



NUTRITION FACTS



HOT DRINKS NUTRITION FACTS

Product Name	Calories	Total Fat (g)	%Daily Value**	Saturated Fat (g)	%Daily Value**	Trans Fat (g)	Cholesterol (mg)	%Daily Value**	Sodium (mg)	%Daily Value**	Carbohydrates (g)	%Daily Value**	Dietary Fiber (g)	%Daily Value**	Sugars (g)	Added Sugars %	Protein (g)	Calcium %	Iron %	Vitamin D %	Potassium %
COFFEE																					
85°C Coffee (M)	230	10	13	9	45	0	0	0	10	0	38	14	0	0	20	0	1	2	6	0	4
Sea Salt Coffee (M)	220	14	18	9	45	0	50	17	200	9	22	8	0	0	18	0	1	2	6	0	6
Americano (M)	15	0	0	0	0	0	0	0	15	1	6	2	0	0	0	0	1	2	6	0	4
Americano Decaf (M)	15	0	0	0	0	0	0	0	15	1	6	2	0	0	0	0	1	2	6	0	4
Brown Sugar Latte (M)	320	14	18	12	60	0	25	8	130	6	45	16	0	0	32	0	7	20	6	0	10
Caramel Macchiato (M)	300	10	13	6	30	0	40	13	200	9	44	16	0	0	36	0	11	30	6	0	15
Café Latte (M)	210	10	13	6	30	0	40	13	160	7	22	8	0	0	15	0	11	30	6	0	15
Vanilla Latte (M)	270	10	13	6	30	0	40	13	170	7	36	13	0	0	30	0	11	30	6	0	15
Hazelnut Latte (M)	270	10	13	6	30	0	40	13	170	7	36	13	0	0	30	0	11	30	6	0	15
TEA																					
Jasmine Green Tea (M)	110	0	0	0	0	0	0	0	15	1	28	10	0	0	27	0	0	0	0	0	0
Mountain Green Tea (M)	110	0	0	0	0	0	0	0	15	1	28	10	0	0	27	0	0	0	0	0	0
Black Tea (M)	110	0	0	0	0	0	0	0	15	1	28	10	0	0	27	0	0	0	0	0	0
Milk Tea (M)	470	22	28	21	105	0	0	0	20	1	68	25	0	0	35	0	1	2	0	0	0
Caramel Milk Tea (M)	440	18	23	15	75	0	0	0	190	8	66	24	0	0	40	0	0	4	0	0	0
Boba Milk Tea (M)	440	18	23	18	90	0	0	0	65	3	95	35	0	0	41	0	0	2	0	0	0
Green Milk Tea (M)	300	11	14	10	60	0	0	0	10	0	50	18	0	0	34	0	1	0	0	0	0

*All nutrition information for beverages is based on 85°C Bakery Cafe standard recipes and is calculated using ESHA R&D software.

*Values may vary as all our products are handcrafted in nature and slight divergences in ingredient quantities do occasionally occur. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Product Name	Calories	Total Fat (g)	%Daily Value**	Saturated Fat (g)	%Daily Value**	Trans Fat (g)	Cholesterol (mg)	%Daily Value**	Sodium (mg)	%Daily Value**	Carbohydrates (g)	%Daily Value**	Dietary Fiber (g)	%Daily Value**	Sugars (g)	Added Sugars %	Protein (g)	Calcium %	Iron %	Vitamin D %	Potassium %
NON-CAFFEINATED																					
Classic Hot Chocolate (M)	260	11	14	8	40	0	0	0	10	0	39	14	0	0	30	0	3	0	0	0	2
Banana Hot Chocolate (M)	260	8	10	5	23	0	0	0	10	0	45	16	0	0	37	0	2	0	0	0	2
Taro Latte (M)	380	11	14	7	35	0	50	17	570	25	58	21	0	0	46	0	12	30	6	0	0
Milk (M)	260	14	18	9	45	0	60	20	200	9	19	7	0	0	19	0	14	40	0	0	0
Soy Milk (M)	170	7	9	1	5	0	0	0	210	9	14	5	0	0	10	0	12	40	10	0	10

*All nutrition information for beverages is based on 85°C Bakery Cafe standard recipes and is calculated using ESHA R&D software.

*Values may vary as all our products are handcrafted in nature and slight divergences in ingredient quantities do occasionally occur. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

