



CHIP OFF THE BLOCK BAKERY

Nutritional Information

Chocolate Chippers	
Serving Size	per cookie
Calories	230
Total Fat	10.4 g
Sat. Fat	6.5 g
Cholesterol	32 mg
Sodium	177 mg
Potassium	45 mg
Carbs	32.3 g
Fibre	0.5 g
Sugar	17.2 g
Protein	2.9 g

Ingredients: Wheat Flour, Sugars (brown sugar, sugar), Semi-sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk ingredients, soy lecithin, natural flavour), Butter, Whole Egg, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt

GF Chocolate Chippers	
Serving Size	per cookie
Calories	230
Total Fat	10.2 g
Sat. Fat	6.5 g
Cholesterol	32 mg
Sodium	181 mg
Potassium	27 mg
Carbs	33.2 g
Fibre	0.5 g
Sugar	17.2 g
Protein	2.1 g

Ingredients: Gluten-free Flour (sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), Sugars (brown sugar, sugar), Semi-sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk ingredients, soy lecithin, natural flavour), Butter, Whole Egg, Semi-sweet Baking Chocolate (chocolate, sugar, cocoa butter, soy lecithin, vanilla extract), Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt

Chocolate Lavachunks	
Serving Size	per cookie
Calories	250
Total Fat	11.5 g
Sat. Fat	7.2 g
Cholesterol	32 mg
Sodium	177 mg
Potassium	45 mg
Carbs	34.4 g
Fibre	0.7 g
Sugar	18.8 g
Protein	3.2 g

Ingredients: Wheat Flour, Sugars (brown sugar, sugar), Semi-sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk ingredients, lecithin, natural flavour), Butter, Whole Egg, Semi-sweet Baking Chocolate (chocolate, sugar, cocoa butter, soy lecithin, vanilla extract), Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt

GF Chocolate Lavachunks	
Serving Size	per cookie
Calories	245
Total Fat	11.4 g
Sat. Fat	7.3 g
Cholesterol	32 mg
Sodium	181 mg
Potassium	27 mg
Carbs	35.3 g
Fibre	0.7 g
Sugar	18.8 g
Protein	2.4 g

Ingredients: Gluten-free Flour (sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), Sugars (brown sugar, sugar), Semi-sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk ingredients, soy lecithin, natural flavour), Butter, Whole Egg, Semi-sweet Baking Chocolate (chocolate, sugar, cocoa butter, soy lecithin, vanilla extract), Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt



CHIP OFF THE BLOCK BAKERY

Nutritional Information

Cocoa Chippers	
Serving Size	per cookie
Calories	230
Total Fat	10.6 g
Sat. Fat	6.6 g
Cholesterol	32 mg
Sodium	177 mg
Potassium	44 mg
Carbs	32.1 g
Fibre	0.8 g
Sugar	17.2 g
Protein	3.0 g

Ingredients: Wheat Flour, Sugars (brown sugar, sugar), Semi-sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk ingredients, soy lecithin, natural flavour), Butter, Whole Egg, Cocoa Powder, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt

GF Cocoa Chippers	
Serving Size	per cookie
Calories	235
Total Fat	10.4 g
Sat. Fat	6.6 g
Cholesterol	32 mg
Sodium	181 mg
Potassium	27 mg
Carbs	33.7 g
Fibre	0.8 g
Sugar	17.2 g
Protein	2.3 g

Ingredients: Gluten-free Flour (sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), Sugars (brown sugar, sugar), Semi-sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk ingredients, soy lecithin, natural flavour), Butter, Whole Egg, Semi-sweet Baking Chocolate (chocolate, sugar, cocoa butter, soy lecithin, vanilla extract), Cocoa Powder, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt

Cocoa Lavachunks	
Serving Size	per cookie
Calories	250
Total Fat	11.7 g
Sat. Fat	7.3 g
Cholesterol	32 mg
Sodium	177 mg
Potassium	44 mg
Carbs	34.2 g
Fibre	1.0 g
Sugar	18.8 g
Protein	3.2 g

Ingredients: Wheat Flour, Sugars (brown sugar, sugar), Semi-sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk ingredients, lecithin, natural flavour), Butter, Whole Egg, Semi-sweet Baking Chocolate (chocolate, sugar, cocoa butter, soy lecithin, vanilla extract), Cocoa Powder, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt

GF Cocoa Lavachunks	
Serving Size	per cookie
Calories	250
Total Fat	11.5 g
Sat. Fat	7.3 g
Cholesterol	32 mg
Sodium	181 mg
Potassium	27 mg
Carbs	35.8 g
Fibre	1.1 g
Sugar	18.8 g
Protein	2.6 g

Ingredients: Gluten-free Flour (sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), Sugars (brown sugar, sugar), Semi-sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk ingredients, soy lecithin, natural flavour), Butter, Whole Egg, Semi-sweet Baking Chocolate (chocolate, sugar, cocoa butter, soy lecithin, vanilla extract), Cocoa Powder, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt



