Tiramisu	X	X	X					
Toasted Cocoa Nib Meringue Cloud (GF)		X	X					
BAKERY - BREAD								
Baguette	X							
Challah/Rolls	X		X					
Ciabatta	X							
Focaccia	X	X						
Multigrain	X							
Sourdough	X							
DRINKS - BOTTLED								
Blood Orange Pellegrino								
Bottled Water								
Kale & Apple Juice								
Limonata Pellegrino								
Mint Lemonade								
Orange Juice								
Pear Juice								
San Pellegrino Sparkling Water								
DRINKS - COFFEE								
Café Au Lait		X						
Coffee								
Cold Brew								
DRINKS - ESPRESSO								
Americano								
Black Sesame Latte		X			X			
Cappuccino		X						
Cortado		X						
Espresso								
Flat White		X						
Honey Halva Latte		X		X	X			
Latte		X						
Macchiato		X						
Mocha		X						
Pistachio Latte		X				Pis		
Red Eye								

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Name	Wheat	Milk	Egg	Soy	Sesame	Tree Nuts	Fish	Notes
DRINKS - OTHER								
Chai Latte		X						
Cold Milk		X						
Hot Chocolate		X						
Ginger, Date, Oatmilk Latte								
Lemon, Thyme & Espresso Soda								
London Fog		X						
Matcha Latte		X						
Preserved Fig Lemon Mint Soda								
Orange, Coriander & Matcha Spritz								
Sparkling Matcha Lemonade								
Steamed Milk		X						
DRINKS - TEAS								
Apple Berry								
Blood Orange Hibiscus								
Blue Flower Earl Grey								
English Breakfast								
Golden Buds								
Golden Green								
Iced Tea								
Lemon Chamomile								
Moroccan Mint								
RETAIL - COFFEE & TEAS								
12 Oz Bag, Tatte #1 Drip Blend								
12 Oz Bag, Tatte #4 Espresso Blend								
Mem Tea Premium Matcha Powder								
Tea, Apple Berry Retail Tin								
Tea, Blood Orange Hibiscus Retail Tin								
Tea, Golden Buds Retail Tin								
Tea, Golden Green Retail Tin								
Tea, Lemon Chamomile Retail Tin								
Tea, Moroccan Mint Retail Tin								
RETAIL - OTHER								
16 Oz, Retail Granola						A, Cw		
Maple Candied Pecans						Pec		
Panned Almonds						A		
GIFT ASSORTMENTS & HOLIDAY								
Cookie Assortment Gift Box - Large	X	X	X			A, Pis, Pec		
Cookie Assortment Gift Box - Small	X	X	X			Pis		
Royal Icing Egg Cookie	X	X	X					
Easter Egg Cookie Bag (4 ct)	X	X	X					
Hot Cross Buns	X	X	X					
Coconut Macaroons		X	X			Co		
Chocolate Covered Matzo Bark	X							
Petit Cloud Assortment			X			Pis, Co		
Tatte Signature Gift Box	X	X	X			A, Cw, Pec, Pis		

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NUTRITIONAL INFORMATION

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Nutritional information is based on 1 serving of each item unless noted in the notes column. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The following information is shown based on our standard recipes. Customization of your order may impact the accuracy and/or completeness of the available nutritional information.

