

Hearthstone Bakery/Cafe Nutritional Information													
Updated: December 1, 2018													
Category:	Item:	Serving Size:	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens / Contains:
Breakfast Pastries:													
	Danish, Fruit Crown	1 Pastry	350	20	12	0	20	130	40	1	15		3 Eggs, Wheat
	Danish, Cheese Plait	1 Pastry	300	19	11	0	20	180	29	1	6		4 Eggs, Milk, Wheat
	Danish, Cinnamon Swirl	1 Pastry	340	20	13	0	20	135	39	1	16		3 Eggs, Milk, Wheat
	Scone, Cranberry	1 Pastry	483	21	12	1	73	600	67	2	22		7 Milk, Wheat
	Scone, Chocolate Chip	1 Pastry	487	24	14	1	74	600	62	2	17		8 Milk, Wheat
	Scone, Bacon Cheddar Chive	1 Pastry	494	25	15	1	86	778	55	1	11		11 Milk, Wheat
	Turnover, Cherry	1 Pastry	350	22	5	1	0	146	35	1	9		4 Eggs, Milk, Wheat
	Turnover, Apple	1 Pastry	348	22	6	1	11	159	34	1	5		5 Eggs, Milk, Wheat
	Muffin, Blueberry	1 Muffin	461	23	6	0	72	389	58	2	33		6 Eggs, Milk, Wheat, Soy
	Muffin, Cranberry Orange	1 Muffin	465	23	6	0	71	392	60	2	36		6 Eggs, Milk, Wheat, Soy
	Muffin, Banana Nut	1 Muffin	455	21	3	0	44	359	62	3	33		6 Eggs, Milk, Wheat, Tree Nuts, Soy
Breakfast Sandwiches:													
	Spin-Art, Bacon, & Egg on Croissant, Small	1 sandwich	310	21	5	3	185	640	19	1	3		12 Eggs, Milk, Soy, Wheat
	Spin-Art, Bacon, & Egg on English Muffin, Small	1 sandwich	250	11	3	0	175	680	24	1	1		13 Eggs, Milk, Soy, Wheat
	Spin-Art, Bacon, & Egg on Croissant, Large	1 sandwich	580	36	13	0	345	1190	43	2	7		25 Eggs, Milk, Soy, Wheat
	Spin-Art, Bacon, & Egg on Panino, Large	1 sandwich	570	24	7	0	345	1490	61	3	2		29 Eggs, Milk, Soy, Wheat
	Spin-Art, Bacon, & Egg on Bagel, Large	1 sandwich	550	22	7	0	345	1350	61	3	5		29 Eggs, Milk, Soy, Wheat
	Spin-Art, Bacon, & Egg, Breakfast Bowl		330	25	8	0	505	1040	4	1	1		23 Eggs, Milk, Soy
	Bacon, Egg, & Cheese on Croissant, Small	1 sandwich	340	23	7	4	195	670	19	1	3		15 Eggs, Milk, Soy, Wheat
	Bacon, Egg, & Cheese on English Muffin, Small	1 sandwich	280	14	5	0	185	700	24	1	1		16 Eggs, Milk, Soy, Wheat
	Bacon, Egg, & Cheese on Croissant, Large	1 sandwich	640	40	17	0	365	1250	42	1	6		30 Eggs, Milk, Soy, Wheat
	Bacon, Egg, & Cheese on Panino, Large	1 sandwich	630	29	11	0	365	1550	60	2	1		34 Eggs, Milk, Soy, Wheat
	Bacon, Egg, & Cheese on Bagel, Large	1 sandwich	610	26	11	0	365	1410	60	2	4		34 Eggs, Milk, Soy, Wheat
	Bacon, Egg, & Cheese, Breakfast Bowl		390	30	12	0	530	1090	3	0	1		28 Eggs, Milk, Soy
