



Nutrition Facts

	Serving Size Description	Calories (kcal)	Fat (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
Cupcakes							
	1 cupcake	375	20.1	8.9	5.5	3.4	13.1
	1 cupcake	211	19.8	4.1	2.5	2.4	5.1
	1 cupcake	219	19.5	9.1	2.5	6.6	3.8
	1 cupcake	219	19.5	9.1	2.5	6.6	3.8
	1 cupcake	330	27.6	6.6	3.8	2.8	6.9
	1 cupcake	338	27.6	6.6	3.8	2.8	5.6
	1 cupcake	269	2.5	3	2	1	4
	1 cupcake	269	2.5	3	1	2	4
	1 cupcake	269	2.5	3	1	2	4
	1 cupcake	269	2.5	3	1	2	4
	1 cupcake	320	28	4	1	3	14
	1 cupcake	215	19	5	2.5	2.5	3
	1 cupcake	290	24	9	5	4	3
Custom Cakes							
	1 slice / 15 slices per cake	375	20.1	8.9	5.5	3.4	13.1
	1 slice / 15 slices per cake	211	19.8	4.1	2.5	2.4	5.1
	1 slice / 15 slices per cake	219	19.5	9.1	2.5	6.6	3.8
	1 slice / 15 slices per cake	219	19.5	9.1	2.5	6.6	3.8
	1 slice / 15 slices per cake	330	27.6	6.6	3.8	2.8	6.9
	1 slice / 15 slices per cake	338	27.6	6.6	3.8	2.8	5.6
	1 slice / 15 slices per cake	269	2.5	3	1	2	4
	1 slice / 15 slices per cake	269	2.5	3	1	2	4

Vanilla Maple Bacon	1 slice / 15 slices per cake	269	2.5	3	1	2	4
Vanilla Peanut Butter	1 slice / 15 slices per cake	320	28	4	1	3	14
Red Velvet Cream Cheese	1 slice / 15 slices per cake	215	19	5	2.5	2.5	3
Carrot Cake Cream Cheese	1 slice / 15 slices per cake	290	24	9	5	4	3
Cookies							
Chocolate Chunk	1 cookie	103	9.4	3.1	1.8	1.3	2.8
Almond Dipper	4 pieces	104	10	2.2	1.2	1	1.2
Snickerdoodles	1 cookie	220	23	3.1	1.6	1.5	3
Banana Breakfast Bars	1 cookie	117	10	3	2	1	3
Coconut Macaroons	1 cookie	42	3.4	2	0.7	1.3	1.1
Chocolate Dipped Macaroons	1 cookie	42	3.4	2	0.7	1	1.1
Muffins							
Crumb Muffins	1 muffin	325	27	6	2.5	3.5	15
Blueberry Muffins	1 muffin	260	23	7	3.5	3.5	8
Strawberry Muffins	1 muffin	226	20	2	3	2	7
Whoopies							
Chocolate Cream Cheese	1 whoopie	211	19.8	4.1	2.5	2.4	5.1
Chocolate Peanut Butter	1 whoopie	375	20.1	8.9	5.5	3.4	13.1
Red Velvet Cream Cheese	1 whoopie	215	19	5	2.5	2.5	3
Lemon Cream Cheese	1 whoopie	330	27.6	6.6	3.8	2.8	6.9
Lemon Blueberry	1 whoopie	333	27.6	7.4	3.8	3.6	6.9
Lemon Strawberry	1 whoopie	338	27.6	6.6	3.8	2.8	5.6
Carrot Cake	1 whoopie	290	24	9	5	4	3
Strawberry Cream Cheese	1 whoopie	320	29	7	3.5	3.5	8
Bread							
Garlic Knots	1 garlic knot	180	15	4.5	1.5	3	9
Multi-Seeded Loaf	2 slices	464	36	14	8	6	18
Zucchini Loaf	1 slice	171	15	5	3	2	5
Lemon Blueberry Loaf	1 slice	155	13	4	2	2	3
Banana Bread Loaf	1 slice	272	23	9	5	4	10
6' Pizza Crust	1 crust	117	8	4	2	2	7
10' Pizza Crust	1 crust	232	16	8.9	5.5	3.4	13.1
Bagels	1 bagel	210	22	12	8	4	9
Sub Rolls	1 roll	332	23	25	21	4	13
Hamburger Bun	1 bun	166	11.5	12.5	10.5	1.5	6.5
Hot Dog Buns	1 bun	166	11.5	12.5	10.5	1.5	6.5

