

# Bakery Nutrition Facts



Cookie Shoppe Cookies	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium	Whole Grain Equiv
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Ultimate Chocolate Chip Cookie, 1 Cookie	41	190	80	9	14	5	25	0	25	8	135	6	40	1	25	8	0	0	16	2	4	0	2	4
Ult Chocolate Chip Cookie, Chocolate Dipped, 1 Cookie	51	240	13	17	8	40	0	25	8	135	6	30	11	2	7	21	20	40	2	0	2	10	2	-
Ult Chocolate Chip Cookie with Walnuts, 1 Cookie	41	190	10	13	5	25	0	20	7	105	5	23	8	1	4	15	7	14	2	0	0	6	2	-
Ult Chocolate Chip Cookie with Walnuts, Chocolate Dipped, 1 Cookie	48	230	13	17	7	35	0	20	7	105	5	27	10	1	4	18	11	22	3	0	0	10	2	-
Ult Chocolate Chip Cookies with Rainbow Drops	50	230	11	14	7	35	0	25	8	140	6	32	12	1	4	22	22	44	2	0	4	6	2	-
Ultimate Double Chocolate Chip Cookie, 1 Cookie	47	210	10	13	6	30	0	30	10	160	7	29	11	1	4	18	18	36	2	0	2	6	2	-
Hatch Chili Ultimate Chocolate Chip Cookies	37	150	7	9	4.5	23	0	20	7	110	5	20	7	1	4	13	13	26	2	0	0	6	2	2
WG Delicious Oatmeal Raisin Cookie, 1 Cookie	45	170	7	9	3.5	18	0	20	7	125	5	27	10	2	7	16	13	26	2	0	17	0	110	0.5
WG Chocolate Hazelnut Cookie, 1 Cookie	59	290	18	23	8	40	0	30	10	160	7	29	11	3	11	17	15	30	4	0	4	15	4	0.5
WG Chocolate Hazelnut Cookie with Chocolate, 1 Cookie	71	350	23	29	12	60	0	30	10	160	7	35	13	4	14	22	21	42	5	0	4	20	4	0.5
Vegan Lemon Crinkle Cookie, 1 Cookie	30	110	3	4	1	5	0	0	0	85	4	20	7	0	0	10	2	4	1	0	2	20	0	-
Vegan Molasses Cookie, 1 Cookie	40	170	7	9	2	10	0	0	0	210	9	25	9	1	4	14	13	26	2	0	2	6	2	-
Vegan Peanut Butter Cookie, 1 Cookie	43	190	10	13	3	15	0	0	0	170	7	25	9	1	4	15	14	28	3	0	2	6	2	-
Peanut Butter Chocolate Chunk Cookie, 1 Cookie	43	190	10	13	4	20	0	15	5	150	7	25	9	1	4	16	15	30	3	0	2	6	2	-
PB Chocolate Chunk Cookie w Choc, 1 Cookie	55	260	15	19	8	40	0	15	5	150	7	31	11	2	7	22	21	42	4	0	2	15	2	-
Snickerdoodle, 1 Cookie	30	130	5	6	3	15	0	20	7	75	3	19	7	0	0	13	9	18	1	0	0	6	2	-