NUTRITIONAL INFORMATION v. 03.10.25

Name	Calories (cal) / Serving	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Notes
BREAKFAST											
Bread And Butter	710	19	8.5	0	44.5	1110	115	6	27	16	
Breakfast Sandwich	870	45	18.5	0	511	1590	67	3	0	31	
Croissant Breakfast Sandwich	720	48	25	0	326.5	820	47	6	7	14	
Croque Madame	830	53	27	0	373	2650	50	2	12	37	
Croque Monsieur	700	41.5	24.5	0	158	1680	49	2	12	31	
Egg In The Hole	690	37.5	5.5	0	430	2570	69	3	13	26	
Egg In The Hole with Ham & Cheese	870	48.5	10.5	0	491	3680	74	3	17	43	
Halloumi & Sunnyside Breakfast Sandwich	520	22.5	7.5	0.5	264	1000	61	3	8	21	
House Breakfast Plate	660	31	7.5	0	493	2220	62	5	7	30	without bread: 470
Lamb Hash	930	61	20	0	332.5	1930	63	7	13	32	without bread: 760
Muesli Bowl	980	65	31	0	125	340	86	10	45	18	
Muesli Cup	670	37.5	16.5	0	100	150	47	5	24	16	
Prosciutto Scrambled Egg Plate	640	41.5	21.5	1	525.5	620	34	1	0	31	without bread: 450
Sausage Breakfast Sandwich	810	46.5	18.5	1.5	344.5	1660	64	4	7	37	
Smoked Salmon & Egg Sandwich	770	46.5	14	0.5	320	2220	66	6	8	29	
Toast	330	0.5	0	0	0	690	65	3	0	11	
Tomato & Goat Cheese Scrambled Egg Plate	690	48	24.5	1	522	660	38	2	4	25	without bread: 500
Warm Oatmeal with Dried Fruits	510	10	1.5	0	0	110	96	11	43	12	
BRUNCH											
Spinach, Jerusalem Artichoke & Egg Plate	690	45	17.5	0	272.5	1090	52	3	8	17	without bread: 500
Donut, Strawberry	490	24	13	1	123	300	59	2	23	9	
Donut, Vanilla Sugar	450	24	13	1	123	290	48	2	13	9	
French Toast	1330	73	34.5	1	302	1190	147	7	73	30	
Meze Breakfast	980	58.5	12	0	447	2780	86	6	18	39	without bread: 550
Pancakes	1070	49	21.5	0	363.5	1170	137	4	62	23	
Savory French Toast	1200	77.5	29	1	691.5	2120	95	5	17	41	
TARTINES											
Avocado Tartine	670	29	6	0	430	1830	75	8	2	26	
Smoked Salmon Avocado Tartine	740	55.5	9.5	0	43.5	1570	45	9	3	22	
SHAKSHUKA (with bread)											
Bacon, Potato & Mushroom Shakshuka	1850	140.5	68.5	3	741.5	2920	102	8	12	46	without bread: 1470
Meatball Shakshuka	1230	57.5	20	0	575	3600	130	7	38	50	without bread: 730
Traditional Shakshuka	1010	41	12.5	0	523.5	3500	125	6	33	40	without bread: 510
PLATES & BOWLS (with bread)											
Braised Short Rib & Eggplant Couscous Bowl	830	32	6.5	0	77	2570	73	14	17	43	
Chickpea & Fava Plate	700	36.5	5	0	0	1390	74	10	10	16	without bread: 460
Fresh Corn & Avocado Farro Bowl	520	31	6	0	14.5	1530	53	9	14	11	without bread: 750
Lamb Kebab Plate	1000	59	19.5	0	104	2000	80	12	17	33	
Maple Aleppo Chicken	700	24	4.5	0	71.5	1920	87	7	20	34	
Quiche Ham & Cheddar & Salad	1020	73	42.5	2	336.5	1310	61	3	9	27	
Quiche Leek, Potato & Spinach & Salad	900	64.5	37	2	253.5	1010	63	5	7	17	
Roasted Salmon & Vegetable Rice Bowl	850	47	6.5	0	75	1150	64	4	4	45	
Tomato Mozzarella Flatbread Slice	620	35	8.5	0	21.5	1160	60	2	10	16	
SANDWICHES											
BLAT	870	55	10.5	0	83.5	1650	73	7	11	25	
Broccoli & Squash Hummus Pita	510	18	2.5	0	0	1500	69	10	12	14	