ICED DRINKS NUTRITION FACTS

R=Regular S=Soy Milk	Product Name	Calories	Total Fat (g)	%Daily Value**	Saturated Fat (g)	%Daily Value**	Trans Fat (g)	Cholesterol (mg)	%Daily Value**	Sodium (mg)	%Daily Value**	Carbohydrates (g)	%Daily Value**	Dietary Fiber (g)	%Daily Value**	Sugars (g)	Added Sugar (g)	Protein (g)	Calcium %	Iron %	Vitamin D %	Potassium %
SEA SALT BEVERAGES																						
R	Sea Salt Mountain Green Tea (M)	230	13	20	8	40	0	45	15	180	8	28	9	0	0	28	0	0	0	0	0	0
R	Sea Salt Mountain Green Tea (L)	330	20	31	13	65	0	75	25	290	12	37	12	0	0	38	0	0	2	0	0	0
R	Sea Salt Coffee (M)	220	14	18	9	45	0	50	17	180	8	24	9	0	0	19	0	1	4	6	0	6
R	Sea Salt Coffee (L)	320	22	28	14	70	0	80	27	290	13	29	11	0	0	24	0	2	4	6	0	6
R	Sea Salt Caramel Coffee (M)	250	14	18	9	45	0	50	17	200	9	31	11	0	0	25	0	2	4	6	0	6
R	Sea Salt Caramel Coffee (L)	400	23	29	14	70	0.5	85	28	330	14	48	17	0	0	42	0	3	6	6	0	6
R	Sea salt Black Tea (M)	230	13	17	8	40	0	45	15	180	8	28	10	0	0	28	0	0	0	0	0	0
R	Sea salt Black Tea (L)	330	20	26	13	65	0	75	25	280	12	37	13	0	0	38	0	0	0	0	0	0
R	Sea Salt Jasmine Green Tea (M)	230	13	17	8	40	0	45	15	180	8	28	10	0	0	28	0	0	0	0	0	0
R	Sea salt Jasmine Green Tea (L)	330	20	26	13	65	0	75	25	290	13	37	13	0	0	38	0	0	0	0	0	0
R	Sea Salt Fruit Medley (L)	370	21	27	13	65	0.5	80	27	300	13	46	17	0	0	46	0	1	2	0	0	2
COFFEE																						
R	85°C Coffee (M)	230	10	13	9	45	0	0	0	10	0	38	14	0	0	20	0	1	2	6	0	4
R	85°C Coffee(L)	390	18	23	17	85	0	0	0	20	1	59	21	0	0	30	0	2	2	6	0	4
R	Americano (M)	15	0	0	0	0	0	0	0	15	1	6	2	0	0	0	0	1	2	6	0	4
R	Americano (L)	15	0	0	0	0	0	0	0	10	0	6	2	0	0	0	0	1	2	6	0	4
R	Brown Sugar Latte (M)	250	8	10	6	30	0	20	7	100	4	39	14	0	0	31	0	7	20	6	0	10
R	Brown Sugar Latte (L)	370	13	17	10	50	0	30	10	150	7	56	20	0	0	46	0	9	25	6	0	15
R	Caramel Macchiato (M)	250	7	9	4.5	23	0	30	10	160	7	40	15	0	0	32	0	8	25	6	0	10
S	Caramel Macchiato (M)	210	4	5	0.5	3	0	0	0	160	7	37	13	0	0	27	0	8	25	10	0	10

*All nutrition information for beverages is based on 85°C Bakery Cafe standard recipes and is calculated using ESHA R&D software.

*Values may vary as all our products are handcrafted in nature and slight divergences in ingredient quantities do occasionally occur. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

R=Regular S=Soy Milk	Product Name	Calories	Total Fat (g)	%Daily Value**	Saturated Fat (g)	%Daily Value**	Trans Fat (g)	Cholesterol (mg)	%Daily Value**	Sodium (mg)	%Daily Value**	Carbohydrates (g)	%Daily Value**	Dietary Fiber (g)	%Daily Value**	Sugars (g)	Added Sugar (g)	Protein (g)	Calcium %	Iron %	Vitamin D %	Potassium %
R	Caramel Macchiato (L)	320	10	13	6	30	0	40	13	200	9	49	18	0	0	41	0	11	30	6	0	15
S	Caramel Macchiato (L)	270	5	6	1	5	0	0	0	210	9	45	16	0	0	35	0	10	35	10	0	10
R	Café Latte (M)	160	8	10	4.5	23	0	30	10	120	5	17	6	0	0	11	0	8	25	6	0	10
S	Cafe Latte (M)	190	4	5	0.5	3	0	0	0	120	5	32	12	0	0	24	0	8	25	10	0	10
R	Cafe Latte (L)	330	10	13	6	30	0	40	13	170	7	50	18	0	0	43	0	11	30	6	0	15
S	Cafe Latte (L)	260	6	8	0.5	3	0	0	0	170	7	45	16	0	0	36	0	10	35	10	0	15
R	Vanilla Latte (M)	240	8	10	4.5	23	0	30	10	120	5	37	13	0	0	30	0	8	25	6	0	10
S	Vanilla Latte (M)	250	6	8	1.5	8	0	0	0	120	5	38	14	0	0	25	0	10	25	6	0	6
R	Vanilla Latte (L)	330	10	13	6	30	0	40	13	170	7	50	18	0	0	43	0	11	30	6	0	15
S	Vanilla Latte (L)	270	6	8	0.5	3	0	0	0	170	7	45	16	0	0	36	0	10	35	10	0	15
R	Hazelnut Latte (M)	240	8	10	4.5	23	0	30	10	120	5	37	13	0	0	30	0	8	25	6	0	10
S	Hazelnut Latte (M)	190	4	5	0.5	3	0	0	0	120	5	33	12	0	0	25	0	8	25	10	0	10
R	Hazelnut Latte (L)	330	10	13	6	30	0	40	13	170	7	50	18	0	0	43	0	11	30	6	0	15
S	Hazelnut Latte (L)	270	6	8	0.5	3	0	0	0	170	7	45	16	0	0	36	0	10	35	10	0	15

*All nutrition information for beverages is based on 85°C Bakery Cafe standard recipes and is calculated using ESHA R&D software.

