



Collins Farms 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																		
Banana Nut Muffin	Eggs, Wheat, Gluten, Tree Nut		1 ea	360	11	2	0	0	260	60	0	26	0	4	0	0.0	0	0.0
Blueberry Bagel	Wheat, Gluten		1 ea	240	1	0	0	0	320	48	1	8	0	8	0	0.0	0	0.0
Blueberry Crumb Supreme	Egg, Milk, Wheat, Gluten, May Contain: Soy, Tree Nut		1 ea	410	17	4	0	45	440	59	1	33	32	6	50	2.0	170	0.2
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 Chip Cookie	Wheat, Gluten, Egg, Milk, Soy		1 ea	260	11	6	0	0	150	36	1	22	0	3	0	0.0	0	0.0
Chocolate Chocolate Chip Muffin	Milk, Egg, Wheat, Gluten, Soy, Sesame		1 ea	450	22	6	0	65	350	56	2	35	34	7	50	3.4	350	0.3
Cinnamon Raisin Bagel	Wheat, Gluten		1 ea	180	1	0	0	0	250	37	1	7	0	6	0	0.0	0	0.0
Cinnamon Roll	Egg, Wheat, Gluten, Milk		1 ea	290	17	6	0	0	280	32	1	19	0	3	20	1.1	0	0.0
Double Chocolate Muffin	Egg, Milk, Soy, Wheat, Gluten		1 ea	380	17	4	0	0	240	54	2	31	0	5	0	0.0	0	0.0
Everything Bagel	Wheat, Gluten		1 ea	250	0	0	0	0	510	51	2	5	5	8	19	3.0	81	0.0
Lemon Poppyseed Muffin	Egg, Wheat		1 ea	380	17	3	0	0	270	54	1	27	0	5	0	0.0	0	0.0
M&M Cookie	Wheat, Gluten, Egg, Milk, Soy		1 ea	130	6	3	0	10	90	18	0	8	8	1	0	0.0	0	0.0
Plain Bagel	Wheat, Gluten		1 ea	280	0	0	0	0	580	57	2	6	6	9	16	3.0	85	0.0
Sugar Cookie	Wheat, Gluten, Egg, Milk, Soy		1 ea	240	9	5	0	0	240	35	1	17	0	3	0	0.0	0	0.0
Breakfast																		
Avocado Toast	Milk, Wheat, Gluten		1 ea	423	28	7	0	25	586	36	11	4	0	12	182	2.7	849	0.1
Greek Yogurt Parfait	Milk		1 ea	551	27	15	1	52	194	68	5	54	37	13	381	1.2	612	0.3
The City Toast	Milk, Wheat, Gluten		1 ea	552	37	9	1	33	2111	40	5	12	5	18	254	2.2	482	0.0
The Collins Farm Breakfast Sandwich	Wheat, Gluten, Milk, Egg, Sesame		1 sandwich	822	47	19	1	299	1952	52	3	3	1	47	498	5.6	389	1.7
The Farmer's Toast	Wheat, Gluten, Milk, Egg, Soy		1 ea	1067	84	21	1	126	2579	41	6	8	1	39	272	3.6	910	0.5
The Veggie Sammie	Wheat, Gluten, Egg, Milk, Sesame		1 sandwich	603	28	9	0	200	1065	61	9	5	0	31	533	6.1	845	1.2
Paninis																		
BBQ Chicken	Milk, Wheat, Gluten		1 sandwich	696	28	7	0	126	1255	58	2	14	8	50	207	4.8	462	0.2
BBQ Grilled Cheese Panini	Milk, Wheat, Gluten, Soy		1 sandwich	809	36	15	0	188	1400	53	2	11	0	66	442	5.6	586	0.3
Buffalo Chicken	Milk, Wheat, Gluten, Soy		1 sandwich	675	30	7	0	126	1890	49	2	5	0	50	198	4.6	397	0.2
Buffalo Grilled Cheese Panini	Milk, Wheat, Gluten		1 sandwich	781	36	15	0	188	1712	46	2	5	0	66	438	5.7	565	0.3
Caprese	Milk, Wheat, Gluten		1 sandwich	412	15	7	0	37	1004	51	3	8	2	19	297	3.7	286	0.2
Chicken Bacon Ranch Panini	Milk, Wheat, Gluten		1 sandwich	947	52	20	0	244	2436	47	2	5	0	73	438	4.8	755	0.6
Chipotle Chicken Panini	Milk, Wheat, Gluten		1 sandwich	733	31	14	0	251	1598	46	2	5	0	69	443	4.7	636	0.3
Club Panini	Milk, Wheat, Gluten		1 sandwich	703	33	14	0	140	1852	54	6	7	0	48	431	5.6	826	0.8
Croissant Sandwich	Wheat, Gluten, Milk, Egg, Soy		1 sandwich	1123	83	25	1	231	868	41	6	6	3	54	284	3.9	823	0.9
Grilled Cheese	Milk, Wheat, Gluten		1 sandwich	452	19	11	1	58	953	46	2	5	0	23	435	3.5	148	0.3
Ham & Cheese Croissant	Milk, Wheat, Gluten		1 sandwich	536	35	21	1	136	899	34	1	5	3	22	477	2.5	198	2.1
Spicy Southwest Chicken	Milk, Wheat, Gluten, Egg		1 sandwich	721	34	8	0	115	1039	53	5	6	0	54	209	6.1	708	0.2
Steak Panini	Milk, Wheat, Gluten, Egg		1 sandwich	928	61	17	1	118	1344	50	3	6	0	45	201	5.5	622	0.9
The Collins Farms Club	Wheat, Gluten, Egg, Milk		1 sandwich	1228	71	20	1	202	2527	67	9	10	1	80	501	6.0	1308	0.8