	Sausage, Egg, & Cheese on Croissant, Small	1 sandwich	440	4.5	1	0	160	180	1	0	0		5 Eggs, Milk, Soy, Wheat
	Sausage, Egg, & Cheese on English Muffin	1 sandwich	390	22	8	0	215	900	25	1	2		21 Eggs, Milk, Soy, Wheat
	Sausage, Egg, & Cheese on Croissant, Large	1 sandwich	850	58	22	0	430	1630	43	1	7		41 Eggs, Milk, Soy, Wheat
	Sausage, Egg, & Cheese on Panino, Large	1 sandwich	840	45	17	0	430	1930	61	2	2		45 Eggs, Milk, Soy, Wheat
	Sausage, Egg, & Cheese on Bagel, Large	1 sandwich	820	44	16	0	430	1790	61	2	5		45 Eggs, Milk, Soy, Wheat
	Sausage, Egg, & Cheese, Breakfast Bowl		600	47	18	0	590	1480	4	0	2		39 Eggs, Milk, Soy
	Veggie on Croissant, Small	1 sandwich	310	19	6	3	185	940	20	2	4		13 Eggs, Milk, Soy, Wheat
	Veggie on English Muffin, Small	1 sandwich	250	10	4	0	175	980	25	2	2		14 Eggs, Milk, Soy, Wheat
	Veggie on Croissant, Large	1 sandwich	570	34	13	0	345	1790	45	2	8		26 Eggs, Milk, Soy, Wheat
	Veggie on Panino, Large	1 sandwich	560	22	8	0	345	2090	63	3	3		30 Eggs, Milk, Soy, Wheat
	Veggie on Bagel, Large	1 sandwich	540	20	7	0	345	1950	63	3	6		30 Eggs, Milk, Soy, Wheat
	Veggie, Breakfast Bowl		320	23	9	0	510	1640	6	1	2		25 Eggs, Milk, Soy
Other Breakfast Items:													
	Parfait, Blueberry	1 Parfait	290	8	3	0	10	140	45	3	34		12 Milk, Tree Nuts, Wheat
	Parfait, Strawberry	1 Parfait	290	8	3	0	10	140	47	3	35		12 Milk, Tree Nuts, Wheat
	Oatmeal, Mixed Fruit, Small	1 Serving	230	6	1	0	0	600	40	5	14		7 Milk, Sulphites, Tree Nuts, Wheat
	Oatmeal, Mixed Fruit, Large	1 Serving	420	10	1	0	0	1200	74	9	25		14 Milk, Sulphites, Tree Nuts, Wheat
	Oatmeal, Maple & Brown Sugar, Small	1 Serving	250	3.5	1	0	0	600	48	5	15		9 Milk, Wheat
	Oatmeal, Maple & Brown Sugar, Large	1 Serving	510	7	1	0	0	1200	95	11	30		18 Milk, Wheat
Soups:													
	Chicken Tortilla, cup	1 cup (10 oz.)	170	11	4	0	30	370	14	1	2		6 Milk
	Minestrone w/ Meatballs, cup	1 cup (10 oz.)	210	6	2	0	15	430	30	2	4		10 Eggs, Milk, Wheat
	Broccoli Cheese, cup	1 cup (10 oz.)	170	7	3	0	5	2180	23	2	5		4 Milk, Wheat
	Tomato Basil, cup	1 cup (10 oz.)	180	6	3	0	15	430	30	1	13		3 Milk, Wheat
	Chicken Noodle, cup	1 cup (10 oz.)	140	1	0	0	15	1560	23	1	3		10 Eggs, Wheat, Soy
	Chicken Tortilla, bowl	1 Bowl (16 oz.)	230	13	4	0	40	600	21	2	4		9 Milk
	Minestrone w/ Meatballs, bowl	1 Bowl (16 oz.)	360	9	3	0	25	730	55	4	7		16 Eggs, Milk, Wheat
	Broccoli Cheese, bowl	1 Bowl (16 oz.)	260	11	5	0	5	3460	35	2	8		7 Milk, Wheat
	Tomato Basil, bowl	1 Bowl (16 oz.)	270	9	5	0	25	670	45	2	21		4 Milk, Wheat
