



Coffeestamp Nutrition Information 2025-2026



		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																		
Alfajor Chocolate Chip Cookie	Milk, Wheat, Gluten, Egg	1 ea		170	7	4	0	21	59	26	1	10	0	2	15	0.9	57	0.0
Alfajor Lemon (White) Cookie	Milk, Egg, Wheat, Gluten	1 ea		187	10	4	0	324	16	17	0	7	0	6	43	1.2	47	1.6
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																		
Asada	Milk, Egg, Fish, Wheat, Gluten	1 empanada		384	23	14	1	121	848	16	1	3	0	27	383	2.2	88	0.4
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
Baleada Empanada	Milk, Egg, Wheat, Gluten	1 empanada		410	18	7	0	283	479	42	3	9	0	19	123	3.0	308	1.7
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
Brisket Empanada CHECK	Bbq Sauce, Egg, Wheat, Gluten	1 empanada		383	10	4	0	56	1892	47	4	14	0	24	43	4.7	374	0.0
Brunch Empanada	Wheat, Gluten, Egg, Milk	1 empanada		523	19	6	0	277	2455	62	8	8	0	24	162	5.8	1007	1.7
Garden Curry Empanada	Egg, Wheat, Gluten	1 empanada		264	8	5	0	0	379	40	6	4	0	7	39	3.9	354	10.0
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
Pino	Egg, Wheat, Gluten	1 empanada		334	19	8	1	111	158	15	1	1	0	25	50	4.0	323	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
Roasted Cherry Tomato Quesadilla	Milk, Wheat, Gluten	1 quesadilla		583	28	15	0	65	1554	65	5	6	0	22	533	5.1	303	0.3
Grab n Go																		
Garden Salad	None	1 salad		233	17	3	0	1	484	19	3	14	8	3	66	0.9	616	0.0
Parfait	Tree Nut, Milk	1 parfait		278	12	6	0	28	108	35	2	22	9	10	262	0.7	396	1.6
Street Corn Salad	Milk	1 salad		416	23	12	0	16	1002	45	6	10	0	13	246	1.9	602	0.1