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Cranberry Sensation Cookie, 1 Cookie	43	180	7	9	3.5	18	0	15	5	65	3	26	9	2	7	17	13	26	2	0	2	0	2	-
<b>Bar &amp; Cut Out Cookies</b>																								
Marshmallow Treats, 1 Bar	35	120	3	4	2	10	0	10	3	90	4	23	8	0	0	11	11	22	1	0	0	15	0	-
Marshmallow Treats with Chocolate, 1 Bar	68	280	12	15	9	45	0	10	3	110	5	42	15	1	4	27	27	54	2	0	0	35	0	-
7 Layer Bar	82	400	23	29	12	60	0	30	10	200	9	48	17	3	11	35	31	62	6	0	8	10	6	-
Happy Cookie with Raspberry, 1 Cookie	85	330	13	17	8	40	0.5	45	15	80	3	50	18	1	4	26	12	24	3	0	0	6	2	-
Sugar Cookie Cut Out Shapes with Icing, 1 Cookie	85	370	18	23	11	55	0.5	55	18	90	4	53	19	0	0	33	33	66	3	0	2	6	2	-
Sugar Cookie Cut Out Circles with Icing, 1 Cookie	85	380	19	24	11	55	0.5	55	18	100	4	53	19	0	1	34	34	68	2	0	2	2	2	-
Sugar Circle Cookies with Rainbow Drops	45	200	11	14	6	30	0	30	10	70	3	26	9	0	0	12	12	24	2	0	2	6	2	-
Iced Gingerbread Cutout, 1 Cookie	37	160	7	9	2.5	13	0	10	3	100	4	23	8	0	0	14	14	28	2	0	2	6	2	-
<b>Seasonal &amp; Holiday Cookies</b>																								
Almond Orange Biscotti, 1 Cookie	20	80	4	5	1	5	0	10	3	50	2	10	4	0	0	4	3	6	2	0	2	0	0	-
Almond Orange Biscotti w/ Chocolate, 1 Cookie	24	100	5	6	2	10	0	10	3	50	2	12	4	0	0	6	5	10	2	0	2	6	0	-
Vanilla Biscotti, 1 Cookie	41	160	6	8	3.5	18	0	40	13	75	3	23	8	0	0	9	9	18	3	0	2	6	0	-
Cappuccino Biscotti, 1 Cookie	49	190	8	10	4.5	23	0	40	13	75	3	27	10	1	4	13	13	26	3	0	4	6	2	-
Florentine Cookie, 2 Cookies	36	190	11	14	3	15	0	0	0	0	0	20	7	2	7	12	12	24	3	0	4	6	2	-
Hazelnut Butter Cookies, 1 Cookie	32	170	12	15	6	30	0	25	8	15	1	15	5	1	4	7	6	12	2	0	2	6	2	-
Almond Paste Cookie w/ Jelly, about 3 Cookies	33	130	5	6	0.5	3	0	0	0	10	0	20	7	1	4	18	17	34	2	0	2	0	2	-
Almond Paste Cookie with Jam, Almond, or Chocolate, 1 Cookie	26	100	4.5	6	0.5	3	0	0	0	5	0	15	5	1	4	14	13	26	2	0	2	0	2	-
Almond Butter Spritz Sandwich Cookie with Jam	23	100	6	8	3.5	18	0	10	3	15	1	12	4	1	4	7	6	12	1	0	0	6	0	-
Almond Butter Spritz Sandwich Cookie with Hazelnuttin'	25	120	7	9	4	20	0	10	3	15	1	12	4	1	4	8	8	16	2	0	0	6	0	-

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Almond Butter Spritz with Frosting & Sugar/Sprinkles, 2 Cookies	38	160	7	9	4	20	0	15	5	10	0	26	9	0	0	20	20	40	1	0	0	6	0	-
Almond Butter Spritz with Chocolate Icing, 2 Cookies	38	160	7	9	4	20	0	15	5	10	0	25	9	0	0	20	20	40	1	0	0	6	0	-
Rum Ball, 2 Cookies	32	150	8	10	5	25	0	5	2	30	1	16	6	1	4	13	13	26	2	0	0	10	0	-
Sfogliatelle, 1 Cookie	63	200	9	12	3.5	18	0	20	7	210	9	27	10	0	0	8	7	14	4	0	2	6	2	-
Thumbprints, 2 Cookies	34	150	9	12	3	15	0	15	5	95	4	17	6	0	0	7	5	10	2	0	0	0	0	-
<b>Kipfel &amp; Rugala Cookies</b>																								
Apricot Sour Cream Kipfel, 1 Cookie	28	150	7	9	4.5	23	0	50	17	55	2	19	7	0	0	10	7	14	2	0	0	6	0	-
Raspberry Sour Cream Kipfel, 1 Cookie	28	150	7	9	4.5	23	0	50	17	55	2	19	7	0	0	10	1	14	2	0	0	6	0	-
Cinnamon Walnut Rugala, 1 Cookie	28	170	12	15	4.5	23	0	20	7	95	4	13	5	1	4	4	1	2	2	0	2	6	0	-
Chocolate Rugala, 1 Cookie	29	170	12	15	5	25	0	20	7	100	4	14	5	1	4	5	1	2	2	0	2	6	2	-
Cranberry Rugala, 1 Cookie	28	150	10	13	4.5	23	0	20	7	85	4	16	6	0	0	8	6	12	1	0	0	0	0	-
<b>Meatball Cookies</b>																								
Chocolate Meatball, 1 Cookie	39	140	5	6	2	10	0	10	3	95	4	22	8	1	4	15	14	28	2	0	2	10	2	-
Vanilla Meatball, 1 Cookie	45	170	6	8	3	15	0	20	7	100	4	27	10	0	0	22	21	42	2	0	2	0	0	-
Lemon Meatball, 1 Cookie	48	190	6	8	3	15	0	15	5	105	5	30	11	0	0	20	19	38	2	0	0	6	0	-
Orange Meatball, Cookie	48	160	6	8	2.5	13	0	10	3	105	5	25	9	0	0	15	14	28	2	0	0	6	0	-
Cherry Meatball, 1 Cookie	44	150	3	4	1.5	8	0	5	2	25	1	27	10	0	0	23	18	36	1	0	0	0	0	-
Chocolate Chip Meatball, 1 Cookie	48	190	7	9	3.5	18	0	20	7	95	4	29	11	0	0	24	23	46	2	0	2	6	0	-
<b>Burst &amp; Filled Shortbread Cookies</b>																								
Almond Burst Cookie, 1 Cookie	43	170	7	9	3	15	0	10	3	95	4	26	9	1	4	17	16	32	2	0	2	0	2	-
Dark Chocolate Filled Shortbread, 1 Cookie	43	220	14	18	11	55	0	10	3	50	2	24	9	0	0	17	6	12	2	0	0	10	0	-