Crackers

Sour Cream & Chive	4 crackers	85	6.6	1.9	0.9	1	4.1
Butter	8 crackers	188	18	4	2	2	4
Chicken Biscuit	8 crackers	188	18	4	2	2	4

Fat Bombs

Lemon Coconut	1 piece	71	7	2.4	1	1.4	2
Jalapeno Bacon	3 pieces	147	13.9	2.36	0.23	2.13	4.77

Dessert Dips

Chocolate Chunk Cookie	1/4 cup	120	10	3.4	0.9	2.5	2
Cookie Dough	4 tbsp	170	14	3	1	2	2
Blueberry Cheesecake	1/4 cup	135	12	4	1	3	2
Café Latte	1/4 cup	145	15	4	1	3	3

Cheesecakes

Strawberry	1 slice / 12 slices per cheesecake	348	33	7	1	6	7
Caramel	1 slice / 12 slices per cheesecake	360	37	7	1	6	7
Salted Caramel	1 slice / 12 slices per cheesecake	365	34	7.5	1	6.5	5.5
Blueberry	1 slice / 12 slices per cheesecake	348	33	7	1	6	7
Plain	1 slice / 12 slices per cheesecake	325	31	6	1	5	7

Mini Cheesecakes

Strawberry	1 cheesecake	260	24	5	1	4	5
Caramel	1 cheesecake	270	25	6	1	5	5
Caramel Pecan	1 cheesecake	280	25	6.5	1	5.5	5.5
Blueberry	1 cheesecake	260	24	5	1	4	5
Chocolate	1 cheesecake	290	22	6.5	1	5.5	4
Plain	1 cheesecake	250	20	5	1	4	5

Additional Items

Chocolate Fudge	1 square	77	7.5	3.75	2.25	1.5	9
Peanut Butter Fudge	1 square	109	11	2	1	1	2
Buckeyes	6 pieces	240	20.5	5.3	4	1.3	8.6
Brownie Bites	1 brownie	69	6	2	1	1	2
Blackberry Crumb Bar	1 bar	190	8	6	3	3	4
Nutella Bar	1 bar	209	19	10	7	3	4
Lemon Bar	1 bar	290	27	5.8	3	2.8	8
Lemon Blueberry Scones	1 scone	198	17.2	8.5	5.5	3	4.7
Chocolate Chip Scones	1 scone	201	17.2	8.9	5.1	3.7	5.1

Crab Dip	2 tbsp	41	2	0	0	0	3
Crab Soup	1 cup	293	22	4	1	3	5
Pizza Sauce	1/4 cup	48	2.7	4.6	2.3	2.3	8
Potato Salad	1/2 cup	198	16	8	4	4	4
Broccoli Salad	1/2 cup	285	27	6	2	4	6
Jams							
Strawberry Chia	1 tbsp	26	1	3	2	1	1
Raspberry Chia	1 tbsp	13	0.6	2	1	1	0.6
Blackberry Chia	1 tbsp	30	1	3	2	1	1
Donuts							
Chocolate Peanut Butter	1 donut	340	20	6	3	3	8
Raspberry Filled	1 donut	180	14	5	3	2	5
Blueberry Filled	1 donut	175	14	5	3	2	5
Drinks							
Hot Chocolate	8 oz	338	24.6	5.2	3	2.2	20
Chai	8 oz	133	13	4	1	3.6	1.6