*Values may vary as all our products are handcrafted in nature and slight divergences in ingredient quantities do occasionally occur. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Product Name	Calories	Total Fat (g)	%Daily Value**	Saturated Fat (g)	%Daily Value**	Trans Fat (g)	Cholesterol (mg)	%Daily Value**	Sodium (mg)	%Daily Value**	Carbohydrates (g)	%Daily Value**	Dietary Fiber (g)	%Daily Value**	Sugars (g)	Added Sugar (g)	Protein (g)	Calcium %	Iron %	Vitamin D %	Potassium %
TEA																					
Black Tea (M)	90	0	0	0	0	0	0	0	10	0	23	8	0	0	23	0	0	0	0	0	0
Black Tea (L)	130	0	0	0	0	0	0	0	10	0	32	12	0	0	32	0	0	0	0	0	0
Jasmine Green Tea (M)	90	0	0	0	0	0	0	0	10	0	23	8	0	0	23	0	0	0	0	0	0
Jasmine Green Tea (L)	130	0	0	0	0	0	0	0	10	0	32	12	0	0	32	0	0	0	0	0	0
Mountain Green Tea (M)	90	0	0	0	0	0	0	0	10	0	23	8	0	0	23	0	0	0	0	0	0
Mountain Green Tea (L)	130	0	0	0	0	0	0	0	10	0	32	12	0	0	32	0	0	0	0	0	0
Passion Fruit Green Tea (M)	130	0	0	0	0	0	0	0	35	2	33	12	0	0	33	0	0	0	0	0	0
Passion Fruit Green Tea (L)	190	0	0	0	0	0	0	0	50	2	48	17	0	0	47	0	0	0	0	0	0
Peach Green Tea (M)	180	0	0	0	0	0	0	0	15	1	44	16	0	0	39	0	0	0	0	0	0
Peach Green Tea (L)	240	0	0	0	0	0	0	0	20	1	60	22	0	0	54	0	0	0	0	0	0
Grapefruit Green Tea (M)	130	0	0	0	0	0	0	0	10	0	32	12	0	0	26	0	0	0	0	0	0
Grapefruit Green Tea (L)	180	0	0	0	0	0	0	0	10	0	45	16	0	0	36	0	0	0	0	0	0
Milk Tea (M)	270	10	13	9	45	0	0	0	75	3	43	16	0	0	30	0	1	0	0	0	0
Milk Tea (L)	290	12	15	12	60	0	0	0	10	0	43	16	0	0	25	0	1	0	0	0	0
Pudding Tea Latte (M)	230	7	9	5	25	0	20	7	85	4	39	14	0	0	26	0	2	6	0	0	2
Pudding Tea Latte (L)	380	14	18	10	50	0	35	12	135	6	59	21	0	0	39	1	4	10	0	0	2
Caramel Milk Tea (M)	300	11	14	9	45	0	0	0	130	6	49	18	0	0	34	0	2	4	0	0	0
Caramel Milk Tea (L)	420	16	21	13	65	0	0	0	170	7	67	24	0	0	45	0	2	4	0	0	0

*All nutrition information for beverages is based on 85°C Bakery Cafe standard recipes and is calculated using ESHA R&D software.

*Values may vary as all our products are handcrafted in nature and slight divergences in ingredient quantities do occasionally occur. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Product Name	Calories	Total Fat (g)	%Daily Value**	Saturated Fat (g)	%Daily Value**	Trans Fat (g)	Cholesterol (mg)	%Daily Value**	Sodium (mg)	%Daily Value**	Carbohydrates (g)	%Daily Value**	Dietary Fiber (g)	%Daily Value**	Sugars (g)	Added Sugar (g)	Protein (g)	Calcium %	Iron %	Vitamin D %	Potassium %
Boba Milk Tea (M)	260	9	12	9	45	0	0	0	55	2	70	25	0	0	30	0	1	2	0	0	0
Boba Milk Tea (L)	410	15	19	15	75	0	0	0	85	4	110	40	0	0	44	0	1	2	6	0	0
Green Milk Tea (M)	240	7	9	7	35	0	0	0	10	0	44	16	0	0	33	0	1	0	0	0	0
Green Milk Tea (L)	330	11	14	10	50	0	0	0	15	1	59	21	0	0	43	0	1	0	0	0	0
Lemon°C Black Tea (L)	220	0	0	0	0	0	0	0	10	0	57	21	2	7	52	0	1	2	0	0	2
Lemon°C Black Tea (XL)	310	0	0	0	0	0	0	0	0	0	79	29	2	7	74	0	1	2	0	0	2
King Grapefruit Green Tea (XL)	380	0	0	0	0	0	0	0	10	0	98	36	12	43	64	0	2	4	0	0	0
Lemon°C Jasmine Green Tea (L)	230	0	0	0	0	0	0	0	15	1	59	20	2	8	55	0	1	2	2	50	2
Lemon°C Jasmine Green Tea (XL)	360	0	0	0	0	0	0	0	20	1	92	31	2	8	87	0	1	2	2	0	2
Rose Milk Tea (M)	220	10	13	9	45	0	0	0	80	3	30	11	0	0	12	0	1	0	0	0	0
Rose Milk Tea (L)	320	15	19	13	65	0	0	0	120	5	45	16	0	0	17	0	1	0	0	0	0
NON-CAFFEINATED																					
Milk	290	16	21	10	50	0	70	23	220	10	21	8	0	0	21	0	16	45	0	0	0
Soy Milk	190	8	10	1	5	0	0	0	230	10	15	5	0	0	11	0	13	45	10	0	10
SLUSH & SMOOTHIE																					
Strawberry Banana Smoothie (L)	410	5	6	3	15	0	15	5	25	1	90	33	0	0	77	0	1	4	0	0	0
Mango Slush (L)	310	0	0	0	0	0	0	0	160	7	78	28	0	0	68	0	0	0	0	0	2
Mango Peach Smoothie (L)	370	4	5	2	10	0	15	5	140	6	79	29	0	0	67	0	4	10	0	0	4
Frozen Marble Taro Smoothie (L)	470	19	24	11	55	0	55	18	530	23	74	27	0	0	54	0	5	15	6	0	0

*All nutrition information for beverages is based on 85°C Bakery Cafe standard recipes and is calculated using ESHA R&D software.

