



Laloy's Coffee Cafe

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																		
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	
Blueberry Scone	Milk, Egg, Soy, Wheat, Gluten, May Contain Tree Nuts.	1 ea	270	12	4	0	0	280	36	1	13	0	4	0	0.0	0	0.0	
Bobo's Bites	May Contain Traces Of Tree Nuts And Peanuts.	1 ea	170	7	2	0	0	65	24	2	9	0	2	0	0.0	0	0.0	
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Bobo's Bites	May Contain Traces Of Tree Nuts And Peanuts.	1 ea	170	7	2	0	0	65	24	2	9	0	2	0	0.0	0	0.0	
Cheese Danish	Milk, Egg, Soy, Wheat, Gluten	1 ea	460	25	15	0	0	400	52	1	19	0	6	0	0.0	0	0.0	
Vanilla Chocolate Chunk Muffin	Egg, Milk, Soy, Wheat, Gluten	1 ea	0	0	0	0	0	0	0	0	0	0	0	0	0.0	0	0.0	
Breakfast																		
Bacon, Egg, & Cheese Breakfast Sandwich	Egg, Milk, Wheat, Gluten	1 sandwich	617	39	17	0	407	964	37	2	10	28	0	174	2.8	330	2.0	
Egg & Cheese Breakfast Sandwich	Milk, Egg, Wheat, Gluten	1 sandwich	408	22	11	0	217	1	446	35	2	17	12	0	141.1	2	173.8	
Ham, Egg, & Cheese Breakfast Sandwich	Egg, Milk, Wheat, Gluten	1 sandwich	645	33	15	0	322	2	883	35	2	50	12	0	149.0	3	593.4	
Oatmeal	Milk	1 Serving	262	7	3	0	11	485	45	5	14	14	6	171	5.6	182	0.0	
Sausage, Egg, & Cheese Breakfast Sandwich	Egg, Milk, Wheat, Gluten	1 sandwich	629	41	17	0	275	2	999	36	2	29	13	0	147.2	2	406.4	
Turkey Sausage, Egg, Cheese Croissant	Egg, Milk, Wheat, Gluten	1 sandwich	567	33	15	0	404	766	38	2	11	1	28	175	3.3	257	2.0	
Old Town Donuts																		
Apple Fritter	Egg, Milk, Wheat, Gluten, Soy	1 ea	536	17	4	0	0	680	85	2	31	0	8	0	0.0	0	0.0	
Blueberry Cake Donut	Egg, Milk, Wheat, Gluten, Soy	1 ea	316	16	4	0	0	293	40	1	24	0	3	0	0.0	0	0.0	
Chocolate Covered Cake Donut	Egg, Milk, Wheat, Gluten, Soy	1 ea	259	15	3	0	0	244	27	1	14	0	3	0	0.0	0	0.0	
Chocolate Covered Round	Egg, Milk, Wheat, Gluten, Soy	1 ea	391	21	5	0	0	326	46	1	19	0	4	0	0.0	0	0.0	
Chocolate Custard Filled Donut	Egg, Milk, Wheat, Gluten, Soy	1 ea	394	20	5	0	0	349	47	1	20	0	4	0	0.0	0	0.0	
Cinnamon Sugar Cake Donut	Egg, Milk, Wheat, Gluten, Soy	1 ea	241	14	3	0	0	240	25	0	12	0	3	0	0.0	0	0.0	
Cinnamon Sugar Cake Donut Hole	Egg, Milk, Wheat, Gluten, Soy	1 ea	71	3	1	0	0	98	10	0	4	0	1	0	0.0	0	0.0	
Cinnamon Twist Pastry	Egg, Milk, Wheat, Gluten, Soy	1 ea	917	48	11	0	0	753	108	2	48	0	9	0	0.0	0	0.0	
Devils Food Donut Hole	Egg, Milk, Wheat, Gluten, Soy	1 ea	97	5	1	0	0	97	13	0	8	0	1	0	0.0	0	0.0	
Devils Food Glazed Donut	Egg, Milk, Wheat, Gluten, Soy	1 ea	291	14	3	0	0	292	40	1	24	0	3	0	0.0	0	0.0	
Glaze Round Donut	Egg, Milk, Wheat, Gluten, Soy	1 ea	352	18	4	0	0	315	41	1	16	0	4	0	0.0	0	0.0	
Glaze Twist Donut	Egg, Milk, Wheat, Gluten, Soy	1 ea	375	20	5	0	0	315	43	1	18	0	4	0	0.0	0	0.0	