	Chicken Noodle, bowl	1 Bowl (16 oz.)	210	1.5	0	0	25	2600	34	2	5		15 Eggs, Wheat, Soy
Salads:													
	The Greek, Side Salad	1 Side Salad	160	11	5	0	25	740	19	2	6		6 Milk
	Stone's Wedge, Side Salad	1 Side Salad	370	34	7	0	25	520	12	3	6		6 Eggs, Milk, Sulphites, Tree Nuts
	Hearthstone Caesar, Side Salad	1 Side Salad	270	22	5	0	15	490	14	4	3		6 Eggs, Milk, Sulphites, Wheat
	Southwestern Salad, Side Salad	1 Side Salad	310	22	3	0	10	530	24	6	5		5 Eggs, Milk, Sulphites
	Cranberry Balsamic Salad, Side Salad	1 Side Salad	410	25	4	0	10	150	48	11	29		6 Eggs, Soy, Sulphites, Tree Nuts
	Hearthstone House, Side Salad	1 Side Salad	230	20	3	0	10	160	13	2	6		2 Eggs, Soy, Sulphites, Wheat
	The Greek, Full Salad	1 Full Salad	320	22	10	0	50	1480	38	4	12		12 Milk
	Stone's Wedge, Full Salad	1 Full Salad	740	68	14	0	50	1040	24	6	12		12 Eggs, Milk, Sulphites, Tree Nuts
	Hearthstone Caesar, Full Salad	1 Full Salad	540	44	10	0	30	980	28	8	6		12 Eggs, Milk, Sulphites, Wheat
	Southwestern Salad, Full Salad	1 Full Salad	620	44	6	0	20	1060	48	12	10		10 Eggs, Milk, Sulphites
	Cranberry Balsamic Salad, Full Salad	1 Full Salad	820	50	8	0	20	300	96	22	58		12 Eggs, Soy, Sulphites, Tree Nuts
	Hearthstone House, Full Salad	1 Full Salad	460	40	6	0	20	320	26	4	12		4 Eggs, Soy, Sulphites, Wheat
	Side Salad Portion of Chicken	1 Portion	130	5	1	0	55	660	3	1	0		17 Soy, Wheat
	Full Salad Portion of Chicken	1 Portion	260	10	2	0	110	1310	7	2	0		35 Soy, Wheat
	***nutritional content for salads does not include Focaccia												
	***Focaccia will add wheat components to all salads, for												
	gluten free options please choose salads without												
	wheat listed and order without focaccia.												
	Focaccia Wedge	1 Piece											
Sandwiches:													
	Grown up Grilled Cheese, on Wheat	1 Sandwich	650	22	9	0	55	1420	77	5	16		34 Milk, Wheat
	Grown up Grilled Cheese, on White	1 Sandwich	440	19	8	0	55	1070	37	2	4		28 Milk, Wheat
	Jason's Club, Half	1/2 Sandwich	310	19	6	4	50	1060	22	1	5		15 Eggs, Milk, Soy, Wheat
	Alicia's Club, Half	1/2 Sandwich	300	16	4	3	40	800	22	2	4		16 Eggs, Milk, Soy, Wheat
	The Gobbler, Half	1/2 Sandwich	370	20.5	3	0	40	875	31.5	1.5	5		18.5 Eggs, Milk, Soy, Sulphites, Wheat
	The Southwest (SW) Dip, Half	1/2 Sandwich	290	13.5	3	0	40	800	24	1	2		18 Eggs, Milk, Soy, Wheat
	Three Cheese Meatball, Half	1/2 Sandwich	340	15.5	7	0	47.5	805	28	2	3.5		23.5 Eggs, Milk, Soy, Wheat