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Apricot Filled Shortbread Cookie, 1 Cookie	43	180	8	10	5	25	0	20	7	95	4	25	9	0	0	13	13	26	1	0	2	0	0	-
Apple Butter Filled Shortbread Cookie, 1 Cookie	43	170	8	10	5	25	0	25	8	100	4	23	8	0	0	9	8	16	1	0	0	0	0	-
Lemon Filled Shortbread, 1 Cookie	43	180	8	10	5	25	0	25	8	110	5	25	9	0	0	11	11	22	1	0	0	0	0	-
Raspberry Filled Shortbread, 1 Cookie	45	200	9	12	6	30	0	20	7	100	4	27	10	0	0	16	13	26	1	0	2	0	0	-
<b>Cookie Cup Cookies</b>																								
Snickerdoodle Cookie Cup	103	510	29	37	14	70	1	60	20	180	8	57	21	0	0	41	41	82	3	0	0	6	2	-
Chocolate Chip Cookie Cup with Vanilla BC	131	650	36	46	19	95	1	60	20	320	14	76	28	2	7	56	56	112	4	0	2	6	4	-
Chocolate Chip Cookie Cup with Chocolate BC	131	640	37	47	19	95	0.5	55	18	320	14	73	27	2	7	50	48	96	5	0	2	10	6	-
<b>Cookie Sandwich Cookies</b>																								
Choc Chip Cookie Sandwich with Chocolate BC	114	550	31	40	16	80	0.5	50	17	310	13	65	24	2	7	44	42	84	5	0	2	10	6	-
Chocolate Chip Cookie Sandwich with Vanilla BC	114	550	30	38	16	80	1	55	18	300	13	66	24	2	7	48	47	94	4	0	2	6	4	-
Oatmeal Raisin Cookie Sandwich with Vanilla BC	119	520	26	33	13	65	0	40	13	270	12	70	25	4	14	47	40	80	4	0	39	1	216	1
Double Chocolate Cookie Sandwich with Peanut Butter	116	530	29	37	13	65	0	45	15	210	9	64	23	1	4	43	8	16	7	0	0	20	6	-
Double Chocolate Cookie Sandwich with Vanilla BC	122	560	30	38	15	75	0	50	17	160	7	70	25	0	0	52	18	36	4	0	0	20	4	-
Peanut Butter Chunk Cookie Sandwich with Chocolate BC	116	540	33	42	12	60	0	25	8	330	14	61	22	1	4	41	12	24	8	0	4	15	6	-
Peanut Butter Chunk Cookie Sandwich with Peanut Butter BC	118	560	34	44	11	55	0	30	10	380	17	61	22	1	4	40	10	20	11	0	4	10	6	-
Vegan Peanut Butter Cookie Sandwich with PB Filling	132	650	38	49	16	80	0	0	0	400	17	71	26	5	18	49	46	92	10	0	4	30	6	-
Vegan Molasses Cookie Sandwich	108	480	23	29	8	40	0	0	0	440	19	68	25	1	4	44	44	88	3	0	4	10	4	-
<b>Killer Brownies</b>																								
Cookie Dough Killer Brownie, 1/4 brownie	43	180	9	12	5	25	0	20	7	160	7	27	10	1	4	18	17	34	2	0	2	6	2	-