CHIP OFF THE BLOCK BAKERY

Nutritional Information

Vanilla Butter	
Serving Size	per cookie
Calories	185
Total Fat	8.1 g
Sat. Fat	4.8 g
Cholesterol	32 mg
Sodium	127 mg
Potassium	45 mg
Carbs	25.6 g
Fibre	0.5 g
Sugar	12.6 g
Protein	2.2 g

Ingredients: Wheat Flour, Sugars (brown sugar, sugar), Butter, Whole Egg, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt

GF Vanilla Butter	
Serving Size	per cookie
Calories	180
Total Fat	7.9 g
Sat. Fat	4.8 g
Cholesterol	32 mg
Sodium	131 mg
Potassium	27 mg
Carbs	26.5 g
Fibre	0.5 g
Sugar	12.5 g
Protein	1.4 g

Ingredients: Gluten-free Flour (sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), Sugars (brown sugar, sugar), Butter, Whole Egg, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt

Nutty Chipper	
Serving Size	per cookie
Calories	255
Total Fat	13.4 g
Sat. Fat	6.8 g
Cholesterol	32 mg
Sodium	160 mg
Potassium	68 mg
Carbs	31.0 g
Fibre	1.0 g
Sugar	15.9 g
Protein	3.5 g

Ingredients: Wheat Flour, Sugars (brown sugar, sugar), Butter, Semi-sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk ingredients, soy lecithin, natural flavour), Walnuts (pieces), Whole Egg, Unsweetened Shredded Coconut, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt

GF Nutty Chipper	
Serving Size	per cookie
Calories	250
Total Fat	13.3 g
Sat. Fat	6.8 g
Cholesterol	32 mg
Sodium	164 mg
Potassium	50 mg
Carbs	31.9 g
Fibre	1.0 g
Sugar	14.1 g
Protein	2.7 g

Ingredients: Gluten-free Flour (sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), Sugars (brown sugar, sugar), Butter, Semi-sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk ingredients, soy lecithin, natural flavour), Walnuts (pieces), Whole Egg, Unsweetened Shredded Coconut, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt



CHIP OFF THE BLOCK BAKERY

Nutritional Information

Nutty Lavachunk	
Serving Size	per cookie
Calories	270
Total Fat	14.6 g
Sat. Fat	7.5 g
Cholesterol	32 mg
Sodium	160 mg
Potassium	68 mg
Carbs	33.1 g
Fibre	1.2 g
Sugar	17.5 g
Protein	3.7 g

Ingredients: Wheat Flour, Sugars (brown sugar, sugar), Butter, Semi-sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk ingredients, soy lecithin, natural flavour), Walnuts (pieces), Whole Egg, Semi-sweet Baking Chocolate (chocolate, sugar, cocoa butter, soy lecithin, vanilla extract), Unsweetened Shredded Coconut, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt

GF Nutty Lavachunk	
Serving Size	per cookie
Calories	270
Total Fat	14.4 g
Sat. Fat	7.5 g
Cholesterol	32 mg
Sodium	164 mg
Potassium	50 mg
Carbs	34.0 g
Fibre	1.2 g
Sugar	17.4 g
Protein	3.0 g

Ingredients: Gluten-free Flour (sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), Sugars (brown sugar, sugar), Butter, Semi-sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk ingredients, soy lecithin, natural flavour), Walnuts (pieces), Whole Egg, Semi-sweet Baking Chocolate (chocolate, sugar, cocoa butter, soy lecithin, vanilla extract), Unsweetened Shredded Coconut, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt

Oatmeal Chipper	
Serving Size	per cookie
Calories	245
Total Fat	11.1 g
Sat. Fat	6.5 g
Cholesterol	32 mg
Sodium	177 mg
Potassium	76 mg
Carbs	33.6 g
Fibre	1.4 g
Sugar	17.2 g
Protein	3.9 g

Ingredients: Sugars (brown sugar, sugar), Gluten-free Rolled Oats, Semi-sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk ingredients, soy lecithin, natural flavour), Wheat Flour, Butter, Whole Egg, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt

GF Oatmeal Chipper	
Serving Size	per cookie
Calories	245
Total Fat	11.0 g
Sat. Fat	6.5 g
Cholesterol	32 mg
Sodium	179 mg
Potassium	66 mg
Carbs	34.1 g
Fibre	1.4 g
Sugar	17.2 g
Protein	3.5 g

Ingredients: Sugars (brown sugar, sugar), Gluten-free Rolled Oats, Semi-sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk ingredients, soy lecithin, natural flavour), Gluten-free Flour (sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), Butter, Whole Egg, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt



CHIP OFF THE BLOCK BAKERY

Nutritional Information

Oatmeal Lavachunk	
Serving Size	per cookie
Calories	260
Total Fat	12.2 g
Sat. Fat	7.2 g
Cholesterol	32 mg
Sodium	177 mg
Potassium	76 mg
Carbs	35.8 g
Fibre	1.6 g
Sugar	18.8 g
Protein	4.2 g

Ingredients: Sugars (brown sugar, sugar), Gluten-free Rolled Oats, Semi-sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk ingredients, soy lecithin, natural flavour), Wheat Flour, Butter, Whole Egg, Semi-sweet Baking Chocolate (chocolate, sugar, cocoa butter, soy lecithin, vanilla extract), Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt

GF Oatmeal Lavachunk	
Serving Size	per cookie
Calories	260
Total Fat	12.1 g
Sat. Fat	7.2 g
Cholesterol	32 mg
Sodium	179 mg
Potassium	66 mg
Carbs	36.3 g
Fibre	1.6 g
Sugar	18.8 g
Protein	3.8 g

Ingredients: Sugars (brown sugar, sugar), Gluten-free Rolled Oats, Semi-sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk ingredients, soy lecithin, natural flavour), Gluten-free Flour (sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), Butter, Whole Egg, Semi-sweet Baking Chocolate (chocolate, sugar, cocoa butter, soy lecithin, vanilla extract), Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt

Oatmeal Raisin	
Serving Size	per cookie
Calories	230
Total Fat	9.3 g
Sat. Fat	5.4 g
Cholesterol	32 mg
Sodium	127 mg
Potassium	76 mg
Carbs	32.6 g
Fibre	1.9 g
Sugar	17.1 g
Protein	3.7 g

Ingredients: Sugars (brown sugar, sugar), Gluten-free Rolled Oats, Wheat Flour, Butter, Organic Sultana Raisins, Whole Egg, Unsweetened Shredded Coconut, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt

GF Oatmeal Raisin	
Serving Size	per cookie
Calories	225
Total Fat	9.2 g
Sat. Fat	5.4 g
Cholesterol	32 mg
Sodium	130 mg
Potassium	66 mg
Carbs	33.1 g
Fibre	1.9 g
Sugar	17.1 g
Protein	3.2 g

Ingredients: Sugars (brown sugar, sugar), Gluten-free Rolled Oats, Gluten-free Flour (sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), Butter, Organic Sultana Raisins, Whole Egg, Unsweetened Shredded Coconut, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt



CHIP OFF THE BLOCK BAKERY

Nutritional Information

Oatmeal	
Serving Size	per cookie
Calories	200
Total Fat	8.7 g
Sat. Fat	4.8 g
Cholesterol	32 mg
Sodium	127 mg
Potassium	76 mg
Carbs	27.0 g
Fibre	1.4 g
Sugar	12.5 g
Protein	3.3 g

Ingredients: Sugars (brown sugar, sugar), Gluten-free Rolled Oats, Wheat Flour, Butter, Whole Egg, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt

GF Oatmeal	
Serving Size	per cookie
Calories	195
Total Fat	8.6 g
Sat. Fat	4.8 g
Cholesterol	32 mg
Sodium	129 mg
Potassium	66 mg
Carbs	27.5 g
Fibre	1.4 g
Sugar	12.5 g
Protein	2.8 g

Ingredients: Sugars (brown sugar, sugar), Gluten-free Rolled Oats, Gluten-free Flour (sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), Butter, Whole Egg, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt

Lactation Chippers	
Serving Size	per cookie
Calories	280
Total Fat	14.6 g
Sat. Fat	6.8 g
Cholesterol	32 mg
Sodium	166 mg
Potassium	110 mg
Carbs	33.2 g
Fibre	2.5 g
Sugar	15.8 g
Protein	5.6 g

Ingredients: Sugars (brown sugar, sugar), Gluten-free Rolled Oats, Wheat Flour, Butter, Semi-sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk ingredients, soy lecithin, natural flavour), Walnuts (pieces), Whole Egg, Brewer's Yeast, Ground Golden Flaxseed, Unsweetened Shredded Coconut, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt

GF Lactation Chippers	
Serving Size	per cookie
Calories	280
Total Fat	14.8 g
Sat. Fat	6.8 g
Cholesterol	32 mg
Sodium	162 mg
Potassium	109 mg
Carbs	33.6 g
Fibre	2.5 g
Sugar	15.8 g
Protein	4.6 g

Ingredients: Sugars (brown sugar, sugar), Gluten-free Rolled Oats, Gluten-free Flour (sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum), Butter, Semi-sweet Chocolate Chips (sugar, unsweetened chocolate, cocoa butter, milk ingredients, soy lecithin, natural flavour), Walnuts (pieces), Whole Egg, Ground Golden Flaxseed, Unsweetened Shredded Coconut, Baking Soda, Premium Vanilla Extract (water, sugar, vanilla extract, alcohol, artificial flavour, caramel colour, sodium benzoate), Salt