Chicken Pita	500	15.5	3.5	0	84	870	51	4	8	31	
Chicken Salad	860	43.5	10.5	0	120.5	1520	75	6	14	39	
Fresh Mozzarella	940	51	16	0	50.5	1490	82	5	4	33	
Grilled Cheese	850	43	23.5	0	131	2120	70	3	2	35	
Kids	430	16.5	4	0	43.5	710	64	3	7	12	
Lamb Kebab Pita	710	37.5	17	0	119.5	1450	56	4	9	30	
Prosciutto Panini	990	37	19.5	0	127.5	1550	81	5	31	46	
Roasted Cauliflower	520	22	5.5	0	15.5	1830	67	9	17	13	
Roasted Salmon	1010	68	9.5	0	125	1070	67	3	9	47	
Short Rib Grilled Cheese	640	20.5	5.5	0	100.5	1480	68	3	10	32	
Tuna	870	49	17.5	0	323	990	70	3	10	106	
Turkey Avocado	730	41	7.5	0	81.5	1460	75	10	9	23	
Turkey BLAT	840	48	8.5	0	62	1830	73	12	8	32	
SALADS (with roll & dressing)											
Baby Kale, Chicken & Chickpea	600	17.5	6	0	104.5	1890	74	11	30	40	without bread: 460
Blueberry & Beet Ricotta	610	35.5	9	0	51	2040	62	8	27	14	without bread: 470
Crunchy Halloumi	1130	83.5	21.5	0	119.5	2220	61	8	26	38	without bread: 990
Fattoush	1010	81	18	0	81	2010	60	7	13	21	without bread: 870
Green & Nutty	1020	59.5	15	0	41	1100	98	15	58	32	without bread: 880
Maple, Squash & Chicken	590	22.5	6	0	103	1290	65	8	27	34	without bread: 450

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Name	Calories (cal) / Serving	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Notes
SOUPS (with roll)											
Beef Chickpea & Labneh - Bowl	530	28	9	1	68.5	1980	50	6	15	20	without bread: 390
Beef Chickpea & Labneh - Cup	390	19.5	6	0.5	48.5	1500	42	4	11	15	without bread: 250
Chicken Vegetable - Bowl	400	14	3.5	0	106.5	2100	47	7	7	23	without bread: 260
Chicken Vegetable - Cup	310	10.5	2.5	0	75	1590	39	5	6	16	without bread: 170
Red Lentil Bowl	220	5.5	0.5	0	12.5	830	37	3	4	7	without bread: 80
Red Lentil Cup	190	4.5	0.5	0	12.5	740	33	2	3	6	without bread: 50
Tomato Basil - Bowl	470	26	10.5	0.5	57	2390	49	2	20	12	without bread: 330
Tomato Basil - Cup	360	18.5	7	0.5	42	1780	41	2	14	9	without bread: 220
GRAB & GO											
G&G Bagged Salad Rolls	280	7	0.5	0	25	1130	49	2	5	7	
G&G Berries & Grapes	80	0.5	0	0	0	0	21	4	14	1	
G&G Chicken Salad	400	22	5.5	0	123.5	400	15	less than 1g	12	35	
G&G Chicken Salad Sandwich	650	21.5	4.5	0	92.5	1150	73	6	13	38	
G&G Fattoush Salad	870	77.5	17.5	0	68.5	1450	36	6	10	17	
G&G Fresh Mozzarella Sandwich	940	51	16	0	50.5	1490	82	5	4	33	
G&G Green & Nutty Salad	880	56	14.5	0	28.5	540	74	14	56	29	
G&G Labneh	970	90.5	61.5	0	279	650	25	0	12	15	
G&G Mediterranean Farro Salad	650	40	7	0	12.5	1370	62	6	5	14	
G&G Muesli	710	53	29	0	125	320	47	5	24	13	
G&G Overnight Oats with Dried Fruits	510	10	1.5	0	0	110	96	11	43	12	
G&G Pepper Cashew Relish	500	42	7	0	0	1140	24	2	7	7	
G&G Tomato Soup	440	30	13.5	0.5	59	2430	32	1	23	11	
G&G Tuna Salad	530	39.5	15	0	84.5	370	6	0	3	143	
G&G Turkey Blt	840	48	8.5	0	62	1830	73	12	8	32	
BAKERY - MORNING PASTRIES											
Biscuit, Buttermilk	470	30.5	19	1	85.5	900	45	2	4	7	
Bourekas, Cheese	470	33.5	22	0	116.5	640	34	1	7	9	