*Values may vary as all our products are handcrafted in nature and slight divergences in ingredient quantities do occasionally occur. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Product Name	Calories	Total Fat (g)	%Daily Value**	Saturated Fat (g)	%Daily Value**	Trans Fat (g)	Cholesterol (mg)	%Daily Value**	Sodium (mg)	%Daily Value**	Carbohydrates (g)	%Daily Value**	Dietary Fiber (g)	%Daily Value**	Sugars (g)	Added Sugar (g)	Protein (g)	Calcium %	Iron %	Vitamin D %	Potassium %
ADD-ONS																					
Boba (70g)	170	0	0	0	0	0	0	0	0	0	41	15	2	7	13	0	0	0	2	6	0
Coffee Jelly (40g)	50	0	0	0	0	0	0	0	0	0	13	4	1	4	10	0	0	0	0	0	0
Mango Jelly(45g)	50	0	0	0	0	0	0	0	0	0	13	4	0	0	10	0	0	0	0	0	0
Lychee Jelly (39g)	45	0	0	0	0	0.0	0	0	0	0	11	4	0	0	9	0	0	0	0	0	0
Strawberry Jelly (66g)	140	0	0	0	0	0	0	0	110	5	40	15	0	0	33	0	0	0	0	0	0
Egg Pudding (75g)	70	2	2	1	3	0	5	2	55	2	13	5	0	0	2	0	1	0	2	0	2
Sea Salt (60g)	220	24	31	15	75	0	90	30	340	15	2	1	0	0	0	0	1	0	0	0	0
Whipped Topping (14g)	40	3	4	2	8	0.0	0	0	0	0	3	1	0	0	3	0	0	0	0	0	0

*All nutrition information for beverages is based on 85°C Bakery Cafe standard recipes and is calculated using ESHA R&D software.

*Values may vary as all our products are handcrafted in nature and slight divergences in ingredient quantities do occasionally occur. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

BREAD NUTRITION FACTS

Product Name	Serving Size	Calories	Total Fat (g)	%Daily Value**	Saturated Fat (g)	%Daily Value**	Trans Fat (g)	Cholesterol (mg)	%Daily Value**	Sodium (mg)	%Daily Value**	Carbohydrates (g)	%Daily Value**	Dietary Fiber (g)	%Daily Value**	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D	Calcium	Potassium	Iron
TOAST																						
White Toast	55g (1.9oz)	140	2	2	1	3	0	0	0	230	10	25	9	0	0	0	0	4	0	0	0	10
Milk Toast	55g (1.9oz)	140	2	2	1	3	0	0	0	230	10	25	9	0	0	0	0	4	0	0	0	10
Multigrain Toast	55g (1.9oz)	150	2	3	1	3	0	0	0	260	11	25	9	0	0	4	0	4	0	2	0	6
EUROPEAN																						
Berry Multigrain	223g (7.9oz)	600	8	10	3	15	0	20	7	600	26	120	44	0	0	46	12	15	0	2	4	30
BBQ Sausage	142g (5oz)	470	25	32	10	50	0	45	15	900	39	44	16	0	0	5	0	13	0	6	0	15
Yudane Chocolate Cream Cheese	211g (7.4oz)	660	29	37	18	90	1	45	15	600	26	86	31	0	0	22	0	14	0	4	2	40
Squid Ink Bacon	110g (3.9oz)	340	11	14	6	30	0	30	10	650	28	37	13	0	0	2	0	16	0	8	0	10
Salted Butter Bread	96g (3.4oz)	320	17	22	10	50	0	40	13	430	19	35	13	0	0	1	0	6	0	2	0	10
Yudane Cranberry Cream Cheese	76g (2.7oz)	210	7	9	4	20	0	15	5	270	12	31	11	0	0	6	0	5	0	2	2	6
French Garlic Cheese	142g (5oz)	410	15	19	9	45	0	30	10	650	28	55	20	0	0	7	5	10	0	6	2	15
Walnut Multigrain	256g (9oz)	790	28	36	7	35	0	25	8	710	31	115	42	2	7	17	0	22	0	6	10	35
Walnut Sesame Bread	191g (6.7oz)	640	26	33	8	40	0	20	7	680	30	82	30	0	0	11	0	16	0	20	4	40
Multigrain	265g (9.3oz)	830	31	40	5	23	0	0	0	950	41	117	43	2	7	28	0	23	0	10	10	40
DANISH																						
Boroh Danish	107g (3.8oz)	400	21	27	10	50	0	115	38	360	16	46	17	0	0	11	6	12	0	2	35	15
Boroh Cream Danish	132g (4.7oz)	540	30	38	15	75	0	135	45	410	18	58	21	0	0	20	6	10	0	6	35	15
Chocolate Danish	81g (2.9oz)	330	19	24	12	60	0.5	80	27	370	16	31	11	0	0	10	0	6	0	4	2	15
Apple Danish	136g (4.7oz)	390	18	23	8	40	0.0	65	0	400	17	50	18	0	0	18	0	7	0	4	35	15
Taro Danish	88g (3.1oz)	260	12	15	7	35	0	35	12	180	8	34	12	0	0	13	0	5	0	2	2	10
Caramel Danish	71g (2.5oz)	280	18	23	11	54	0	45	15	190	8	28	10	1	2	11	0	4	0	2	2	6

*All nutrition information for breads is based on 85°C Bakery Cafe standard recipes and is calculated using ESHA R&D software.

