

Master Bambu Nutrition Facts

Menu Item	Size	Serving Size	Total Cal	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugars	Protein
			(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
<b>Blended Teas</b>												
Chai Blend	Regular	18.5 oz.	770	28	21	0	55	135	110	0	87	7
Chai Blend	Large	24 oz.	1300	44	34	0	70	200	196	0	152	10
Matcha Blend	Regular	18.5 oz.	730	24	16	0	55	95	119	0	96	5
Matcha Blend	Large	24 oz.	1120	35	25	0	70	125	186	0	146	6
Thai Blend	Regular	18.5 oz.	520	6	4	0	30	35	107	0	92	2
Thai Blend	Large	24 oz.	730	9	6	0	45	55	152	0	133	3
<b>Fresh Fruit Teas</b>												
Honeydew	Regular	18.5 oz.	160	0	0	0	0	60	41	Less than 1 g	34	0
Honeydew	Large	24 oz.	240	0	0	0	0	90	60	1	50	0
Kiwi	Regular	18.5 oz.	170	0	0	0	0	55	43	1.5	34	0
Kiwi	Large	24 oz.	250	0	0	0	0	85	63	2	50	0
Mango	Regular	18.5 oz.	170	0	0	0	0	45	42	1	38	0
Mango	Large	24 oz.	240	0	0	0	0	65	62	2	56	0
Peach	Regular	18.5 oz.	160	0	0	0	0	10	40	1	21	0
Peach	Large	24 oz.	240	0	0	0	0	10	58	1	30	0
Strawberry	Regular	18.5 oz.	110	0	0	0	0	15	29	1	25	0
Strawberry	Large	24 oz.	140	0	0	0	0	15	35	1	31	0
Passionfruit	Regular	18.5 oz.	140	0	0	0	0	25	37	Less than 1 g	17	0
Passionfruit	Large	24 oz.	210	0	0	0	0	30	55	1	25	0
Raspberry	Regular	18.5 oz.	120	0	0	0	0	15	30	4	25	Less than 1g
Raspberry	Large	24 oz.	150	0	0	0	0	15	37	4	31	Less than 1g
<b>Sea Salt Teas</b>												
Black Sea Salt	Regular	18.5 oz.	350	14	10	0	45	300	51	Less than 1 g	38	4
Black Sea Salt	Large	24 oz.	380	14	10	0	45	300	58	Less than 1 g	44	4
Jasmine Sea Salt	Regular	18.5 oz.	350	14	10	0	45	300	50	Less than 1 g	38	4
Jasmine Sea Salt	Large	24 oz.	380	14	10	0	45	300	57	Less than 1 g	44	4
Oolong Sea Salt	Regular	18.5 oz.	390	14	10	0	45	340	58	Less than 1 g	46	4
Oolong Sea Salt	Large	24 oz.	420	14	10	0	45	350	68	Less than 1 g	55	4
<b>Yogurts/Sua Chua</b>												

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			(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Honeydew	Regular	18.5 oz.	500	11	8	0	55	130	91	2	66	7
Honeydew	Large	24 oz.	640	14	10	0	70	160	117	3	84	9
Mango	Regular	18.5 oz.	510	11	8	0	55	120	93	2	68	7
Mango	Large	24 oz.	650	14	10	0	70	150	119	3	86	9
Kiwi	Regular	18.5 oz.	510	12	8	0	55	125	93	3	66	8
Kiwi	Large	24 oz.	650	14	10	0	70	160	119	3	84	10
Strawberry	Regular	18.5 oz.	480	11	8	0	55	110	85	2	60	7
Strawberry	Large	24 oz.	620	14	10	0	70	140	111	3	78	9
Combo	Large	24 oz.	700	14	10	0	70	170	132	3	97	9
<b>Teas</b>												
Black	Regular	18.5 oz.	60	0	0	0	0	10	14	0	14	0
Black	Large	24 oz.	110	0	0	0	0	10	28	0	28	0
Jasmine	Regular	18.5 oz.	50	0	0	0	0	10	14	0	14	0
Jasmine	Large	24 oz.	110	0	0	0	0	10	28	0	28	0
Oolong	Regular	18.5 oz.	150	0	0	0	0	55	38	0	38	0
Oolong	Large	24 oz.	230	0	0	0	0	80	57	0	57	0
Chai	Regular	18.5 oz.	520	22	14	0	65	190	63	0	58	12
Chai	Large	24 oz.	725	29	18	0	80	240	93	0	85	15
Thai	Regular	18.5 oz.	390	9	6	0	45	50	66	15	51	3
Thai	Large	24 oz.	500	11	8	0	55	65	82	19	63	4
<b>Milk Teas</b>												
Black	Regular	18.5 oz.	140	4.5	4.5	0	0	5	19	0	10	0
Black	Large	24 oz.	170	6	6	0	0	10	24	0	12	0
Jasmine	Regular	18.5 oz.	140	5	5	0	0	5	19	0	10	0
Jasmine	Large	24 oz.	170	6	6	0	0	10	24	0	12	0
Oolong	Regular	18.5 oz.	130	5	5	0	0	10	19	0	9	0
Oolong	Large	24 oz.	170	6	6	0	0	10	24	0	12	0
Matcha Green	Regular	18.5 oz.	430	9	4	0	20	70	87	0	79	2
Matcha Green	Large	24 oz.	430	9	4	0	20	70	87	0	79	2
Coconut	Regular	18.5 oz.	450	22	15	0	45	170	56	0	41	4
Coconut	Large	24 oz.	450	22	15	0	45	170	56	0	41	4