Chocolate Rose	590	24.5	7.5	0.5	54.5	580	84	2	29	11	
Chocolate Snail	370	21	13.5	0	67	260	36	1	13	7	
Cinnamon Pecan Rose	660	39	15.5	1	97.5	540	75	4	20	10	
Croissant, Almond	660	38	20	0.5	129.5	490	66	4	28	10	
Croissant, Chocolate	450	24.5	16	0	63.5	350	47	1	16	7	
Croissant, Ham & Cheese	510	29	18	0	111	1050	42	2	8	17	
Croissant, Pistachio	610	36.5	19.5	0.5	118.5	470	57	4	18	12	
Croissant, Plain	390	21.5	14	0	71.5	390	39	2	6	7	
Danish, Sour Cherry Cream Cheese	510	27.5	17.5	0	95	530	56	2	22	8	
Dark Chocolate Muffin	440	28	14.5	0.5	126	280	40	3	30	7	
Jerusalem Bagel	440	18.5	1	0	0	1150	63	2	11	13	
Kouign-Amann	410	22	14.5	0	65.5	530	44	1	15	6	
Monkey Bread	450	25	16.5	0	81.5	400	49	2	17	7	
Morning Bun	530	31.5	18	0.5	86.5	350	56	2	27	6	
Muffin, Blueberry Olive Oil	380	23	6.5	0	65	310	40	1	17	5	
Palmier	410	25.5	17	0	80.5	400	43	1	17	4	
Pita, Goat Cheese, Leek & Kale	510	18	4	0	6.5	1180	72	4	11	13	
Pita, Spinach & Labneh	330	12	4.5	0	16.5	2000	47	2	7	7	
Tea Cake, Raspberry (GF)	230	13.5	4	0	71.5	120	22	2	16	3	
Tea Cake, Turmeric (GF)	250	14	5.5	0.5	93	160	27	1	20	3	
Turnover, Strawberry	440	26.5	17.5	0	93.5	430	47	2	19	5	
Scone, Cherry Almond	500	27.5	15.5	1	89	380	58	3	17	8	
BAKERY - BROWNIES & COOKIES											
Biscotti, Cranberry Orange Pecan	110	3	0.5	0	15.5	105	18	less than 1g	9	2	
Biscotti, Vanilla Almond	110	4	0.5	0	23	95	16	1	7	3	
Brownies, Halva	700	42.5	22.5	0.5	136.5	200	54	1	28	9	
Brownies, Plain	590	35.5	21	0.5	136.5	190	45	0	23	7	
Brownies, Walnut	690	46	22	0.5	136.5	190	47	1	24	9	
Chocolate, Dark, Almonds Retail	170	11	4.5	0	0	65	13	less than 1g	10	3	3 serving = 9 almonds
Cookie, Almond Square - Bag	130	8.5	3	0	12	40	12	1	5	2	2 serving = 2 cookies
Cookie, Chocolate Sandwich - Ind	440	24	13.5	0.5	46.5	340	40	2	25	4	
Cookie, Cranberry Pistachio - Bag	140	6.5	3	0	14.5	30	19	1	10	2	2 serving = 3 cookies
Cookie, Cranberry Pistachio - Box	140	6.5	3	0	14.5	30	19	1	10	2	2 serving = 3 cookies
Cookie, Crunchy Almond - Ind	50	3.5	0.5	0	0	0	3	less than 1g	2	2	
Cookie, Halva Chocolate Chunk	390	23	13.5	0.5	63	280	45	less than 1g	26	5	
Cookie, Linzer Lg - Ind	250	13	8.5	0.5	44	140	32	1	14	3	
Cookie, Nutella - Box	170	10	5.5	0.5	24.5	80	19	0	8	2	2 serving = 2 cookies
Cookie, Nutella - Ind	80	5	2.5	0	12.5	40	9	0	4	less than 1 gram	
Cookie, Nutella - Tube	170	10	5.5	0.5	24.5	80	19	0	8	2	2 serving = 2 cookies
Cookie, Oatmeal Raisin (GF)	500	23.5	11	0.5	74.5	320	69	4	36	7	
Cookie, Plain Butter - Box	120	7.5	4.5	0.5	24.5	75	14	0	4	2	2 serving = 4 cookies
Cookie, Plain Butter - Ind	30	2	1	0	6	20	4	0	1	0	
Cookie, Plain Butter - Tube	120	7.5	4.5	0.5	24.5	75	14	0	4	2	2 serving = 4 cookies
Cookie, Vanilla Shortbread Bag	230	12.5	8	0.5	33	230	28	less than 1g	10	2	2 serving = 1 cookie
Nuts, Maple Pecans	180	16	1.5	0	0	55	10	2	7	2	2 serving = 16 pecans

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Name	Calories (cal) / Serving	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Notes