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Salted Caramel Killer Brownie, 1/4 brownie	43	190	10	13	5	25	0	10	3	210	9	24	9	1	4	18	17	34	2	0	2	6	2	-
<b>Misc. Cookie Shoppe Desserts</b>																								
Butter Boy Shortbread Cookies, 1 Cookie	22	110	6	8	4	20	0	15	5	15	1	12	4	0	0	4	4	8	1	0	1	0	12	-
Choc Indulgence Truffle, 1	34	170	10	13	6	30	0	15	5	30	1	17	6	2	7	14	14	28	2	0	2	10	2	-
Ult Choc Chip Truffle, 1	38	190	11	14	7	35	0	10	3	55	2	22	8	1	4	17	8	16	1	0	0	10	0	-
Coconut Macaroon, 1 Cookie	39	160	7	9	6	30	0	0	0	60	3	24	9	1	4	19	9	18	2	0	0	0	2	-
Coconut Macaroon, Chocolate Dipped, 1 Cookie	46	200	10	13	8	40	0	0	0	60	3	27	10	1	4	23	12	24	2	0	0	6	2	-
Coconut Macaroon, Chocolate Drizzled, 1 Cookie	40	170	7	9	6	30	0	0	0	60	3	24	9	1	4	20	10	20	2	0	0	6	2	-
Vegan Peanut Butter Cup	61	340	23	29	16	80	0	0	0	40	2	29	11	3	11	27	26	52	4	0	2	40	0	-
Vegan Peanut Butter Buckeyes	25	130	8	10	3	15	0	0	0	50	2	14	5	0	0	11	8	16	1	0	0	6	0	-
Raspberry Cordials	23	120	8	10	6	30	0	0	0	5	0	12	4	1	4	11	11	22	1	0	0	15	0	-
Mint Cordials	23	130	8	10	7	35	0	0	0	0	0	11	4	1	4	11	11	22	1	0	0	15	0	-
Vanilla Cordials	22	120	8	10	6	30	0	0	0	0	0	11	4	1	4	11	11	22	1	0	0	15	0	-
Florentines- Ithaca	27	130	8	10	2.5	13	0	10	3	5	0	14	5	0	0	6	6	12	2	0	2	0	2	-
Almond Biscotti- Ithaca	35	130	5	6	0.5	3	0	30	10	60	3	18	7	1	4	7	7	14	3	0	4	6	2	-
Almond Biscotti with Chocolate- Ithaca	50	210	10	13	5	25	0	30	10	65	3	25	9	2	7	14	13	26	4	0	4	10	2	-
Anise Biscotti- Ithaca	20	60	0.5	1	0	0	0	20	7	30	1	13	5	0	0	6	6	12	1	0	0	0	0	-
Anise Biscotti with Chocolate- Ithaca	31	120	4.5	6	3.5	18	0	20	7	35	2	18	7	1	4	11	11	22	2	0	2	10	0	-
Olive Oil Cake	96	450	30	38	4	20	0	0	0	45	2	41	15	0	0	32	0	0	6	0	2	6	2	-
Mini Olive Oil Cake	23	110	7	9	1	5	0	0	0	10	0	10	4	0	0	8	0	0	1	0	0	0	0	-

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<b>Lemon Shortbread Cookie</b>	43	180	8	10	5	25	0	25	8	110	5	25	9	0	0	11	11	22	1	0	0	0	0	-
<b>Walnut Wedding Cookie</b>	24	90	1.5	2	0.5	3	0	5	2	15	1	17	6	1	4	1	1	2	2	0	0	0	0	-