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			(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Taro	Regular	18.5 oz.	420	14	8	0	30	35	70	3	52	4
Taro	Large	24 oz.	420	14	8	0	30	35	70	3	52	4
Coffee	Regular	18.5 oz.	140	5	5	0	0	10	20	0	10	0
Coffee	Large	24 oz.	170	6	6	0	0	15	25	0	12	0
Hazelnut	Regular	18.5 oz.	160	7	1.5	0	0	25	21	0	18	0
Hazelnut	Large	24 oz.	200	9	2	0	0	30	27	0	23	0
Red Bean	Regular	18.5 oz.	250	5	5	0	0	20	50	9	27	6
Red Bean	Large	24 oz.	320	6	6	0	0	30	66	12	36	8
Guava	Regular	18.5 oz.	380	5	5	0	0	65	79	0	46	0
Guava	Large	24 oz.	565	7	7	0	0	95	120	0	68	0
Honeydew	Regular	18.5 oz.	260	5	5	0	0	55	49	0	32	0
Honeydew	Large	24 oz.	380	8	8	0	0	80	70	0	45	0
Kiwi	Regular	18.5 oz.	260	5	5	0	0	55	49	0	32	0
Kiwi	Large	24 oz.	390	8	8	0	0	85	73	0	48	0
Lychee	Regular	18.5 oz.	320	5	5	0	0	65	63	0	48	0
Lychee	Large	24 oz.	470	8	8	0	0	100	94	0	72	0
Mango	Regular	18.5 oz.	240	5	5	0	0	40	45	0	33	0
Mango	Large	24 oz.	370	8	8	0	0	60	68	0	49	0
Mint Green	Regular	18.5 oz.	250	5	5	0	0	5	47	0	36	0
Mint Green	Large	24 oz.	370	8	8	0	0	10	71	0	55	0
Passion Fruit	Regular	18.5 oz.	240	5	5	0	0	5	45	0	16	0
Passion Fruit	Large	24 oz.	360	8	8	0	0	10	67	0	24	0
Peach	Regular	18.5 oz.	250	5	5	0	0	5	45	0	16	0
Peach	Large	24 oz.	370	8	8	0	0	10	67	0	24	0
Strawberry	Regular	18.5 oz.	150	5	5	0	0	5	23	0	11	0
Strawberry	Large	24 oz.	230	8	8	0	0	10	34	0	17	0
Raspberry	Regular	18.5 oz.	280	5	5	0	0	5	55	0	44	0
Raspberry	Large	24 oz.	420	7	7	0	0	10	85	0	65	0
Wintermelon	Regular											
Wintermelon	Large											
Pineapple	Regular	18.5 oz.	240	5	5	0	45	7	52	0	36	0
Pineapple	Large	24 oz.	280	5	5	0	0	7	62	0	45	0
Honey Green	Regular	18.5 oz.	280	5	5	0	0	10	58	0	47	0