BAKERY - CAKES & DESSERTS											
Cheesecake Cup - Blue Fruit	340	26	16.5	0.5	81.5	140	24	1	15	4	
Cheesecake Cup - Crumbs	370	28.5	18	1	87.5	180	25	0	14	4	
Cheesecake Cup - Red Fruit	350	26.5	16.5	0.5	81.5	140	26	3	15	4	
Coffee Caramel Mousse Ind	530	41	24	1	132.5	65	34	1	20	6	
Dark Chocolate Mousse Ind	500	41.5	25.5	1	150	90	33	0	25	8	
Espresso Mocha Mousse Ind	480	41.5	25.5	1	103.5	60	22	0	20	6	
Halva Bomb, Ind	690	44	23	0.5	136.5	180	51	2	24	11	
Krembo, Passion Fruit	330	20	12	0.5	59	140	37	0	28	2	
Krembo, Vanilla Lime	270	15	7.5	0.5	62.5	60	34	0	25	2	
Meringue, Raspberry Yogurt - Small	70	0.5	0.5	0	0	15	14	0	14	1	
Meringue, Toasted Cocoa Nib - Small	60	0.5	0	0	0.5	25	14	0	13	less than 1 gram	
Pavlova, Lemon Raspberry Ind	490	28.5	17	0.5	69.5	65	56	3	42	5	
Tart, Fruit Box - Fig	420	28	17.5	1	76	110	41	1	12	5	
Tart, Lemon Mint - Ind	480	33.5	20	1	117.5	95	44	less than 1 g	26	4	
Tart, Mixed Nut - Ind	870	65.5	23.5	1	100.5	220	68	6	40	13	
Tart, Pear - Ind	890	50	25.5	1.5	177	360	102	5	51	10	
Tart, Pistachio Cherry - Ind	680	42	21	1.5	118	260	70	4	30	10	
Tiramisu Ind	350	14	8.5	0	84.5	70	33	0	22	8	
BAKERY - WHOLE CAKES, PIES & TARTS											
6" Cheesecake, Blue Fruit (8 slices)	390	29.5	18.5	1	91	180	28	1	16	5	1 serving = 1 slice
6" Cheesecake, Crumb (8 slices)	450	34	21	1	102.5	250	34	less than 1 g	16	6	1 serving = 1 slice
6" Cheesecake, Red Fruit (8 slices)	390	29.5	18.5	1	91	180	28	2	15	5	1 serving = 1 slice
6" Dark Chocolate Mousse (8 slices)	470	35.5	21.5	0.5	130	90	29	0	21	7	1 serving = 1 slice
6" Pistachio Crush (8 slices)	390	33.5	17	1	76.5	55	22	2	17	6	1 serving = 1 slice
6" Tart, Lemon Mint (8 slices)	370	27	16.5	1	107	65	31	0	20	3	1 serving = 1 slice
6" Tart, Pear (8 slices)	420	26	11	0.5	77.5	160	43	3	29	4	1 serving = 1 slice
6" Tiramisu (8 slices)	200	11	7.5	0	66	50	20	0	15	5	1 serving = 1 slice
8" Halva Bomb (12 slices)	640	49	28.5	1	76.5	130	40	less than 1 g	27	7	1 serving = 1 slice
9" Cake, Dark Chocolate Mousse (12 slices)	670	51.5	31.5	1	186.5	120	41	0	31	10	1 serving = 1 slice
9" Cheesecake, Blue Fruit (12 slices)	500	37.5	23.5	1	116	230	35	2	20	6	1 serving = 1 slice
9" Cheesecake, Crumbs (12 slices)	540	41	25.5	1	125.5	290	39	less than 1 g	20	7	1 serving = 1 slice
9" Cheesecake, Red Fruit (12 slices)	500	38	23.5	1	116	230	36	2	20	6	1 serving = 1 slice
9" Pistachio Crush (12 slices)	600	49.5	25	1.5	111	100	35	3	28	9	1 serving = 1 slice
9" Tart, Lemon Mint (12 slices)	580	42.5	26	1.5	170.5	100	48	less than 1 g	34	5	1 serving = 1 slice
9" Tart, Pear (12 slices)	360	20.5	9.5	0.5	67.5	135	41	2	24	4	1 serving = 1 slice
9" Tiramisu (12 slices)	320	18	12	0	106	80	32	0	24	7	1 serving = 1 slice
Cake, Coffee (8 slices)	900	49.5	23	1	173	740	105	3	55	14	1 serving = 1 slice
Cake, Orange Vanilla Upside Down (8 slices)	450	4.5	2	0	8	25	95	4	19	10	1 serving = 1 slice
Loaf Cake, Chocolate (10 slices)	940	57.5	24.5	1	189.5	440	75	1	38	11	1 serving = 1 slice
