

Bakery Nutrition Facts



Mousse Cakes	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
				g	%DV	g	%DV		g	%DV	mg	%DV	mg	%DV	g	%DV						
Triple Chocolate Mousse Cake, 1/8 cake	78	300	210	24	37	14	70	0	75	25	50	2	20	7	1	4	16	3	10	0	6	8
1/2 Triple Chocolate Mousse Cake, 1/4 cake	78	300	210	24	37	14	70	0	75	25	50	2	20	7	1	4	16	3	10	0	6	8
Raspberry Mousse Cake, 1/10 cake	77	120	20	2.5	4	0.5	3	0	0	0	65	3	24	8	2	8	18	1	0	10	0	0
1/2 Raspberry Mousse Cake, 1/5 cake	74	110	20	2.5	4	0.5	3	0	0	0	60	3	23	8	2	8	18	1	0	10	0	0
Coconut Mango Mousse Cake, 1/8 cake	78	160	45	5	8	2.5	13	0	10	3	100	4	27	9	0	0	21	2	2	4	2	4
1/2 Coconut Mango Mousse Cake, 1/4 cake	78	160	45	5	8	2.5	13	0	10	3	100	4	26	9	0	0	21	2	2	4	2	4

Mousse Cake Slices	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
				g	%DV	g	%DV		g	%DV	mg	%DV	mg	%DV	g	%DV						
Serving size - 1 each	g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV
Triple Chocolate Mousse Cake Slice	85	330	230	26	40	15	75	0	80	27	55	2	22	7	1	4	17	3	15	0	6	8
Raspberry Mousse Cake Slice	96	140	25	3	5	0.5	3	0	0	0	80	3	30	10	2	8	23	2	0	15	0	0
Coconut Mango Mousse Cake Slice	83	120	30	3.5	5	1.5	8	0	5	2	65	3	22	7	2	8	16	2	4	20	2	4

Mousse Cups	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
				g	%DV	g	%DV		g	%DV	mg	%DV	mg	%DV	g	%DV						
Serving size - 1 each	g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV
Chocolate Mousse Cup	64	240	160	18	28	11	55	0	135	45	25	1	16	5	1	4	14	4	10	0	4	8
Raspberry Mousse Cup	64	130	45	4.5	7	3	15	0	20	7	5	0	13	4	0	0	12	1	4	10	2	0
Vanilla Mousse Cup	57	180	130	14	22	9	45	0	90	30	20	1	11	4	0	0	10	2	10	0	4	2
Mochaccino Cup	142	550	410	45	70	27	134	1	100	34	50	2	36	12	3	11	31	5	25	0	8	10

Tartlettes	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
				g	%DV	g	%DV		g	%DV	mg	%DV	mg	%DV	g	%DV						
PG Mixed Fruit Chia Tart, 1 tart	180	490	300	33	51	7	35	0	25	8	440	18	44	15	8	32	25	8	6	45	15	10
PG Vegan Lemon Cashew Chia Tart, 1 tart	133	540	380	43	66	16	80	0	0	0	310	13	34	11	6	24	17	9	0	20	10	15
8 cm Mixed Fruit Tart, 1 tart	153	270	120	14	22	8	40	0	40	13	65	3	36	12	3	12	21	3	8	70	4	4
8 cm Single Berry Tart, 1 tart	127	340	170	19	29	10	50	0	50	17	80	3	40	13	2	8	22	4	8	15	4	4
8 cm Lemon Raspberry Tart, 1 tart	109	400	220	25	38	14	70	0.5	105	35	55	2	39	13	1	4	25	5	10	4	2	4

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PG Heart Fruit Tart, 1/4 Tart	91	260	110	13	20	8	40	0	80	27	260	11	33	11	1	4	19	3	10	15	2	6
PG Plum Fruit Strip, 1 Each	170	300	140	16	25	9	45	0	40	13	190	8	35	12	3	12	17	5	15	15	2	8
PG Nectarine Blueberry Fruit Strip, 1 Each	170	270	120	14	22	8	40	0	35	12	170	7	33	11	3	12	15	4	15	15	2	8
PG Apricot Fruit Strip, 1 Each	170	480	250	27	42	16	80	0	75	25	340	14	50	17	3	12	20	7	30	2	4	15
PG Peach Red Raspberries Fruit Strip, 1 Each	170	470	230	25	38	15	75	0	70	23	330	14	51	17	3	12	20	7	20	2	2	10
PG Pear Fruit Strip, 1 Each	170	480	250	27	42	16	80	0	75	25	350	15	49	16	3	12	18	7	15	0	4	10
PG Fig Fruit Strip, 1 Each	170	340	150	16	25	9	45	0	45	15	200	8	44	15	5	20	24	5	10	4	6	8
PG Apple Fruit Strip, 1 Each	170	280	120	13	20	8	40	0	35	12	170	7	36	12	5	20	18	3	10	15	2	8
PG Rustic Apricot Almond Tart, 1 Tart	117	290	140	15	23	7	35	0	50	17	50	2	35	12	2	8	21	5	20	2	2	4
PG Rustic Pear Almond Tart, 1 Tart	117	310	150	16	25	7	35	0	50	17	50	2	37	12	2	8	22	5	4	0	2	4
PG Rustic Raspberry Almond Tart, 1 Tart	103	310	150	17	26	7	35	0	55	18	40	2	35	12	4	16	18	6	6	15	4	4
PG Rustic Apple Almond Tart, 1 Tart	103	310	160	18	28	8	40	0	55	18	50	2	36	12	2	8	21	5	6	2	4	4
PG Rustic Pineapple Almond Tart, 1 Tart	90	290	150	17	26	7	35	0	50	17	50	2	33	11	2	8	19	5	6	20	4	4
PG Rustic Peach Almond Tart, 1 Tart	119	270	130	15	23	7	35	0	55	18	0	1	33	11	2	8	20	4	10	8	2	6
PG Rustic Plum Almond Tart, 1 Tart	113	270	130	14	22	7	35	0	55	18	20	1	33	11	2	8	20	4	10	10	2	6
PG Rustic Cherry Almond Tart, 1 Tart	130	310	140	16	25	8	40	0	60	20	20	1	40	13	3	12	25	5	8	10	4	6
PG Rustic Blackberry Almond Tart, 1 Tart	113	280	140	15	23	7	35	0	55	18	20	1	33	11	4	16	17	5	10	20	4	8