	Reuben the Reuben, Half	1/2 Sandwich	410	23	7	0	65	1320	31.5	2.5	6	19.5	Eggs, Milk, Soy, Sulphites, Wheat
	Reuben the Lite, Half	1/2 Sandwich	300	11	3	0	32.5	1260	33	3	5	19	Eggs, Milk, Soy, Sulphites, Wheat
	Reuben the Loaded, Half	1/2 Sandwich	565	33.5	10.5	0.5	82.5	1645	44.5	4	10	22.5	Eggs, Milk, Soy, Sulphites, Wheat
	Reuben the BOLD, Half	1/2 Sandwich	560	34	10.5	0	120	2250	34	4.5	7	30	Eggs, Milk, Soy, Sulphites, Wheat
	Build Your Own, Low Value, Half	1/2 Sandwich	115	1.75	0	0	0	185	19.5	2	2.5	5	Eggs, Milk, Soy, Wheat
	Build Your Own, High Value, Half	1/2 Sandwich	335	22.5	7.5	0	32.5	905	23	1	5	13.5	Eggs, Milk, Soy, Wheat
	Jason's Club, Full	1 Sandwich	580	32	13	0	70	2020	47	2	10	30	Eggs, Milk, Soy, Wheat
	Alicia's Club, Full	1 Sandwich	550	27	10	0	55	1510	49	3	8	32	Eggs, Milk, Soy, Wheat
	The Gobbler, Full	1 Sandwich	740	41	6	0	80	1750	63	3	10	37	Eggs, Milk, Soy, Sulphites, Wheat
	The Southwest (SW) Dip, Full	1 Sandwich	580	27	6	0	80	1600	48	2	4	36	Eggs, Milk, Soy, Wheat
	Three Cheese Meatball, Full	1 Sandwich	680	31	14	0	95	1610	56	4	7	47	Eggs, Milk, Soy, Wheat
	Reuben the Reuben, Full	1 Sandwich	820	46	14	0	130	2640	63	5	12	39	Eggs, Milk, Soy, Sulphites, Wheat
	Reuben the Lite, Full	1 Sandwich	600	22	6	0	65	2520	66	6	10	38	Eggs, Milk, Soy, Sulphites, Wheat
	Reuben the Loaded, Full	1 Sandwich	1130	67	21	1	165	3290	89	8	20	45	Eggs, Milk, Soy, Sulphites, Wheat
	Reuben the BOLD, Full	1 Sandwich	1120	68	21	0	240	4500	68	9	14	60	Eggs, Milk, Soy, Sulphites, Wheat
	Build Your Own, Low Value, Full	1 Sandwich	230	3.5	0	0	0	370	39	4	5	10	Eggs, Milk, Soy, Wheat
	Build Your Own, High Value, Full	1 Sandwich	670	45	15	0	65	1810	46	2	10	27	Eggs, Milk, Soy, Wheat
	***Values are for sandwiches only without sides												
Wraps:	Firecracker Wrap	1 Wrap	430	16	8	0	25	1910	54	4	6	15	Eggs, Milk, Wheat
	Club Wrap	1 Wrap	600	27	11	0	70	2040	58	4	7	33	Eggs, Milk, Wheat
	Caesar Wrap	1 Wrap	720	34	8	0	90	1380	61	6	4	41	Eggs, Milk, Sulphites, Wheat
	Olympian Wrap with Chicken	1 Wrap	610	21	9	0	105	1160	60	5	7	42	Eggs, Milk, Sulphites, Wheat
	Olympian Wrap with Portabellas	1 Wrap	490	19	8	0	30	1100	63	6	9	17	Eggs, Milk, Sulphites, Wheat
	Cranberry Balsamic Wrap	1 Wrap	740	35	7	0	80	810	70	5	20	36	Eggs, Milk, Soy, Sulphites, Tree Nuts, Wheat
	***Values are for wraps only without sides												
Panini:	Turkey Artichoke, half	1/2 Panino	280	9	2.5	0	32.5	930	33	1.5	1.5	18.5	Eggs, Milk, Soy, Wheat