Loaf Cake, Lemon Poppy (10 slices)	830	33.5	15.5	1	129	300	128	3	86	9	1 serving = 1 slice
Pie, Pistachio Cherry (Retail) (9 slices)	560	35	17.5	1	99.5	220	57	3	25	8	1 serving = 1 slice
Tart, Almond - Long Pie (8 slices)	570	41.5	10	0.5	59	130	44	6	17	13	1 serving = 1 slice
Tart, Mixed Nut - Long (6 slices)	1040	78.5	25.5	1.5	110.5	240	80	8	41	17	1 serving = 1 slice
Tart, Pecan - Long (8 slices)	460	33	12.5	0.5	63	130	40	3	19	5	1 serving = 1 slice
Tarte Tatin, Pear (6 slices)	530	17.5	10.5	0.5	54.5	470	91	7	60	3	1 serving = 1 slice
BAKERY - BREAD											
Bread, Baguette Retail (8 slices)	110	0	0	0	0	230	22	less than 1 g	0	4	1 serving = 1 slice
Bread, Challah Braid Lg (12 slices)	420	10.5	1	0	36	730	73	3	8	10	1 serving = 1 slice
Bread, Ciabatta Loaf (6 slices)	230	4	0.5	0	0	470	38	2	0	8	1 serving = 1 slice
Bread, Ciabatta Retail (6 slices)	120	2	0.5	0	0	240	19	1	0	4	1 serving = 1 slice
Bread, Country Sourdough Retail (12 slices)	140	0	0	0	0	290	27	1	0	5	1 serving = 1 slice
Bread, Focaccia Ind (6 slices)	140	5.5	1	0	3.5	270	17	1	0	4	1 serving = 1 slice
Bread, Multigrain Retail (12 slices)	140	2	0	0	0	300	25	2	2	5	1 serving = 1 slice
BAKERY - HOLIDAY											
Coconut Macaroon Ind	120	6	5.5	0	3.5	75	15	2	12	2	
Coconut Macaroon Retail (6 ct)	120	6	5.5	0	3.5	75	15	2	12	2	1 serving = 1 macaroon
Cookie, Easter Egg - Bag (4 ct)	150	6	3.5	0	20	65	23	0	15	1	1 serving = 1/2 cookie
Cookie, Royal Icing Egg	290	12	7.5	0.5	39.5	125	46	less than 1 g	30	3	
Gift Box, Petit Cloud Assortment (21 ct)	100	2	1	0	0	15	19	less than 1 g	17	2	1 service = 7 clouds
Matzo Bark (6 ct)	100	5	3	0	0	0	13	0	5	2	1 serving = 1 piece of bark
Rolls, Hot Cross Buns Retail (6 ct)	330	15	9	0.5	88	370	43	2	16	7	1 serving = 1 bun
Rolls, Hot Cross Buns Ind	340	15	9	0.5	87.5	370	45	2	19	7	1 serving = 1 bun

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Name	Calories (cal) / Serving	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Notes
DRINKS											
12 Oz Americano	0	0	0	0	0	15	0	0	0	0	
12 Oz Black Sesame Latte	400	23	8	0	37.5	220	37	1	32	13	
12 Oz Cafe Au Lait	80	4	2.5	0	15	70	6	0	6	4	
12 Oz Chai Latte	150	5	3	0	19	80	21	0	20	5	
12 Oz Coffee	0	0	0	0	0	10	0	0	0	0	
12 Oz Cold Brew	0	0	0	0	0	0	0	0	0	0	
12 Oz Cold Brew - Keg	0	0	0	0	0	0	0	0	0	0	
12 Oz Cold Milk	230	12	7.5	0	45	180	18	0	17	12	
12 Oz Ginger & Date Latte	260	6.5	0.5	0	0	130	47	4	32	4	
12 Oz Honey Halva Latte	270	13	7	0	37.5	170	27	less than 1g	23	11	
12 Oz Hot Chocolate	470	29	18	0	37.5	150	38	0	33	14	
12 Oz Iced Black Tea - Cup	0	0	0	0	0	15	0	0	0	0	
12 Oz Iced Blood Orange Hibiscus Tea - Cup	0	0	0	0	0	15	0	0	0	0	
12 Oz Iced Green Tea - Cup	0	0	0	0	0	15	0	0	0	0	
12 Oz Latte	190	10	6.5	0	37.5	150	15	0	14	10	
12 Oz London Fog	120	4	2.5	0	15	60	18	0	17	4	
12 Oz Matcha Latte	190	10	6.5	0	37.5	150	15	0	14	10	
12 Oz Mocha	360	21.5	13	0	37.5	150	29	0	25	12	
12 Oz Pistachio Latte	390	19	7.5	0	37.5	250	43	2	38	14	
