



Nutrition Information

*All Souper Salad menu items are trans fat free!
 Nutrition information subject to change without notice.
 Some items not available at all locations.*

Bakery

	Calories	Fat (g)	Fat (%)	Saturated Fat (g)	Saturated Fat (%)	Cholesterol (mg)	Cholesterol (%)	Sodium (mg)	Sodium (%)	Carbohydrates (g)	Carbohydrates (%)	Fiber (g)	Fiber (%)	Protein (g)	Protein (%)	Net Carbs
MUFFINS																
Banana Chocolate Chip	1620	32	50	7	36	110	37	420	17	76	25	2	7	7	14	74
Cinnamon Coffee Cake	650	35	54	8	42	120	40	450	19	78	26	1	5	7	14	77
Corn (All Natural)	620	30	47	5	25	120	40	450	19	80	27	2	7	8	16	78
Triple Berry	550	28	44	4.5	23	115	38	420	18	68	23	1	6	6	12	67
Wild Blueberry	550	29	44	4.5	23	115	38	430	18	68	23	1	5	6	12	67
BAGELS																
Cinnamon Raisin	210	1	2	0	0	0	0	300	12	40	14	2	8	6	12	38
Everything	200	1	2	0	0	0	0	300	12	42	15	2	8	6	12	40
Plain	200	1	2	0	0	0	0	300	12	40	14	2	8	6	12	38
Seeded	200	1	2	0	0	0	0	300	12	40	14	2	8	6	12	38
Wheat	150	.5	1	0	0	0	0	230	10	32	11	3	12	5	10	29