



Coffeestamp Nutrition Information 2026-2027



		Allergens	Serving Size	Energy (kcal)	Fat (g)	Saturated (g)	Trans-Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vitamin D (mcg)
2000 calories a day is used for general nutrition advice, but calorie needs vary.																		
Bakery																		
Alfajores Dulce de leche/coconut	Milk, Egg, Wheat, Gluten	1 ea		420	20	14	1	57	176	57	2	30	27	6	102	2.1	208	0.2
Alfajores Keylime Pistachio	Milk, Egg, Tree Nut, Wheat, Gluten	1 ea		309	23	14	1	116	8	25	1	16	16	1	17	0.2	23	0.3
Blueberry Muffin	Milk, Egg, Wheat, Gluten	1 ea		309	16	3	0	36	98	39	1	21	0	4	57	1.2	136	0.2
Chocolate Stamp Cookie	Tree Nut, Milk, Egg, Wheat, Gluten	1 ea		448	27	11	0	51	324	50	3	30	0	8	45	2.5	236	0.2
Espresso Cake	Milk, Egg, Wheat, Gluten	1 ea		410	11	1	0	2	85	76	1	52	0	3	15	1.6	60	0.0
Gingersnap Cookie	Milk, Egg, Wheat, Gluten	1 ea		302	13	8	0	37	461	45	1	23	0	3	26	1.6	138	0.0
Oatmeal Cookie	Milk, Egg, Tree Nut, Wheat, Gluten	1 ea		336	17	9	1	64	218	42	3	21	16	5	42	1.8	220	0.2
PBJ Alfajores Cookie	Peanut, Milk, Egg, Wheat, Gluten	1 ea		232	10	2	0	49	41	30	1	17	0	6	22	1.2	130	0.1
Empanadas																		
BBQ Hot Chicken Empanada	Wheat, Gluten, Egg	1 empanada		325	12	4	0	28	407	32	3	2	0	20	19	2.9	187	0.1
Breakfast Empanada	Wheat, Gluten, Egg, Milk	1 empanada		607	32	13	0	490	1001	40	3	9	0	37	354	3.5	309	2.9
Ham and Cheese Empanada	Milk, Egg, Wheat, Gluten	1 empanada		521	28	14	0	109	841	29	2	2	0	34	393	2.9	308	0.8
Napolitana Empanada	Milk, Egg, Wheat, Gluten	1 empanada		398	17	9	0	36	516	38	5	5	0	22	591	5.5	677	0.2
Three Sisters (Vegan)	Wheat, Gluten	1 empanada		243	10	4	0	61	309	32	3	3	0	6	34	2.7	287	0.3
Entrees																		
3 Cheese Grilled Cheese Sandwich	Milk, Wheat, Gluten	1 sandwich		664	39	22	1	109	879	46	2	5	0	33	769	3.4	198	0.3
Burrito A.M.	Wheat, Gluten, Egg, Milk	1 burrito		957	47	18	0	519	1980	53	4	6	0	78	550	7.3	954	2.6
Chicken Panini	Wheat, Gluten	1 sandwich		686	35	14	0	109	1401	52	3	6	0	42	466	4.9	461	0.7
Chicken Quesadilla	Milk, Wheat, Gluten	1 quesadilla		666	30	16	0	112	1387	62	4	5	0	39	530	5.3	330	0.3
Cubano Sandwich	Milk, Egg, Wheat, Gluten	1 sandwich		812	37	17	0	178	2098	51	3	5	0	66	629	5.5	814	1.3
Grab n Go																		
Parfait	Tree Nut, Milk	1 parfait		278	12	6	0	28	108	35	2	22	9	10	262	0.7	396	1.6

*Note additional menu items added for the 2026-2027 academic year are in the recipe analysis process and have not been added at this time.