Glazed Cake Donut Hole	Egg, Milk, Wheat, Gluten, Soy	1 ea	87	3	1	0	0	98	14	0	8	0	1	0	0.0	0	0.0	
Glazed Donut Hole	Egg, Milk, Wheat, Gluten, Soy	1 ea	47	2	1	0	0	36	6	0	3	0	0	0	0.0	0	0.0	
Long John - Caramel Donut	Egg, Milk, Wheat, Gluten, Soy	1 ea	407	23	5	0	0	335	43	1	16	0	4	0	0.0	0	0.0	
Long John - Chocolate Donut	Egg, Milk, Wheat, Gluten, Soy	1 ea	444	25	6	0	0	341	49	2	21	0	5	0	0.0	0	0.0	
Long John - Vanilla Donut	Egg, Milk, Wheat, Gluten, Soy	1 ea	428	22	5	0	0	329	50	1	23	0	4	0	0.0	0	0.0	
Plain Cake Donut	Egg, Milk, Wheat, Gluten, Soy	1 ea	221	14	3	0	0	240	20	0	7	0	3	0	0.0	0	0.0	
Powdered Sugar Cake Donut Hole	Egg, Milk, Wheat, Gluten, Soy	1 ea	78	3	1	0	0	98	12	0	6	0	1	0	0.0	0	0.0	
Sugar Covered Jelly Filled Donut	Egg, Milk, Wheat, Gluten, Soy	1 ea	356	18	4	0	0	321	42	1	14	0	4	0	0.0	0	0.0	
Vanilla Covered Cake Donut	Egg, Milk, Wheat, Gluten, Soy	1 ea	270	14	3	0	0	240	32	0	18	0	3	0	0.0	0	0.0	
Vanilla Custard Filled Donut	Egg, Milk, Wheat, Gluten, Soy	1 ea	383	19	4	0	0	341	49	1	21	0	4	0	0.0	0	0.0	
Vanilla Sprinkle Cake Donut	Egg, Milk, Wheat, Gluten, Soy	1 ea	325	17	4	0	0	240	40	0	26	0	3	0	0.0	0	0.0	
Salads																		
Cobb Salad	Egg, Milk	1 salad	382	21	9	0	316	1	879	9	2	39	4	0	295.9	3	671.4	
Garden Salad	None	1 salad	233	17	3	0	1	484	19	3	14	8	3	66	0.9	616	0.0	
Grilled Chicken Salad	Egg, Milk	1 salad	372	21	9	0	300	1	2872	11	3	36	3	0	304.7	2	639.1	
Sandwiches/Wraps																		
BLT Sandwich	Wheat, Gluten	1 sandwich	528	23	7	0	53	0	1395	52	3	28	6	0	227.1	4	466.6	
Buffalo Chicken Wrap	Wheat, Gluten	1 Wrap	650	28	5	0	113	0	1714	52	2	45	3	0	199.7	5	602.3	
Chicken Caesar Wrap	Wheat, Gluten	1 Wrap	834	49	8	0	128	0	1944	52	2	45	3	0	205.3	5	519.1	
Turkey Bacon Ranch Sandwich	Milk, Wheat, Gluten	1 sandwich	499	21	6	0	53	0	1325	53	4	24	8	0	238.6	4	405.7	
Turkey Wrap	Milk, Wheat, Gluten	1 Wrap	414	18	8	0	61	0	1395	42	4	22	6	0	345.1	4	485.2	
Veggie Wrap	Wheat, Gluten	1 Wrap	337	14	3	0	20	5	556	46	5	8	10	0	134.0	3	452.1	
Smoothies/Lemonades																		
Amariyah's Sunshine Smoothie	None	16 fl oz	250	1	0	0	0	15	64	4	54	0	1	200	0.8	670	0.0	
Blue Raspberry Lemonade	None	16 fl oz	80	0	0	0	0	10	19	0	19	0	0	0	0.0	0	0.0	
Cotton Candy Lemonade	None	16 fl oz	90	0	0	0	0	10	22	0	22	0	0	0	0.0	0	0.0	
Ginger Greens Energy Smoothie	None	16 fl oz	240	7	1	0	0	80	54	5	29	0	4	210	1.1	890	1.3	
Mango Lemonade	None	16 fl oz	100	0	0	0	0	10	25	0	24	0	0	0	0.0	0	0.0	
Parkside Antioxidant Smoothie	None	16 fl oz	230	1	0	0	0	20	57	5	39	0	2	190	0.9	930	0.0	
Peach Lemonade	None	16 fl oz	100	0	0	0	0	10	22	0	22	0	0	0	0.0	0	0.0	
Strawberry Lemonade	None	16 fl oz	100	0	0	0	0	10	24	0	23	0	0	0	0.0	0	0.0	
WashU Vitamin C Smoothie	None	16 fl oz	270	1	0	0	0	5	68	3	55	0	3	480	0.8	760	3.1	