Tarts	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
				g	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g						
Mixed Fruit Tart, 1/4 Tart	135	250	110	13	20	7	35	0	35	12	60	3	33	11	2	8	19	3	6	50	4	2
Single Berry Tart, 1/4 tart	124	350	180	20	31	11	55	0	50	17	85	4	41	14	2	8	21	5	8	10	4	4
Round Berry Tart, 1/4 Tart	114	250	120	14	22	7	35	0	35	12	60	3	29	10	4	16	14	3	6	20	4	4
Lemon Raspberry Tart, 1/3 tart	127	480	270	31	48	17	85	1	125	42	70	3	45	15	1	4	29	6	15	4	2	4
Heart Fruit Tart	255	640	290	33	51	20	100	1	200	67	640	27	81	27	4	16	48	7	25	30	6	15
Heart Fruit Tart, 1/8 tart	134	290	130	15	23	9	45	0.5	80	27	270	11	36	12	2	8	21	3	10	40	4	6
Rectangle Fruit Tart, 1/8 Tart	131	340	90	11	17	6	30	0	75	25	250	10	59	20	2	8	28	13	8	50	2	6
Square Fruit Tart, 1/12 Tart	121	280	130	14	22	8	40	0	85	28	250	10	35	12	2	8	21	3	10	40	4	6

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Christmas Tree Fruit Tart , 1/6 Tart	144	290	140	15	23	9	45	0.5	80	27	220	9	37	12	2	8	23	4	10	50	4	6
Pear Fruit Strip, 1/4 Fruit Strip	128	360	190	21	32	12	60	0	55	18	260	11	37	12	3	12	14	5	10	0	2	10
Plum Fruit Strip, 1/4 Fruit Strip	128	230	110	12	18	7	35	0	30	10	140	6	26	9	2	8	13	3	10	15	2	6
Fig Fruit Strip, 1/4 Fruit Strip	128	260	110	12	18	7	35	0	35	12	150	6	33	11	3	12	18	4	10	2	4	6
Apple Fruit Strip, 1/4 Fruit Strip	128	210	90	10	15	6	30	0	25	8	125	5	27	9	4	16	14	2	6	10	2	6
Peach Raspberry Fruit Strip, 1/4 Fruit Strip	128	360	170	19	29	11	55	0	50	17	250	10	39	13	2	8	15	5	15	2	2	8
Nectarine Blueberry Fruit Strip, 1/4 Fruit Strip	128	210	90	10	15	6	30	0	25	8	125	5	25	8	3	12	11	3	10	10	2	6
Apricot Fruit Strip, 1/4 Fruit Strip	128	360	190	21	32	12	60	0	55	18	260	11	37	12	3	12	15	5	25	2	2	10
Apple Crisp Tart, 1/5 Tart	136	250	90	10	15	6	31	0	25	8	10	0	42	14	5	21	24	2	8	4	2	8
20cm Berry Fruit Tart, 1/5 Tart	139	420	220	25	38	15	75	1	95	32	50	2	46	15	2	8	20	5	15	15	4	10
20cm Mixed Fruit Tart, 1/6 Tart	142	280	130	14	22	9	43	0.5	60	20	30	1	36	12	3	10	18	3	10	60	4	6
Rustic Apricot Almond Tart, 1/8 Tart	117	240	100	12	18	6	30	0	45	15	20	1	32	11	1	4	19	3	25	2	2	4
Rustic Pear Almond Tart, 1/8 Tart	117	250	110	12	18	6	30	0	45	15	15	1	32	11	2	8	19	3	6	0	2	4
Rustic Raspberry Almond Tart, 1/4 Tart	135	430	210	24	37	12	60	0.5	90	30	30	1	48	16	5	20	25	7	10	20	4	10
Rustic Pineapple Almond Tart, 1/5 Tart	113	350	180	20	31	10	50	0.5	75	25	30	1	41	14	2	8	23	5	10	35	4	8
Rustic Peach Almond Tart, 1/5 Tart	119	350	180	20	31	10	50	0.5	75	25	25	1	40	13	2	8	23	5	15	6	4	8
Rustic Plum Almond Tart, 1/5 Tart	113	340	170	19	29	9	45	0.5	70	23	25	1	39	13	2	8	22	5	15	8	4	8
Rustic Cherry Almond Tart, 1/5 Tart	130	390	190	21	32	10	50	0.5	80	27	30	1	46	15	3	12	27	6	10	6	4	8
Rustic Blackberry Almond Tart, 1/5 Tart	113	350	180	20	31	10	50	0.5	75	25	30	1	39	13	4	16	21	6	10	15	4	8
Rustic Apple Almond Tart, 1/4 Tart	135	420	210	24	37	12	60	0.5	90	30	35	1	49	16	2	8	27	6	10	2	4	8