*Values may vary as all our products are handcrafted in nature and slight divergences in ingredient quantities do occasionally occur. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Product Name	Serving Size	Calories	Total Fat (g)	%Daily Value**	Saturated Fat (g)	%Daily Value**	Trans Fat (g)	Cholesterol (mg)	%Daily Value**	Sodium (mg)	%Daily Value**	Carbohydrates (g)	%Daily Value**	Dietary Fiber (g)	%Daily Value**	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D	Calcium	Potassium	Iron
Dulce De Leche Roll	56g (2oz)	200	10	13	5	25	1	5	1	160	7	25	9	0	0	9	3	3	0	0	0	4
Cheese Roll	57g (2oz)	210	13	16	7	36	0	15	4	180	8	22	8	1	2	9	8	3	0	2	0	4
Spinach Cheese Danish	86g (3oz)	150	4	5	3	13	0	15	5	310	13	22	8	0	0	5	0	5	0	6	2	10
JAPANESE																						
Brioche	230g (8.1oz)	810	33	42	15	75	0	145	48	590	26	106	39	0	0	20	2	18	0	4	2	20
Marble Taro	243g (8.6oz)	640	16	21	6	30	0	0	0	640	28	111	40	0	0	34	10	12	0	2	2	15
Fresh Milk Tea Bun	140g (4.9oz)	380	11	14	6	30	0	30	10	400	17	58	21	0	0	12	3	8	0	4	2	10
Chocolate Chip Bowl	210g (7.4oz)	660	20	26	12	60	0	65	22	690	30	102	37	0	0	23	0	16	0	6	2	30
85°C Coffee Bread	230g (8.1oz)	710	19	24	6	30	0	55	18	380	17	117	43	0	0	46	15	16	0	4	2	20
Coconut Twist	191g (6.7oz)	680	38	49	21	105	0	275	92	460	20	67	24	1	4	5	0	17	0	8	6	20
Mango Bread	142g (5oz)	470	19	24	11	55	0	145	48	380	17	72	26	0	0	31	0	9	0	4	2	15
Mocha Bread	188g (6.6oz)	630	32	41	7	35	0	50	17	400	17	80	29	2	7	27	19	17	0	6	6	20
Premium Milk	154g (5.4oz)	570	24	31	15	76	0	165	55	440	19	75	27	0	0	26	0	11	0	6	2	15
Coffee Milk Butter	113g (4oz)	370	13	17	7	35	0	35	12	290	13	53	19	0	0	21	7	9	0	6	2	10
Bacon and Cheese Bread	124g (4.3oz)	480	40	51	10	50	0	35	12	630	27	15	5	0	0	3	1	15	0	10	6	10
Chocolate Cookie Bread	116g (4.1oz)	440	17	22	11	55	0	0	0	290	13	64	23	1	4	29	0	7	0	6	4	20
Sugared Cream Cheese Brioche	114g (4oz)	390	17	26	10	50	0	135	45	360	15	45	15	1	4	20	0	9	0	6	0	15
Yudane Choco Bun	76g (2.7oz)	230	7	9	5	23	0	5	2	190	8	37	13	0	0	10	0	5	0	2	0	15
Espresso Bun	123g (4.3oz)	340	16	21	9	45	0	55	18	410	18	61	22	0	0	8	0	10	0	6	2	15
Strawberry Jelly Bun	140g (4.9oz)	410	13	17	7	35	0	25	8	420	18	62	23	0	0	19	0	9	0	6	2	15
Matcha Choco Bun	140g (4.9oz)	430	16	21	10	50	0	30	10	420	18	60	22	0	0	16	0	9	0	6	2	15
Mango Custard Bun	140g (4.9oz)	420	13	17	7	35	0	35	12	410	18	55	20	0	0	12	0	9	0	6	2	10
Whole Wheat Mushroom	104g (3.7oz)	270	6	8	4	18	0	25	8	320	14	34	12	0	0	2	0	9	0	6	2	10

*All nutrition information for breads is based on 85°C Bakery Cafe standard recipes and is calculated using ESHA R&D software.

*Values may vary as all our products are handcrafted in nature and slight divergences in ingredient quantities do occasionally occur. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Product Name	Serving Size	Calories	Total Fat (g)	%Daily Value**	Saturated Fat (g)	%Daily Value**	Trans Fat (g)	Cholesterol (mg)	%Daily Value**	Sodium (mg)	%Daily Value**	Carbohydrates (g)	%Daily Value**	Dietary Fiber (g)	%Daily Value**	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D	Calcium	Potassium	Iron
OTHER																						
Potato Cheese	85g (3.0oz)	270	17	26	10	50	0	10	3	360	15	24	8	0	0	1	0	5	0	2	0	8
Cinnamon Roll	145g (5.11oz)	520	24	37	11	55	0	140	47	65	3	75	25	2	8	35	0	12	0	10	0	15
Cinnamon Twist	81g (2.8 oz)	320	19	24	11	55	0	15	5	250	11	34	12	0	0	12	0	4	0	2	0	10
Jumbo Guava Cheese Strudel	97g (3.4oz)	310	17	22	9	45	0	5	2	270	12	42	15	0	0	12	2	1	0	2	0	6
Ham&Tuna Sandwich	192.1g (6.8oz)	500	9	12	6	30	0	135	45	890	39	60	22	0	0	6	0	16	0	2	0	15
Jumbo Coconut Strudel	99g (3.5oz)	330	19	29	10	50	0	15	5	260	11	36	12	1	4	15	0	4	0	2	0	6
TAIWANESE																						
Berrytale	101g (3.6oz)	300	9	14	5	25	0	30	10	240	10	46	15	1	4	23	0	6	0	2	0	8
Cheese Bread	105g (3.7oz)	330	17	26	10	50	0	50	17	270	11	34	11	1	4	12	0	10	0	15	0	6
Cheese Dog	118g (4.1oz)	350	5	6	8	40	0	55	18	800	35	28	10	0	0	7	5	12	0	4	0	10
Garlic Cheese	109 (3.7oz)	360	14	18	8	40	0	50	17	350	15	40	15	0	0	2	0	9	0	6	0	10
Milk Pudding	97g (3.4oz)	230	5	6	3	13	0	25	8	330	14	38	14	0	0	16	5	6	0	4	2	6
Pork Sung Bun	73g (2.6oz)	240	5	8	3	13	0	25	8	410	17	31	10	1	4	8	0	8	0	0	0	10
Raisin Milk Butter	105g (3.7oz)	380	16	25	9	45	0	60	20	250	10	49	16	1	4	20	0	8	0	10	0	8
Red Bean Bread	99g (3.5oz)	270	5	7	2	8	0	10	3	190	8	40	13	1	4	19	0	5	0	2	0	8
Taro Swirl	118g (4.2oz)	330	10	15	5	23	0	30	10	290	12	54	18	1	4	20	0	6	0	2	0	10
Hawaiian Chicken	174g (6.1oz)	330	7	11	4	18	0	45	15	460	19	41	14	2	8	7	0	20	0	10	0	4
Mango tale	115g (4oz)	360	15	23	8	40	0	50	17	300	13	45	15	1	4	19	0	7	0	2	0	8
Squid Com Chicken	121g (4.2oz)	310	5	6	4	18	0	25	8	500	22	36	13	0	0	3	0	11	0	4	2	10
Milk Puff Pastry	148g (5.2oz)	580	33	51	17	85	0	70	23	450	19	59	20	2	8	12	0	10	0	8	0	15
Taro Puff Pastry	148g (5.2oz)	480	22	34	11	55	0	45	15	390	16	56	19	2	8	6	0	8	0	2	0	15
Butter Hom	127g (4.5oz)	460	22	28	11	55	0	55	18	420	18	56	20	0	0	5	4	8	0	4	2	15

