



# FRESH START BISTRO

*Catering to MIND, BODY & SOUL*

## NUTRITION GUIDE FOR MUFFINS, LOAVES, BARS & MORE

Product	Serving Size	Calories	Fibre (g)	Fat (g)	Protein (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
<b>Muffins</b>								
Apple & Date	1 muffin	160	3 g	3 g	5 g	29 g	11 g	200 mg
Apple Spice	1 muffin	240	1 g	11 g	3 g	33 g	17 g	250 mg
Banana	1 muffin	200	1 g	8 g	4 g	31 g	15 g	190 mg
Berry Cranberry	1 muffin	200	1 g	10 g	3 g	25 g	14 g	440 mg
Blueberry	1 muffin	230	1 g	9 g	4 g	33 g	14 g	310 mg
Blueberry Oatmeal	1 muffin	240	2 g	11 g	6 g	30 g	10 g	230 mg
Bran Apple	1 muffin	140	3 g	4 g	4 g	26 g	11 g	200 mg
Bran Flax	1 muffin	150	4 g	2.5 g	5 g	30 g	4 g	220 mg
Carole's Bran	1 muffin	130	4 g	0.5 g	4 g	29 g	9 g	300 mg
Carrot	1 muffin	220	2 g	9 g	6 g	30 g	13 g	360 mg
Carrot Apple	1 muffin	190	3 g	6 g	4 g	33 g	11 g	270 mg
Cranberry	1 muffin	210	1 g	8 g	4 g	32 g	13 g	280 mg
Double Chocolate	1 muffin	280	2 g	14 g	5 g	38 g	22 g	230 mg
Poppy Seed	1 muffin	280	1 g	13 g	5 g	37 g	20 g	380 mg
Pumpkin	1 muffin	250	1 g	11 g	4 g	35 g	16 g	230 mg
Raspberry Chocolate Chip (Vegan)	1 muffin	220	3 g	7 g	4 g	37 g	18 g	200 mg
Rhubarb	1 muffin	220	1 g	9 g	4 g	32 g	13 g	310 mg
Zucchini Carrot Nut	1 muffin	280	3 g	14 g	4 g	37 g	19 g	220 mg
<b>Loaves</b>								
Banana Bread	1 slice	130	1 g	4.5 g	3 g	19 g	9 g	120 mg
Cranberry Orange Loaf	1 slice	170	1 g	7 g	4 g	23 g	9 g	190 mg
Lemon Poppy Seed Loaf	1 slice	170	1 g	8 g	3 g	23 g	12 g	240 mg
<b>Bars</b>								
Peanut Energy Bars	1-60g bar	250	4 g	10 g	7 g	37 g	23 g	70 mg
Breakfast Bars	1-60g bar	270	4 g	16 g	6 g	27 g	12 g	40 mg
<b>More</b>								
Pretzels	1 pretzel	230	2 g	6 g	7 g	37 g	0 g	750 mg
Granola Mix	½ cup	300	5 g	16 g	7 g	36 g	13 g	40 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.