Large Pastry	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
				g	%DV	g	%DV		g	mg	%DV	mg	%DV	g	%DV	g						
Large Napoleon, 1/8 Napoleon	72	170	100	12	18	7	35	0	20	7	95	4	15	5	1	4	10	1	10	6	2	2
Chocolate Dome 15 cm, 3/4" slice	78	290	190	21	32	14	68	0	75	25	50	2	24	8	1	6	22	2	10	0	6	6
20 CM Vanilla Crème Brulee, 1/6 Crème Brulee	132	400	260	28	43	18	90	0	120	40	40	2	36	12	0	0	32	3	50	4	8	0

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Crostatas	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
				g	%DV	g	%DV		mg	%DV	mg	%DV	g	%DV	g	%DV						
Tripleberry Crostata	121	280	110	13	20	7	35	0	30	10	75	3	41	14	3	12	24	3	2	0	2	6
Peach Crostata	113	280	120	13	20	7	35	0	30	10	40	2	40	13	2	8	24	4	2	4	4	8
Apple Crostata	120	250	100	11	17	7	35	0	30	10	60	3	36	12	2	8	22	3	2	10	2	6
Apple Crumb Crostata	135	320	130	14	22	9	45	0	40	13	65	3	45	15	3	12	26	4	4	10	2	8
Blueberry Crostata	120	280	110	12	18	7	35	0	30	10	35	1	42	14	2	8	27	3	2	2	4	4
Strawberry Rhubarb Crostata	120	250	110	12	18	7	35	0	30	10	75	3	36	12	1	4	21	4	2	0	6	4
Cherry Crostata, 1/4 Crostata	135	300	120	14	22	8	40	0	35	12	75	3	41	14	2	8	24	4	2	2	2	6

Crostata Slices	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
				g	%DV	g	%DV		mg	%DV	mg	%DV	g	%DV	g	%DV						
Tripleberry Crostata	113	260	110	12	18	7	35	0	30	10	70	3	38	13	3	12	22	3	2	0	2	6
Peach Crostata	113	280	120	13	20	7	35	0	30	10	40	2	40	13	2	8	24	4	2	4	4	8
Apple Crostata	113	240	90	10	15	7	35	0	30	10	60	3	33	11	2	8	20	3	2	10	2	6
Apple Crumb Crostata	113	270	110	12	18	7	35	0	30	10	55	2	38	13	3	12	22	3	4	8	2	6
Blueberry Crostata	113	260	100	11	17	7	35	0	30	10	30	1	40	13	2	8	25	2	2	2	4	4
Cherry Crostata	113	250	100	11	17	7	35	0	30	10	65	3	34	11	2	8	20	3	2	0	2	6
Strawberry Rhubarb Crostata	113	240	100	11	17	7	35	0	30	10	70	3	34	11	1	4	20	3	2	0	6	4

Individual Desserts	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
				g	%DV	g	%DV		mg	%DV	mg	%DV	g	%DV	g	%DV						
Serving size - 1 each	g			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV
Vanilla Crème Brulee	129	400	290	32	49	20	100	0	130	43	40	2	26	9	0	0	24	3	40	2	10	0
Chocolate Crème Brulee	142	460	330	37	57	23	115	0	135	45	45	2	31	10	1	4	28	3	40	2	10	4
Pumpkin Crème Brulee	141	380	270	29	45	18	90	0	120	40	40	2	26	9	1	4	23	3	90	2	10	2

Petit Gateau	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
				g	%DV	g	%DV		g	%DV	mg	%DV	mg	%DV	g	%DV						
PG Chocolate Dome, 1 each	57	210	140	15	24	10	49	0	55	18	35	2	17	6	1	4	16	2	8	0	4	4
PG Vanilla Napoleon, 1 each	110	290	190	22	34	13	65	0.5	35	12	170	7	25	8	0	0	17	2	20	0	4	2