*All nutrition information for breads is based on 85°C Bakery Cafe standard recipes and is calculated using ESHA R&D software.

*Values may vary as all our products are handcrafted in nature and slight divergences in ingredient quantities do occasionally occur. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Additional nutrition information available upon request.

Product Name	Serving Size	Calories	Total Fat (g)	%Daily Value**	Saturated Fat (g)	%Daily Value**	Trans Fat (g)	Cholesterol (mg)	%Daily Value**	Sodium (mg)	%Daily Value**	Carbohydrates (g)	%Daily Value**	Dietary Fiber (g)	%Daily Value**	Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D	Calcium	Potassium	Iron
Spicy Sausage	124g (4.4oz)	430	25	38	11	55	0	60	20	770	32	29	10	1	4	7	0	12	0	10	0	10
Ham & Cheese	140g (4.9oz)	340	12	18	7	35	0	60	20	910	38	40	13	1	4	10	0	16	0	15	0	10

*All nutrition information for breads is based on 85°C Bakery Cafe standard recipes and is calculated using ESHA R&D software.

*Values may vary as all our products are handcrafted in nature and slight divergences in ingredient quantities do occasionally occur. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

CAKE NUTRITION FACTS

Product Name	Serving Size	Calories	Total Fat (g)	%Daily Value**	Saturated Fat (g)	%Daily Value**	Trans Fat (g)	Cholesterol (mg)	%Daily Value**	Sodium (mg)	%Daily Value**	Carbohydrates (g)	%Daily Value**	Dietary Fiber (g)	%Daily Value**	Sugars (g)	Added Sugar (g)	Protein (g)	Vitamin D	Calcium	Potassium	Iron
ROLLS																						
Hokkaido Cheese Tart	71g (2.5 oz)	230	18	23	10	50	0	90	30	140	6	20	7	0	0	9	0	5	0	2	0	0
Blueberry Muffin	149g (5.1oz)	480	26	33	5	25	0	115	38	590	26	59	21	0	0	33	0	6	0	4	2	10
Hazelnut Muffin	163g (5.7oz)	700	41	53	8	40	0	110	37	630	27	78	28	0	0	53	0	8	0	6	4	15
Honey Cake	95g (3.4oz)	190	10	13	6	30	0	165	55	15	1	34	12	0	0	2	0	7	0	2	0	6
Custard Mini Shell	61g (2.2oz) /pc	130	6	8	2	10	0	80	27	60	3	18	7	0	0	4	3	3	0	4	2	0
Taro Mini Shell	60g (2.1oz) /pc	150	6	8	2	10	0	75	25	55	2	20	7	0	0	4	0	2	0	2	0	0
Coconut Raisin Tart	98g (3.5oz)	360	25	32	18	90	0	105	35	180	8	33	12	0	0	4	0	6	0	2	2	0
Mixed Berry Tart	102g (3.6oz)	340	25	32	13	65	0	115	38	120	5	30	11	1	0	5	0	6	0	4	0	6
Lemon Mini Cake	30g /pc (1.1oz)	90	5	6	3	15	0	60	20	30	1	10	4	0	0	0	0	2	0	0	0	0
Napoleon Cake	108g (3.8oz)/ serving	400	28	36	16	80	0	130	43	140	6	31	11	0	0	1	0	6	0	2	2	6
Coconut Custard Roll	200g (7.1oz)	610	35	45	15	75	0.5	230	77	200	9	65	24	0	0	20	0	10	0	8	4	10
Chocolate Sponge Roll	166g (5.9oz)	520	33	42	12	60	0.5	235	78	170	7	48	17	0	0	13	0	9	0	6	2	6
Almond Half-moon	260g (9.2oz)	960	59	76	18	90	1	310	103	150	7	94	34	3	11	21	0	16	0	15	8	15
85C Egg Tart	63g (2.2oz)	220	16	21	10	50	0	95	32	160	7	17	6	0	0	4	0	2	0	2	2	20
Matcha Red Bean Roll	181g (6.4oz)	570	34	44	12	60	0.5	260	87	160	7	57	21	2	7	13	0	11	0	10	4	10
Pork Sung Half-moon	255g (9.0oz)	900	51	65	18	90	1	330	110	320	14	97	35	0	0	23	0	15	0	8	4	15
Coconut Snow Cube	29g per serv (1.0oz)	60	4	5	3	15	0	10	3	10	0	5	2	0	0	1	0	1	0	2	0	0
Matcha Macaroons	18g (0.6oz)	80	4.5	7	2	9	0	5	2	10	0	9	3	0	0	8	0	1	0	2	0	0
Sea Salt Macaroons	14g (0.5oz)	50	3	5	1.5	7	0	5	2	15	1	5	2	0	0	4	0	1	0	2	0	0
Black Sesame Macaroons	18g (0.6oz)	80	5	8	1.5	7	0	5	2	5	0	7	2	1	3	6	0	2	0	4	0	4
Chocolate Macaroons	14g (0.5oz)	50	2.5	4	1	4	0	0	0	5	0	7	2	0	0	6	0	1	0	0	0	2

*All nutrition information for cakes is based on 85°C Bakery Cafe standard recipes and is calculated using ESHA R&D software.