	The Pani Cristo, half	1/2 Panino	335	13	4.5	0	40	1000	36.5	1	6	18.5	Milk, Soy, Wheat
	The Olympian with Chicken, half	1/2 Panino	325	11.5	4	0	40	715	38	3	5.5	19.5	Milk, Soy, Wheat
	The Olympian with Portabellas, half	1/2 Panino	250	8	3	0	15	490	37.5	3	6.5	10	Milk, Soy, Wheat
	Chicken Tuscanino, half	1/2 Panino	365	17	4	0	40	695	32.5	1.5	1	19.5	Eggs, Milk, Soy, Wheat
	The Ranch Hand, half	1/2 Panino	280	9.5	3.5	0.5	37.5	985	32	1.5	2	16	Eggs, Milk, Soy, Wheat
	The Turbaccia, half	1/2 Panino	320	13.5	4.5	0	37.5	940	33	1.5	1.5	20	Eggs, Milk, Soy, Wheat
	The Bruschino, half	1/2 Panino	315	11	3	0	47.5	455	31.5	1.5	2	23	Eggs, Milk, Soy, Sulphites, Wheat
	"The Tony" Montino, half	1/2 Panino	380	20.5	6	0	52.5	1280	32.5	1.5	1.5	18.5	Eggs, Milk, Soy, Sulphites, Wheat
	The "Q", half	1/2 Panino	305	9.5	2.5	0	55	805	33.5	1.5	2.5	22.5	Eggs, Milk, Soy, Sulphites, Wheat
	Bella, Portabella, half	1/2 Panino	325	13.5	3	0	15	475	43	6	5	12	Eggs, Milk, Soy, Wheat
	The Reubino, half	1/2 Panino	390	20.5	6.5	0	62.5	1335	29	2.5	3.5	19	Eggs, Milk, Soy, Sulphites, Wheat
	Turkey Artichoke, full	1 Panino	560	18	5	0	65	1860	66	3	3	37	Eggs, Milk, Soy, Wheat
	The Pani Cristo, full	1 Panino	670	26	9	0	80	2000	73	2	12	37	Milk, Soy, Wheat
	The Olympian with Chicken, full	1 Panino	650	23	8	0	80	1430	76	6	11	39	Milk, Soy, Wheat
	The Olympian with Portabellas, full	1 Panino	500	16	6	0	30	980	75	6	13	20	Milk, Soy, Wheat
	Chicken Tuscanino, full	1 Panino	730	34	8	0	80	1390	65	3	2	39	Eggs, Milk, Soy, Wheat
	The Ranch Hand, full	1 Panino	560	19	7	1	75	1970	64	3	4	36	Eggs, Milk, Soy, Wheat
	The Turbaccia, full	1 Panino	640	27	9	0	75	1880	66	3	3	40	Eggs, Milk, Soy, Wheat
	The Bruschino, full	1 Panino	630	22	6	0	95	910	63	3	4	46	Eggs, Milk, Soy, Sulphites, Wheat
	"The Tony" Montino, full	1 Panino	760	41	12	0	105	2560	65	3	3	37	Eggs, Milk, Soy, Sulphites, Wheat
	The "Q", full	1 Panino	610	19	5	0	110	1610	67	3	5	45	Eggs, Milk, Soy, Sulphites, Wheat
	Bella, Portabella, full	1 Panino	650	27	6	0	30	950	86	12	10	24	Eggs, Milk, Soy, Wheat
	The Reubino, full	1 Panino	780	41	13	0	125	2670	58	5	7	38	Eggs, Milk, Soy, Sulphites, Wheat
	***Values are for panini only without sides												
On the Side:													
	Fresh Fruit Cup	7 oz	45	0	0	0	0	5	11	1	1	1	None
	Pesto Pasta Salad	5 oz	280	13	2	0	5	370	33	2	1	8	Eggs, Milk, Soy, Sulphites, Wheat
	"Loaded" Potato Salad	7 oz	440	29	10	0	50	900	37	4	11	9	Eggs, Milk, Soy