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			(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Honey Green	Large	24 oz.	320	5	5	0	0	10	70	0	58	0
Nutty Chai	Regular	18.5 oz.	490	9	0	0	0	35	93	0	78	0
Nutty Chai	Large	24 oz.	560	12	0	0	0	45	103	0	88	0
Matcha	Regular	18.5 oz.	480	11	5	0	30	70	95	0	86	3
Matcha	Large	24 oz.	530	11	5	0	30	70	108	0	100	3
<b>Juices</b>												
Passion Fruit	Regular	18.5 oz.	140	0	0	0	0	40	37	0	17	0
Pennywort	Regular	18.5 oz.	130	0	1.5	0	0	130	2	0	13	0
Raspberry	Regular	18.5 oz.	90	0	0	0	0	10	22	6	15	1
Pennywort Mung Bean	Regular	18.5 oz.	220	0	1.5	0	0	115	24	4	23	5
Pennywort Coconut	Regular	18.5 oz.	190	9	9	0	0	260	12	4	13	2
<b>Hot Coffees/Ca Phe Nong</b>												
Vietnamese Traditional	Small	12 oz.	340	16	11	0	70	115	37	0	35	8
Vietnamese Black	Small	12 oz.	60	0	0	0	0	20	15	0	14	0
Cafe Latte	Regular	16 oz.	280	19	12	0	85	140	13	0	12	9
Cafe Latte	Large	20 oz.	400	27	17	0	120	210	19	0	17	13
Chocolate	Regular	16 oz.	590	28	16	0	85	220	62	2	52	15
Chocolate	Large	20 oz.	700	35	21	0	120	280	67	2	57	19
French Vanilla	Regular	16 oz.	690	67	12	0	85	200	71	0	71	9
French Vanilla	Large	20 oz.	810	44	17	0	120	270	78	0	75	13
Hazelnut Mocha	Regular	16 oz.	490	24	12	0	70	170	51	1	45	11
Hazelnut Mocha	Large	20 oz.	610	32	17	0	100	240	57	1	49	14
Salted Caramel	Regular	16 oz.	500	20	12	0	85	430	63	0	56	9
Salted Caramel	Large	20 oz.	610	28	17	0	120	480	68	0	61	13
Caramel Machiatto	Regular	16 oz.	320	9	5	0	25	180	51	0	48	8
Caramel Machiatto	Large	20 oz.	340	10	5	0	30	200	54	0	50	9
Chai Latte	Small	12 oz.	460	19	12	0	50	180	55	0	50	11
Dirty Chai	Regular	16 oz.	460	19	12	0	50	180	56	0	50	11
<b>Blended Coffees/Ca Phe Xay Da</b>												

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			(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Vietnamese Blend	Regular	18.5 oz.	450	9	9	0	0	20	87	0	70	0
Vietnamese Blend	Large	24 oz.	790	18	18	0	0	45	146	0	111	0
Cafe Latte Blend	Regular	18.5 oz.	450	9	9	0	0	20	87	0	70	0
Café Latte Blend	Large	24 oz.	700	16	16	0	0	25	130	0	98	0
Chocolate Blend	Regular	18.5 oz.	510	24	10	0	75	90	62	1	58	4
Chocolate Blend	Large	24 oz.	650	29	12	0	85	120	82	2	76	5
Coconut Mocha	Regular	18.5 oz.	640	24	10	0	0	180	102	1	82	2
Coconut Mocha	Large	24 oz.	820	32	15	0	0	250	127	1	99	3
French Vanilla	Regular	18.5 oz.	740	29	14	0	0	50	106	0	77	0
French Vanilla	Large	24 oz.	1060	39	21	0	0	60	160	0	115	0
Hazelnut Mocha Blend	Regular	18.5 oz.	520	18	7	0	0	60	81	2	61	1
Hazelnut Mocha Blend	Large	24 oz.	760	28	14	0	0	85	111	2	74	2
Salted Caramel	Regular	18.5 oz.	790	21	15	0	60	320	132	0	104	2
Salted Caramel	Large	24 oz.	1080	31	24	0	75	560	172	0	127	3
<b>Cold Coffees/Ca Phe Lanh</b>												
Viet Traditional	Regular	18.5 oz.	290	7	4.5	0	20	80	49	0	48	7
Viet Traditional	Large	24 oz.	390	9	6	0	30	120	66	0	64	9
Vietnamese Black	Regular	18.5 oz.	60	0	0	0	0	5	14	0	14	0
Vietnamese Black	Large	24 oz.	120	0	0	0	0	20	30	0	28	0
Cafe Latte	Regular	18.5 oz.	280	17	11	0	85	90	20	0	19	6
Cafe Latte	Large	24 oz.	420	23	15	0	115	130	37	0	35	8
Chocolate	Regular	18.5 oz.	620	28	16	0	85	230	71	2	60	16
Chocolate	Large	24 oz.	930	41	23	0	120	330	106	3	90	22
Coconut Mocha	Regular	18.5 oz.	340	18	8	0	0	40	41	3	37	1
Coconut Mocha	Large	24 oz.	490	27	13	0	0	60	58	5	50	2
French Vanilla	Regular	18.5 oz.	430	23	8	0	55	100	44	0	43	4
French Vanilla	Large	24 oz.	580	32	12	0	85	150	57	0	55	6
Hazelnut Mocha	Regular	18.5 oz.	390	18	6	0	45	90	48	1	45	4
Hazelnut Mocha	Large	24 oz.	590	28	10	0	70	140	70	1	65	6
Salted Caramel	Regular	18.5 oz.	540	13	8	0	55	440	92	0	81	4
Salted Caramel	Large	24 oz.	730	20	12	0	85	390	121	0	105	6
Sea Salt Foam	Regular	18.5 oz.	250	13	10	0	45	280	28	0	22	3