Pre-Made Salads																		
BBQ Chicken Salad (Large)	Milk, Wheat, Gluten, Egg		1 salad	834	41	11	0	66	1208	88	13	20	0	33	513	6.6	1487	0.2
BBQ Chicken Salad (Small)	Milk, Wheat, Gluten, Egg		1 salad	800	40	11	0	66	1144	82	10	18	0	30	431	4.7	1047	0.2
Buffalo Chicken Salad (Large)	Milk, Eggs		1 salad	527	35	9	0	57	1602	35	11	8	0	28	850	18.1	1624	0.2
Buffalo Chicken Salad (Small)	Milk, Eggs		1 salad	493	35	9	0	57	1539	28	8	6	0	25	768	16.2	1184	0.2
Caesar Salad (Large)	Milk, Wheat, Gluten, Fish, Soy, Egg		1 salad	834	47	11	0	47	2315	80	10	7	0	26	527	8.4	1083	0.2
Caesar Salad (Small)	Milk, Wheat, Gluten, Fish, Soy, Egg		1 salad	800	46	11	0	47	2252	73	8	5	0	23	445	6.4	643	0.2
Cobb Salad (Large)	Egg, Milk		1 salad	720	55	13	0	223	1532	32	13	8	0	30	392	5.4	1435	1.3
Cobb Salad (Small)	Egg, Milk		1 salad	686	55	13	0	223	1468	25	10	6	0	27	310	3.4	995	1.3
Garden Salad (Large)	Eggs, Milk, Wheat, Gluten		1 salad	868	47	17	0	275	2521	64	11	12	2	50	534	6.7	2889	1.3
Garden Salad (Small)	Eggs, Milk, Wheat, Gluten		1 salad	814	46	17	0	275	2267	56	9	10	2	45	427	4.8	1876	1.3
Greek Salad (Large)	Milk, Wheat, Gluten		1 salad	627	43	9	0	25	1139	48	22	7	0	21	1331	9.5	1834	0.1
Greek Salad (Small)	Milk, Wheat, Gluten		1 salad	578	43	9	0	25	900	42	18	6	0	15	1150	6.5	800	0.1
Harvest Salad (Large)	Milk		1 salad	820	20	8	1	33	865	141	27	65	39	30	1407	9.4	2067	0.0
Harvest Salad (Small)	Milk		1 salad	741	17	7	1	33	745	131	18	62	24	39	831	5.7	1277	0.0
House Salad (Large)	Milk, Sesame, Eggs		1 salad	446	27	8	0	41	1459	35	10	10	0	22	431	5.1	2471	0.4
House Salad (Small)	Milk, Sesame, Eggs		1 salad	393	26	8	0	41	1206	27	7	8	0	17	325	3.2	1457	0.4
Hummus Salad (Large)	Milk, Wheat, Gluten		1 salad	545	30	8	0	13	1047	50	13	8	0	27	388	7.3	2334	0.1
Hummus Salad (Small)	Milk, Wheat, Gluten		1 salad	495	28	8	0	13	804	44	10	7	0	20	236	4.9	1291	0.1
Kale Caesar Salad (Large)	Milk, Wheat, Gluten, Fish, Soy, Egg		1 salad	913	66	16	1	50	2086	57	27	9	0	37	1706	8.9	2071	0.3
Kale Caesar Salad (Small)	Milk, Wheat, Gluten, Fish, Soy, Egg		1 salad	834	62	16	1	50	1965	47	18	7	0	31	1130	5.2	1282	0.3
Simple Salad (Large)	Milk		1 salad	379	18	6	0	13	1273	44	9	31	25	19	352	5.6	2132	0.1
Simple Salad (Small)	Milk		1 salad	329	17	5	0	13	1030	38	5	30	25	12	200	3.2	1089	0.1
Summer Corn Salad (Large)	Milk, Wheat, Gluten, Egg		1 salad	821	50	15	1	164	1759	39	13	13	1	60	682	6.4	1897	0.5
Summer Corn Salad (Small)	Milk, Wheat, Gluten, Egg		1 salad	782	49	15	1	164	1740	31	8	10	1	57	607	4.2	1336	0.5
Summer Salad (Large)	Milk		1 salad	561	29	6	0	16	819	46	13	17	0	24	390	6.0	2728	0.0
Summer Salad (Small)	Milk		1 salad	467	29	6	0	16	565	38	10	15	0	18	284	4.1	1714	0.0
Sunny Salad	Milk, Wheat, Gluten, Egg		1 salad	628	42	9	0	35	1275	51	10	10	1	19	343	4.9	1668	0.1
Smoothies and Acai																		
Cloud Nine Protein Shake	None		1 smoothie	588	33	12	0	0	347	60	11	30	3	25	213	8.9	942	1.3
Get Your Greens Smoothie	None		1 smoothie	253	2	0	0	0	43	57	2	42	0	4	483	4.0	955	2.3
Mango Magic	None		1 smoothie	307	10	8	0	0	129	58	6	43	5	4	51	1.0	1020	1.0
Matcha Made in Heaven	None		1 smoothie	317	10	5	0	0	186	50	3	26	4	14	278	3.9	632	1.8
Strawberry Shortcake	Milk		1 smoothie	354	1	0	0	0	13	86	2	81	70	1	58	0.3	186	0.5
Triple Berry Blast	None		1 smoothie	1136	5	1	0	0	333	251	4	229	27	220	103	8.2	239	0.0
WashU Bears Bowl	None		1 bowl	602	11	1	0	0	131	122	13	78	0	10	107	3.0	916	0.0