12 Oz Red Eye	0	0	0	0	0	10	0	0	0	0	
12 Oz Steamed Milk	190	10	6.5	0	37.5	150	15	0	14	10	
16 Oz Cafe Au Lait	80	4	2.5	0	15	75	6	0	6	4	
16 Oz Chai Latte	170	6	4	0	22.5	95	25	0	24	6	
16 Oz Coffee	0	0	0	0	0	15	0	0	0	0	
16 Oz Cold Brew	0	0	0	0	0	0	0	0	0	0	
16 Oz Cold Brew - Keg	0	0	0	0	0	0	0	0	0	0	
16 Oz Cold Milk	300	16	10	0	60	240	24	0	22	16	
16 Oz Hot Chocolate	560	35	21.5	0	45	180	45	0	39	16	
16 Oz Iced Black Tea - Cup	0	0	0	0	0	20	0	0	0	0	
16 Oz Iced Blood Orange Hibiscus Tea - Cup	0	0	0	0	0	20	0	0	0	0	
16 Oz Iced Green Tea - Cup	0	0	0	0	0	20	0	0	0	0	
16 Oz Latte	230	12	7.5	0	45	180	18	0	17	12	
16 Oz London Fog	150	4	2.5	0	15	60	24	0	23	4	
16 Oz Matcha Latte	230	12	7.5	0	45	180	18	0	17	12	
16 Oz Mocha	450	27	16.5	0	45	180	36	0	32	15	
16 Oz Red Eye	0	0	0	0	0	15	0	0	0	0	
16 oz Sparkling Matcha Lemonade	80	0	0	0	0	0	21	0	20	0	
16 Oz Steamed Milk	300	16	10	0	60	240	24	0	22	16	
8 Oz Flat White	110	6	4	0	22.5	90	9	0	8	6	
Blood Orange Hibiscus Tea - Cup	0	0	0	0	0	15	0	0	0	0	
Blood Orange Hibiscus Tea - Pot	0	0	0	0	0	25	0	0	0	0	
Box Of Coffee	0	0	0	0	0	15	0	0	0	0	
Cappuccino	110	6	4	0	22.5	90	9	0	8	6	
Chamomille Tea - Cup	0	0	0	0	0	15	0	0	0	0	
Chamomille Tea - Pot	0	0	0	0	0	25	0	0	0	0	
Cortado	80	4	2.5	0	15	60	6	0	6	4	
Double Espresso	0	0	0	0	0	0	0	0	0	0	
Earl Grey Tea - Cup	0	0	0	0	0	15	0	0	0	0	
Earl Grey Tea - Pot	0	0	0	0	0	25	0	0	0	0	
English Breakfast Tea - Cup	0	0	0	0	0	15	0	0	0	0	
English Breakfast Tea - Pot	0	0	0	0	0	25	0	0	0	0	
Espresso Shot	0	0	0	0	0	0	0	0	0	0	
Golden Green Tea - Cup	0	0	0	0	0	15	0	0	0	0	
Golden Green Tea - Pot	0	0	0	0	0	25	0	0	0	0	
Iced 12 Oz Americano	0	0	0	0	0	0	0	0	0	0	
Iced 12 Oz Chai Latte	120	4	2.5	0	15	65	17	0	16	4	
Iced 12 Oz Honey Halva Latte	190	9	4.5	0	22.5	110	21	less than 1g	17	7	
Iced 12 Oz Latte	130	7	4.5	0	26.5	105	11	0	10	7	
Iced 12 Oz Matcha Latte	130	7	4.5	0	26.5	105	11	0	10	7	
Iced 12 Oz Mocha	280	17.5	10.5	0	22.5	90	23	0	20	8	
Iced 12 Oz Red Eye (W/Concentrate)	0	0	0	0	0	0	0	0	0	0	
Iced 12 Oz Red Eye (W/Keg)	0	0	0	0	0	0	0	0	0	0	
Iced 16 Oz Americano	0	0	0	0	0	0	0	0	0	0	
Iced 16 Oz Black Sesame Latte	360	21	6.5	0	30	190	34	1	29	11	
Iced 16 Oz Chai Latte	150	5	3	0	19	80	21	0	20	5	
Iced 16 Oz Ginger & Date Latte	260	6.5	0.5	0	0	130	47	4	32	4	
Iced 16 Oz Latte	190	10	6.5	0	37.5	150	15	0	14	10	
Iced 16 Oz Matcha Latte	170	9	5.5	0	34	135	14	0	12	9	
Iced 16 Oz Mocha	370	23	14	0	30	120	30	0	26	11	
Iced 16 Oz Pistachio Latte	350	17	6	0	30	220	40	2	35	12	

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Name	Calories (cal) / Serving	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Notes
DRINKS											
Iced 16 Oz Red Eye (W/Concentrate)	0	0	0	0	0	0	0	0	0	0	
Iced 16 Oz Red Eye (W/Keg)	0	0	0	0	0	0	0	0	0	0	
Kale And Apple Juice G&G	120	0	0	0	0	0	0	0	0	0	
Lemon, Thyme & Espresso Soda	150	0	0	0	0	0	40	0	39	0	
Macchiato	80	4	2.5	0	15	60	6	0	6	4	
Mint Lemonade G&G	130	0	0	0	0	10	34	0	31	0	