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			(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Sea Salt Foam	Large	24 oz.	310	14	10	0	45	300	43	0	36	3
Caramel Machiatto	Regular	18.5 oz.	320	9	5	0	25	180	52	0	48	8
Caramel Machiatto	Large	24 oz.	460	10	5	0	28	240	81	0	75	9
<b>Chè</b>												
Bambu Special	Regular	18.5 oz.	260	9	8	0	0	210	43	5	30	8
Bambu Combo	Regular	18.5 oz.	590	12	11	0	0	40	119	24	54	20
Awesome Trio	Regular	18.5 oz.	490	12	11	0	0	35	94	24	41	22
Summer Delight	Regular	18.5 oz.	470	12	11	0	0	20	98	12	77	6
Smashed Avocado	Regular	18.5 oz.	770	29	9	0	22	105	119	13	79	12
Fruit Addict	Regular	18.5 oz.	590	24	21	0	0	20	103	14	85	5
Longan Sunrise	Regular	18.5 oz.	180	0	0	0	0	15	43	0	41	0
Green Bean Jelly	Regular	18.5 oz.	290	12	11	0	0	20	43	6	28	7
Red Bean Combo	Regular	18.5 oz.	470	13	11	0	0	40	96	23	57	16
Bambu Favorite	Regular	18.5 oz.	250	12	11	0	0	25	37	4	23	7
Coconut Combo	Regular	18.5 oz.	400	9	8	0	0	170	82	10	70	2
Taro Lover	Regular	18.5 oz.	350	15	13	0	0	18	55	6	30	8
Green Lantern	Regular	18.5 oz.	380	12	11	0	0	15	61	10	35	14
Lychee Jello	Regular	18.5 oz.	550	0	0	0	0	125	150	16	139	2
Bambu Refresher	Regular	18.5 oz.	200	6	6	0	0	130	36	4	27	2
Bambu Refresher no added sugar	Regular	18.5 oz.	130	6	6	0	0	130	18	3	9	2
1,000 Eyes	Regular	18.5 oz.	200	0	0	0	0	40	51	0	45	0
Halo Halo	Regular	18.5 oz.	480	18	14	0	30	110	79	9	60	10
<b>Smoothies/Sinh To</b>												
Banana	Regular	18.5 oz.	440	11	7	0	45	65	81	3	64	5
Banana	Large	24 oz.	500	13	7	0	45	75	93	3	73	5
Coconut	Regular	18.5 oz.	960	44	33	0	45	360	132	Less than 1 g	94	6
Coconut	Large	24 oz.	1110	51	37	0	45	420	152	Less than 1 g	107	7
Guava	Regular	18.5 oz.	630	9	6	0	45	130	130	3	91	4
Guava	Large	24 oz.	690	9	6	0	45	140	146	3	100	4
Honeydew	Regular	18.5 oz.	390	11	6	0	45	90	68	1	61	4