*Values may vary as all our products are handcrafted in nature and slight divergences in ingredient quantities do occasionally occur. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Product Name	Serving Size	Calories	Total Fat (g)	%Daily Value**	Saturated Fat (g)	%Daily Value**	Trans Fat (g)	Cholesterol (mg)	%Daily Value**	Sodium (mg)	%Daily Value**	Carbohydrates (g)	%Daily Value**	Dietary Fiber (g)	%Daily Value**	Sugars (g)	Added Sugar (g)	Protein (g)	Vitamin D	Calcium	Potassium	Iron
Rapsberry Macaroons	14g (0.5oz)	50	1.5	2	0	0	0	0	0	5	0	8	3	0	0	2	0	1	0	0	0	0
Lavander Macaroons	14g (0.5oz)	50	2.5	4	1	5	0	5	1	5	0	7	2	0	0	6	0	1	0	0	0	0
Pumpkin Tart	68g (2.4oz)	230	18	23	10	50	0	110	37	80	3	19	7	0	0	3	0	5	0	2	0	6
Cheese Bites	14g (0.5oz)	35	2	3	1	5	0	20	7	25	1	3	1	0	0	3	0	1	0	0	0	8
Sun Pastry	60g (2.1oz)	230	11	14	7	35	0	30	10	0	0	34	12	0	0	11	0	2	0	0	0	6
Vanilla Chiffon Cake	350g (12.3oz)	970	39	50	14	70	0	530	177	260	11	132	48	1	4	2	0	22	0	15	8	20
Cake	350g (12.3oz)	930	38	49	8	40	0	550	183	270	12	124	45	2	7	1	0	25	0	15	10	30
85C Cream Puff	76g (2.7oz) /pc	220	15	19	10	50	0	100	33	25	1	18	7	0	0	8	2	4	0	2	0	6
Pineapple Cake	60g (2.1oz)	220	10	13	5	25	0	45	15	30	1	32	12	0	0	6	0	3	0	2	0	0
Nougat Candy	11g (0.4oz)	45	2	3	1	5	0	5	2	25	1	6	2	0	0	3	0	1	0	2	0	0
Berry Crispy Bar	12g (0.4 oz)	50	3	3	1	5	0	5	2	35	2	7	3	0	0	1	0	1	0	2	0	0
Chocolate Chip Cookie	85g (3.0oz)	370	16	21	8	40	0	15	5	200	9	52	19	0	0	19	0	5	0	2	2	15
Dark Chocolate Chiffon Cake	360g (12.7oz)	930	41	53	16	80	0	440	147	430	19	120	44	0	0	11	0	24	6	6	15	50
Macadamia Cookie	85g (3.0oz)	380	18	23	9	45	0	15	5	180	8	50	18	0	0	20	0	4	0	4	2	10
Fudge Nut Brownie Cookie	85g (3.0oz)	390	22	28	9	45	0	10	3	220	10	49	18	0	0	19	0	4	0	2	2	45
8 INCH CAKES																						
Tiramisu	1227g (43.3oz)	3280	218	335	108	540	0	1675	558	840	35	272	91	3	12	234	0	61	0	70	0	45
Deluxe Strawberry Cream	1250g (44.1oz)	3040	187	288	108	540	1	1200	400	870	36	314	105	5	20	322	0	49	0	60	0	40
Chocolate Strawberry	1340g (47.3oz)	3450	207	318	106	530	1	795	265	750	31	380	127	26	104	277	0	53	0	60	0	110
Mango Crème Brulee	1401g (49.4oz)	3070	183	282	104	520	1	1255	418	870	36	334	111	6	24	370	0	48	0	50	0	40

*All nutrition information for cakes is based on 85°C Bakery Cafe standard recipes and is calculated using ESHA R&D software.

