



**FRESH START BISTRO**  
Catering to MIND, BODY & SOUL

**NUTRITION GUIDE FOR CAKES, PIES & PASTRIES**

Product	Serving Size	Calories	Fibre (g)	Fat (g)	Protein (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
<b>Cakes</b>								
Baked Cheesecake	1 slice	460	0 g	35 g	8 g	29 g	24 g	360 mg
Blueberry Sour Cream Coffee Cake	1 slice	140	1 g	5 g	2 g	20 g	11 g	40 mg
Carrot Cake	1 slice	260	2 g	16 g	3 g	27 g	17 g	200 mg
Chocolate Cake	1 slice	420	3 g	16 g	7 g	68 g	40 g	320 mg
Christmas Cake	1 slice	860	7 g	34 g	11 g	141 g	68 g	470 mg
Flourless Cake	1 slice	240	3 g	15 g	4 g	28 g	23 g	80 mg
Jamaican Rum Cake	1 slice	320	2 g	14 g	4 g	36 g	20 g	260 mg
Tiramisu	1 slice	280	1 g	15 g	4 g	33 g	18 g	260 mg
White Cake	1 slice	410	1 g	18 g	6 g	56 g	36 g	410 mg
<b>Pies</b>								
Apple Pie	1 slice	150	2 g	1 g	1 g	38 g	33 g	10 mg
Blueberry Pie	1 slice	180	2 g	1 g	1 g	43 g	33 g	10 mg
Bumbleberry Pie	1 slice	150	1 g	1 g	1 g	35 g	25 g	15 mg
Pumpkin Pie	1 slice	160	2 g	4 g	4 g	29 g	25 g	105 mg
Rhubarb Pie	1 slice	200	1 g	8 g	3 g	31 g	24 g	70 mg
Strawberry Rhubarb Pie	1 slice	170	2 g	1 g	2 g	39 g	29 g	10 mg
<b>Scones</b>								
Blueberry Scone	1 scone	310	3 g	8 g	9 g	53 g	10 g	380 mg
Cheese Scone	1 scone	360	2 g	12 g	12 g	50 g	8 g	470 mg
Cranberry Scone	1 scone	320	3 g	8 g	8 g	55 g	10 g	390 mg
Whole Wheat Scone	1 scone	360	3 g	15 g	7 g	51 g	9 g	590 mg
<b>Cinnamon Buns</b>								
Swedish Cinnamon Bun	1 bun	340	2 g	17 g	8 g	40 g	7 g	420 mg
Whole Wheat Cinnamon Bun	1 bun	380	2 g	15 g	10 g	51 g	5 g	380 mg
Yeast Free Cinnamon Bun	1 bun	120	1 g	4.5 g	2 g	18 g	9 g	140 mg
<b>Danishes</b>								
Cheese Danish	1 danish	300	0 g	20 g	5 g	28 g	18 g	310 mg
Cherry Danish	1 danish	190	1 g	8 g	2 g	29 g	16 g	135 mg
Mixed Berry Danish	1 danish	190	2 g	8 g	2 g	29 g	14 g	135 mg
Peach Danish	1 danish	190	1 g	8 g	2 g	30 g	17 g	135 mg
<b>Other</b>								
Croissant	1 croissant	120	0 g	8 g	2 g	12 g	2 g	130 mg
Whole Wheat Croissant	1 croissant	150	1 g	9 g	3 g	14 g	1 g	130 mg
Savory Corn Meal Biscuit	1 biscuit	160	0 g	10 g	4 g	13 g	2 g	280 mg

This nutrition information was provided by NutriView Inc. and is based on computerized database analysis and ingredient vendor product data. Due to the handcrafted nature of our menu items, as well as ingredient nutritional variances and changes in ingredient vendors, the nutritional values in this document may vary slightly and should be considered as approximations. The serving size as listed is based on the approximate size of the menu item as it will be served or purchased by the customer. We are providing this information as a guide so that our customers may make informed choices while dining at Fresh Start Bistro.