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Honeydew	Large	24 oz.	500	13	7	0	45	105	91	1	80	5
Kiwi Strawberry	Regular	18.5 oz.	560	9	6	0	45	140	116	3	98	3
Kiwi Strawberry	Large	24 oz.	600	9	6	0	45	150	125	3	105	3
Mango Dazzle	Regular	18.5 oz.	450	9	6	0	45	80	90	3	85	3
Mango Dazzle	Large	24 oz.	520	9	6	0	45	95	107	3	102	3
Orange Chiller	Regular	18.5 oz.	460	9	6	0	45	45	94	3	64	4
Orange Chiller	Large	24 oz.	530	9	6	0	45	45	110	3	72	4
Passion in Love	Regular	18.5 oz.	430	9	6	0	45	45	84	5	57	3
Passion in Love	Large	24 oz.	520	9	6	0	45	45	108	5	70	3
Pina Colada	Regular	18.5 oz.	720	22	15	0	45	170	125	2	106	4
Pina Colada	Large	24 oz.	790	25	18	0	45	200	134	2	112	4
Peach Catalina	Regular	18.5 oz.	580	9	6	0	45	45	121	2	83	3
Peach Catalina	Large	24 oz.	650	9	6	0	45	45	137	2	90	3
Raspberry Rama	Regular	18.5 oz.	400	9	6	0	45	45	78	6	69	4
Raspberry Rama	Large	24 oz.	400	9	6	0	45	45	78	6	69	4
Red Bean	Regular	18.5 oz.	630	9	6	0	45	85	144	24	107	19
Red Bean	Large	24 oz.	670	9	6	0	45	90	154	27	113	20
Strawberry	Regular	18.5 oz.	410	9	6	0	45	45	79	3	71	3
Strawberry	Large	24 oz.	420	9	6	0	45	50	82	3	74	3
Strawberry Banana	Regular	18.5 oz.	440	9	6	0	45	45	86	5	73	4
Strawberry Banana	Large	24 oz.	460	9	6	0	45	45	92	5	78	4
Taro	Regular	18.5 oz.	720	19	12	0	45	55	133	4	105	6
Taro	Large	24 oz.	840	23	14	0	45	55	156	5	121	7
Taro Coconut	Regular	18.5 oz.	830	27	19	0	45	180	141	3	109	6
Taro Coconut	Large	24 oz.	1030	34	23	0	45	210	173	3	132	7
Avocado	Regular	18.5 oz.	490	30	9	0	45	55	50	10	38	6
Avocado	Large	24 oz.	580	37	10	0	45	600	61	13	45	6
Avo-Coffee	Regular	18.5 oz.	680	35	12	0	55	110	83	10	70	10
Avo-Coffee	Large	24 oz.	770	41	13	0	55	110	93	13	77	11
Avo-Coconut	Regular	18.5 oz.	610	37	16	0	0	75	72	12	50	4
Avo-Coconut	Large	24 oz.	850	50	22	0	0	140	102	15	69	6
Avo-Durian	Regular	18.5 oz.	520	29	8	0	45	55	63	10	38	6
Avo-Durian	Large	24 oz.	640	36	9	0	45	55	77	14	45	7