Moroccan Mint Tea - Cup	0	0	0	0	0	15	0	0	0	0	
Moroccan Mint Tea - Pot	0	0	0	0	0	25	0	0	0	0	
Orange Juice G&G	360	1	0	0	0	0	81	2	65	0	
Orange, Coriander & Matcha Spritz	170	0	0	0	0	0	43	2	40	0	
Pear Juice G&G	170	0	0	0	0	15	42	less than 1g	36	0	
Preserved Fig, Lemon, & Mint Soda	160	0	0	0	0	30	less than 1g	0	33	0	
Water, Tatte	0	0	0	0	0	0	0	0	0	0	
FOOD ADD-ONS											
Add Arugula	5	0	0	0	0	0	less than 1 gram	0	0	0	
Add Avocado (about half an avocado)	160	14.5	2	0	0	5	9	7	less than 1 gram	2	
Add Bacon (2 slices)	100	7.5	2.5	0	21	360	0	0	0	7	
Add Butter (2 packets)	120	12	8	0	30	100	0	0	0	0	
Add Cheddar Cheese (1 slice)	110	9.5	5.5	0.5	27.5	180	less than 1 gram	0	0	7	
Add Chicken (4 oz)	110	1	0	0	70.5	40	0	0	0	24	
Add Edamame	60	2.5	0	0	0	0	4	3	1	6	
Add Egg	70	4.5	1.5	0	215	65	0	0	0	6	
Add Extra Short Rib	150	3.5	1.5	0	46	480	0	0	0	16	
Add Fava Beans	30	0.5	0	0	0	20	5	2	0	2	
Add Feta	140	10	7	0	22.5	790	2	0	0	11	
Add GF Bread (2 slices)	140	5	0	0	0	270	24	1	2	2	
Add Granola	210	12	1.5	0	0	25	21	2	7	5	
Add Goat Cheese	170	13.5	9.5	0	29.5	290	0	0	0	12	
Add Halloumi Cheese	200	15	8.5	0	48	610	2	0	2	13	
Add Ham (3.5 oz)	150	8	3.5	0	52.5	1050	5	0	5	15	
Add Jam	90	0	0	0	0	15	23	1	22	0	
Add Lamb Meatball (2.4 oz)	160	12.5	5.5	0	47	320	less than 1 gram	0	0	11	
Add Maple Syrup	110	0	0	0	0	0	26	0	24	0	
Add Marinated Tuna (3.5 oz)	310	23.5	4	0	22.5	160	0	0	0	92	
Add Mayo	190	20.5	3	0	11.5	180	0	0	0	0	
Add Mixed Pickled Vegetables	40	0.5	0	0	0	160	7	2	4	1	
Add Prosciutto (1 oz)	50	3	2	0	25.5	0	0	0	0	8	
Add Rice	290	7.5	1	0	0	720	50	0	0	4	
Add Roasted Salmon (5 oz)	300	20	2.5	0	74.5	100	0	0	0	36	
Add Sliced Cucumber	0	0	0	0	0	140	1	0	0	0	
Add Sliced Tomato	10	0	0	0	0	0	2	less than 1 gram	1	0	
Add Smoked Salmon	70	2.5	0.5	0	30	790	0	0	0	13	
Add Spinach	10	0.5	0	0	0	10	0	0	0	0	
Add Sujuk Sausage	160	13	5	1	42.5	540	2	less than 1 gram	0	9	
Add Tomato Jam	30	0	0	0	0	390	7	1	6	less than 1 gram	
Add Tuna Salad	330	24.5	9	0	52.5	230	4	0	2	90	
Add Turkey	50	0.5	0	0	30	410	0	0	0	11	
Dressing - Baby Kale, Chicken & Chickpea Salad	70	6	3.5	0	15	510	3	less than 1 gram	1	1	
Dressing - Blueberry & Beet Ricotta Salad	150	14	1	0	0	310	7	0	27	0	
Dressing - Crunchy Halloumi Salad	290	31	3	0	0	230	0	0	2	0	
Dressing - Fattoush Salad	150	16	2.5	0	0	0	0	0	0	0	
Dressing - Green & Nutty Salad	280	27	3.5	0	0	220	10	0	9	0	
Dressing - Maple, Squash & Chicken Salad	110	6	4.5	0	20	320	13	0	11	1	
DRINK ADD-ONS											
Add Decaf Espresso Shot	0	0	0	0	0	0	0	0	0	0	
Add Espresso Shot	0	0	0	0	0	0	0	0	0	0	
Add Syrup - Caramel	50	0	0	0	0	0	12	0	12	0	
Add Syrup - Hazelnut	50	0	0	0	0	0	12	0	12	0	
Add Syrup - Vanilla	50	0	0	0	0	0	12	0	12	0	
Add Splash of Half & Half (2 oz)	80	7	4	0	20	20	2	0	2	2	
Add Splash of Almond Milk (2 oz)	10	0.5	0	0	0	45	0	0	0	0	
Add Splash of Oat Milk (2 oz)	30	1.5	0	0	0	25	4	less than 1 gram	2	less than 1 gram	
Add Splash of Whole Milk (2 oz)	40	2	1.5	0	10	30	3	0	3	2	