*Values may vary as all our products are handcrafted in nature and slight divergences in ingredient quantities do occasionally occur. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Product Name	Serving Size	Calories	Total Fat (g)	%Daily Value**	Saturated Fat (g)	%Daily Value**	Trans Fat (g)	Cholesterol (mg)	%Daily Value**	Sodium (mg)	%Daily Value**	Carbohydrates (g)	%Daily Value**	Dietary Fiber (g)	%Daily Value**	Sugars (g)	Added Sugar (g)	Protein (g)	Vitamin D	Calcium	Potassium	Iron
Red Velvet	1595g (56.3oz)	5570	348	535	190	950	2.5	980	327	4040	168	544	181	11	44	368	0	56	0	50	0	80
Black Forest	1286g (45.3oz)	3330	145	186	107	535	2	1390	463	620	27	443	161	0	0	122	77	53	6	25	35	80
Cream Cheesecake	1258g (44.4oz)	3300	208	320	103	515	0	2225	742	910	38	289	96	3	12	181	0	87	0	70	0	50
Taro Snow	1258g (44.4oz)	3240	170	262	93	465	1	1135	378	590	25	401	134	5	20	304	0	28	0	45	0	40
Royal Chocolate Strawberry	1333g (47oz)	3310	193	297	101	505	0	920	307	990	41	346	115	17	68	147	0	52	6	60	40	90
Sea Salt Coffee Brulee	1063g (37.5oz)	3420	213	328	127	635	1	1195	398	1550	65	370	123	5	20	360	0	39	0	70	0	60
Japanese Cheese Cake	250g (8.8oz)	580	36	46	22	110	0	305	102	330	14	50	18	0	0	7	0	15	6	20	4	6
Raspberry Chocolate Mousse	1284g (45.3oz)	3920	272	418	155	775	0	1210	403	520	22	321	107	20	80	388	0	48	0	40	0	130
CAKE CUPS																						
Red Bean Panna Cotta Cup	99g (3.5 oz)	180	13	20	8	40	0	50	17	30	1	12	4	1	4	28	0	3	0	4	2	2
Mango Panna Cotta Cup	206g (7.3oz)	290	17	22	11	55	0	55	18	40	2	30	11	1	4	18	0	5	0	6	4	0
Caramel Pudding	110g (3.8oz)	260	20	26	12	60	0.5	165	55	45	2	15	5	0	0	3	0	4	0	8	2	0
Mango Delight	134g (4.7oz)	280	18	23	10	50	0	100	33	50	2	26	9	0	0	8	0	5	0	4	2	0
Chocolate Pearl	123g (4.3oz)	390	25	32	14	70	0	115	38	45	2	36	13	0	0	10	4	5	0	4	4	10
Royal Chocolate Cup	181g (6.3oz)	720	55	71	29	145	1	155	52	55	2	47	17	0	0	27	3	9	0	10	6	20
Chocolate Delight	120g (4.2oz)	420	30	38	18	90	0	165	55	55	2	35	13	0	0	28	22	8	0	6	10	35
French Fruit Tart	330g (11.6 oz)	610	36	46	20	100	0	125	42	85	4	80	29	3	11	36	0	9	0	6	8	10
Fruit Jelly Cup	264g (9.3 oz)	170	3	4	2	10	0	10	3	105	5	41	15	0	0	37	33	1	0	4	2	0
Strawberry Cup	126g (4.4oz)	260	11	14	6	30	0	75	25	65	3	31	11	1	4	16	0	9	0	2	2	6
Coffee Crème Brulee Cup	129g (4.6 oz)	330	24	31	14	70	0	160	70	60	3	26	9	0	0	24	11	4	0	6	2	0
Hokkaido Chiffon Cup	73g (2.5oz)	170	10	13	4	20	0	95	32	55	2	18	7	0	0	5	0	3	0	2	2	6
Mango Tart	173g (6.1 oz)	290	18	23	11	55	0	65	22	20	1	43	16	1	4	29	0	4	0	2	4	6

*All nutrition information for cakes is based on 85°C Bakery Cafe standard recipes and is calculated using ESHA R&D software.

*Values may vary as all our products are handcrafted in nature and slight divergences in ingredient quantities do occasionally occur. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Product Name	Serving Size	Calories	Total Fat (g)	%Daily Value**	Saturated Fat (g)	%Daily Value**	Trans Fat (g)	Cholesterol (mg)	%Daily Value**	Sodium (mg)	%Daily Value**	Carbohydrates (g)	%Daily Value**	Dietary Fiber (g)	%Daily Value**	Sugars (g)	Added Sugar (g)	Protein (g)	Vitamin D	Calcium	Potassium	Iron
SLICED CAKES																						
Classic Tiramisu	129g (4.6 oz)	370	26	33	14	70	0	185	62	105	5	27	10	0	0	6	0	7	0	8	2	6
Mt. Fromage	92g (3.2oz)	370	26	33	17	85	0	100	33	250	11	29	11	0	0	14	0	4	0	2	0	6
Deluxe Strawberry Cream	125g (4.4oz)	310	19	24	11	55	0	120	40	95	4	31	11	0	0	21	11	5	0	6	2	6
Black Forest	129g (4.5oz)	330	14	18	11	55	0	140	40	60	3	44	16	0	0	12	8	5	0	2	4	6
Blueberry Cheesecake	115g (4.1oz)	340	24	31	15	75	0	110	37	290	13	30	11	0	0	20	15	6	0	4	0	0
Taro Snow	107g (4.4oz)	330	17	26	9	45	0	115	38	60	3	40	13	0	0	30	0	3	0	4	0	4
Red Velvet	160g (5.6oz)	560	35	54	19	95	0	100	33	400	17	54	18	1	4	37	0	6	0	4	0	8
Mille Crepes	134g (4.7oz)	500	39	50	18	90	1	175	58	100	4	29	11	0	0	17	8	6	0	6	2	10
Deluxe Chocolate Mousse	130g (4.5oz)	430	33	42	18	90	0	150	50	95	50	27	10	0	0	9	0	6	0	6	6	20
Vanilla Chocolate Mousse	159g (5.6oz)	370	22	28	12	60	0	140	47	95	4	38	14	1	4	12	0	7	0	6	4	6
Strawberry Chocolate Mousse	113g (3.9oz)	340	25	32	15	75	0	90	30	60	3	27	10	0	0	11	0	4	0	4	2	6
Cream Cheesecake	126g (4.4oz)	330	21	32	10	50	0	225	75	90	4	29	10	0	0	18	0	9	0	6	0	6
Mango Cream Brulee	108g (3.8oz)	290	19	24	11	55	0	130	43	90	4	26	9	0	0	6	0	5	0	4	2	6
Sea Salt Coffee Brulee	93g (3.3oz)	270	17	26	9	45	0	120	40	160	7	29	10	0	0	28	0	3	0	6	0	4
FULL MONTHS																						
Strawberry Tiramisu	573g (20.2oz)	1370	85	131	45	225	0	535	178	410	17	129	43	2	8	160	0	22	0	25	0	20
Cookie Crumble	578g (20.3oz)	2000	132	203	82	410	0	750	250	430	18	178	59	8	32	113	0	27	0	20	0	70
Black Forest	672g (23.7oz)	1680	87	112	48	240	0.5	395	132	340	15	203	74	0	0	97	65	20	0	15	20	30
Cheesecake	522g (18.4oz)	1350	86	132	49	245	0	645	215	300	13	110	37	2	8	25	0	31	0	25	0	15

*All nutrition information for cakes is based on 85°C Bakery Cafe standard recipes and is calculated using ESHA R&D software.

*Values may vary as all our products are handcrafted in nature and slight divergences in ingredient quantities do occasionally occur. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.