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			(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Durian	Regular	18.5 oz.	530	18	6	0	45	45	90	8	45	6
Durian	Large	24 oz.	610	21	6	0	45	50	106	9	45	6
Jackfruit	Regular	18.5 oz.	580	9	6	0	45	65	120	4	113	3
Jackfruit	Large	24 oz.	700	9	6	0	45	80	150	5	140	3
Lychee	Regular	18.5 oz.	640	9	6	0	45	100	128	6	133	5
Lychee	Large	24 oz.	850	9	6	0	45	130	177	9	183	6
Mangonada	Regular	18.5 oz.	570	9	6	0	45	880	120	4	111	3
Mangonada	Large	24 oz.	640	9	6	0	45	1100	138	4	127	3
Green Apple	Regular	18.5 oz.	230	0	0	0	0	5	59	4	34	0
Green Apple	Large	24 oz.	300	0	0	0	0	5	76	4	42	0
Papaya	Regular	18.5 oz.	500	11	6	0	45	70	99	2	92	4
Papaya	Large	24 oz.	610	12	7	0	45	85	123	2	113	4
Soursop	Regular	18.5 oz.	570	0	0	0	0	80	107	0	94	6
Soursop	Large	24 oz.	570	0	0	0	0	85	107	0	94	6
Pineapple	Regular	18.5 oz.	360	9	6	0	45	45	74	3	62	5
Pineapple	Large	24 oz.	430	9	6	0	45	45	95	3	80	5
Verry Berry	Regular	18.5 oz.	560	9	6	0	45	80	117	4	94	4
Verry Berry	Large	24 oz.	630	9	6	0	45	95	135	4	110	4
<b>Add Ins</b>												
Pearls/Boba		2 oz.	140	0	0	0	0	20	36	0	5	0
Bursting Boba		1 oz.	30	0	0	0	0	0	8	0	6	0
Crystal Boba		1 oz.	20	0	0	0	0	0	5	0	3	Less than 1 g
Coffee Jelly		1 oz.	45	0	0	0	0	5	11	0	8	0
Rainbow Jelly		1 oz.	45	0	0	0	0	0	11	0	11	0
Grass Jelly		2 oz.	20	0	0	0	0	10	5	0	4	0
Lychee Jelly		1 oz.	30	0	0	0	0	0	8	0	7	0
Mango Jelly		1 oz.	40	0	0	0	0	0	12	3	9	0
Strawberry Jelly		1 oz.	40	0	0	0	0	0	12	3	9	0
Egg Pudding		2 oz.	50	0.5	0	0	0	10	11	0	6	0
Red Tapioca		2 oz.	10	0	0	0	0	0	2	0	Less than 1 g	0
Sea Salt Foam		2.5 oz.	200	13	10	0	45	280	13	0	8	3
<b>Food</b>												



Master Bambu Nutrition Facts

Menu Item	Size	Serving Size	Total Cal	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugars	Protein
			(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
Mochi	1 = 34g	1-3 pieces	110-330									
Pandan Waffles	1 Cooked Waffle	6.9 oz.	720	42	18	0	55	240	84	0	32	12
Taro Waffles	1 Cooked Waffle	6.9 oz.	720	43	19	0	60	240	83	0	29	13
<b>Crepes</b>												
Plain Crepe (reg batter)		1 crepe 5 oz. (141.75g)	260	13	2	0	90	115	29	1	2	8
Buckwheat Crepe		1 crepe 5 oz. (141.75g)	110	3	0	0	0	420	20	3	Less than 1 g	4
Garbanzo Crepe		1 crepe 5 oz. (141.75g)	130	4	0	0	0	440	16	3	0	7
Two Eggs and Cheese		1 Crepe	540	33	11	0	490	300	30	1	3	29
Egg Cheese & Onion		1 Crepe	620	41	12	0	490	660	33	2	5	29
Egg Cheese Tomato		1 Crepe	550	33	11	0	490	300	32	2	5	29
French		1 Crepe	620	38	15	0	190	1100	37	2	7	39
Paris		1 Crepe	710	49	17	0.5	515	860	35	3	5	33
Mediterranean		1 Crepe	630	44	8	0	13	1860	41	9	7	21
Brie		1 Crepe	650	43	19	0	75	410	59	5	49	16
Almond Butter & Banana		1 Crepe	620	40	4	0	85	210	51	8	12	19
Apricot, Almond & Roasted Pear		1 Crepe	470	18	2.5	0	85	125	67	5	36	10
Roasted Pear, Caramel, Toasted Almond		1 Crepe	720	32	12	0	155	210	91	3	58	10
Blueberry Cheesecake		1 Crepe	770	45	21	0	200	290	81	4	44	13
Strawberry Cheesecake		1 Crepe	760	45	21	0	200	290	79	3	42	13
Nutella		1 Crepe	820	45	20	0	155	160	76	1	50	12
Nutella Strawberry		1 Crepe	840	50	20	0	155	160	80	2	52	12
Nutella Banana		1 Crepe	880	50	20	0	155	160	90	3	57	12
Berries & Cream (blueberry)		1 Crepe	670	39	20	0	200	240	71	2	41	10
Berries & Cream (strawberry)		1 Crepe	660	38	20	0	200	240	70	2	40	10
S'mores		1 Crepe	550	22	8	0	115	190	76	2	36	11
Additional nutrition information available upon request.												