

Mariah's COOKIES

The following nutrition information is calculated utilizing a combination of internal nutritional analysis and independent laboratory analysis. An effort to provide complete and current nutrition information, however, the handcrafted nature of our menu items and changes in recipe, ingredients and kitchen procedures may cause variations from these values to occur. Therefore, the values shown here should be considered approximations. A 2,000 calorie daily diet is used for general nutrition advice but calorie needs vary.

Item Name -- Per Cookie	NUTRITIONAL VALUES										ALLERGENS							
	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)	Egg	Fish	Milk	Peanut	Shellfish	Soy	Tree Nuts	Wheat
Chocolate Chunk Cookie*	300	14	8	0	35	230	45	2	27	3	X		X			X		X
Gingerbread Cookie*	270	8	5	0	30	260	47	0	25	3	X		X			X		X
Heathbar Crunch Cookie*	320	14	8	0	40	300	44	1	29	3	X		X			X	X	X
Lemon Cooler Cookie*	320	15	10	0	35	250	43	1	27	3	X		X			X		X
Oat Raisin Spice Cookie*	280	9	5	0	35	220	45	3	17	4	X		X			X		X
Pumpkin Cookie*	260	8	3.5	0	10	260	44	0	25	3	X		X			X		X
Triple Chocolate Chunk Cookie*	310	14	9	0	40	200	43	2	28	3	X		X			X		X
White Chocolate Cranberry Cookie*	230	9	6	0	30	190	36	1	24	2	X		X			X		X

* May Contain Peanuts, Tree Nuts