

Category	Name	Calories	Fat	Carbs	Fiber	Net Carb	Protein
Bars	Tagalong	409	38	9	4	5	8
Bars	Blueberry Poptart	225	19	10	8	2	5
Bars	Lemon Bar	390	33	9	5	4	17
Bars	Cranberry Bliss Bar	220	19	6	3	3	5
Bars	Brownie	347	29	8	4	4	13
Bars	Pecan Pie	490	49	7	3	5	6
Bars	Newtella	209	19	10	7	3	4
Cookies	Chocolate Chip	180	16	5	3	2	4
Cookies	Snickerdoodle	116	11	2	1	1	2
Cookies	PB Blossom	66	5	3	1	2	4
Cookies	Turtle Cookie	186	19	4	2	2	4
Cookies	Pistachio Shortbread	165	16	3	2	1	3
Cookies	Pumpkin Caramel	195	17	8	3	5	7
Cookies	Coconut Macaroons	70	5	6	3	3	1
Cookies	Jumbo Chocolate Chip	510	48	17	9	8	12
Cookies	Jumbo Snickerdoodle	496	46	12	7	5	10
Scones	Chocolate Chip	201	17	9	5	4	5
Scones	Lemon Blueberry	198	17	9	6	3	5
Scones	Pumpkin	254	24	5	3	2	5
Scones	Vanilla Lavender	235	21	6	4	2	8
Scones	Vanilla Chai	235	21	6	4	2	8
Cake	Chocolate	278	26	5.8	3.5	2.3	5
Cake	Vanilla	320	32	4	2	2	4

Cake	Lemon	330	28	7	4	3	7
Cake	Carrot	305	30	10	5	5	5
Cake	Red Velvet	215	20	5	2.5	2.5	3
Cheesecake	Choc Peppermint	350	33	5	1	4	6
Cheesecake	Zapple	354	30	10	3	7	8
Cheesecake	Blueberry	348	33	7	1	6	7
Cheesecake	Boston	442	43	8.5	3	5.5	7.5
Cheesecake	Caramel	320	30	9	4	5	6.5
Cheesecake	Pumpkin	308	30	5	2	3	6.5
Cheesecake	Pistachio Shortbread	390	37	6	2	4	8
Cheesecake	Gingerbread	335	31	6	1	5	7
Muffin	Vegan Blueberry	350	24	19	15	4	16
Muffin	Coffee Cake	675	63	13	6.5	6.5	16
Rolls	Pumpkin Roll	225	21	3	1	2	6
Rolls	Vegan Cinn Roll	420	29	35	4	30	8
Rolls	Cinnamon Roll	290	20	7	4	3	8
Rolls	Pumpkin Cinnamon	300	20	9	5	4	8
Sweet Breads	Banana Nut	272	23	9	5	4	10
Sweet Breads	Lemon Blueberry	155	13	4	2	2	3
Sweet Breads	Zucchini	171	15	5	3	2	5
Sweet Breads	Pumpkin	250	21	8.7	3.3	5.3	8.3
Savory	Everything	397	32	15	11	4	17
Savory	Jalapeno Cheddar	511	41	16	11	5	23

Savory	Cinnamon	397	32	15	11	4	17
Savory	Blueberry	407	32	18	12	6	17
Savory	Plain	397	32	15	11	4	17
Savory	Pizza Crust	117	8	4	2	2	7
Savory	Garlic Knots	180	15	4.5	1.5	3	9
Savory	Dinner Rolls	140	12	10	4	6	4
Savory	Spinach Feta Pinwheel	349	28	9	4	5	17
Savory	Ham & Cheddar Pinwheel	332	26	9	4	5	17
Savory	Pepperoni Pizza Lg	134	10	2	0	2	8
Savory	Cheese Pizza Lg	153	12	2	0	2	9
Savory	Pepperoni Pizza 6"	320	22	11	4	7	25
Savory	Cheese Pizza 6"	293	20.5	11	4	7	22
Savory	Crab Pretzel	565	45	6	2	4	34
Donuts	Choc Pb Cake	490	44	9	5	4	16
Donuts	Birthday Cake	400	40	8	4	4	14
Donuts	Apple Cider	375	33	7	4	3	14
Donuts	Cookies & Cream	400	40	8	4	4	14
Donuts	Samoa	400	40	8	4	4	14
Donuts	Lemon Blueberry	400	40	8	4	4	14
Donuts	Boston Cream	340	20	6	3	3	8
Specialty	Zapple Crisp	323	31	9	5	4	6
Specialty	Creme Brulee	291	29	2.7	0	2.7	5.3
Shakes	Zapple Cider	400	6.5	14	1	13	46
Shakes	Birthday Cake	369	16	13	1	12	43

Shakes	Cookies and Cream	369	16	13	1	12	43
Shakes	Frozen Hot Chocolate	310	27	7	3	4	28
Meals	Italian Mozz Meatloaf	571	45	3	0	3	36
Meals	Cheeseburgh Meatloaf	571	45	3	0	3	36
Meals	Coconut Curry Chick	576	49	9	2	7	29
Meals	Zuppa Toscano	434	33	10	4	6	23
Meals	Spaghetti & Meatballs	630	47	12	4	8	36
Meals	Roasted Cauliflower Mac &	347	33	8	2	6	8
Meals	Spinach Stuffed Chicken	695	39	5	3	2	78
Meals	Southwest Chicken Zucchini Soup	434	20	10	4	6	23
Meals	Roasted Broccoli and Feta Soup	215	12	8	3	5	17
Candies	Buckeyes	150	12	5.4	2.7	2.7	4.7
Candies	Raspberry Truff	78	8	2.5	1	1.5	1
Candies	White Buckeyes	150	12	5.4	2.7	2.7	4.7
Candies	Espresso Truffles	81	8	3	2	1	1
Candies	Snickerdoodle Truff	169	17	2.2	1.3	0.9	2.7
Candies	Gingerbread Truff	77	7.8	1.1	0.7	0.4	1.1
Candies	Pumpkin Truffles	116	12	2	1	1	1.3
Seasonal	Coconut Cream Eggs	117	11	4	2	2	1
Seasonal	Carrot Cake Cheesecake	364	34	6	2.5	3.5	6
Seasonal	Coconut Cream Pie	292	28	5	2	3	4.5
Seasonal	Lemon Meringue Pie	429	40	7	1	6	10
Seasonal	Pumpkin Pie	320	30	9	4	5	6
Seasonal	Pecan Pie	420	45	8	4	4	9

Seasonal	Zapple Pie	351	31	11	5	6	12
Seasonal	Strawberry Crunch Cheesecake	410	40	5	2	3	6
Seasonal	Cranberry Sauce	32	0	6	2	4	0
Seasonal	Stuffing	290	23	7	3	4	7
Seasonal	Turkey Gravy	190	19	2	0	2	1
Seasonal	Mashed Cauliflower	142	10	10	5	5	4
Whoopie Pies	Chocolate	310	29	5	2.5	2.5	4
Whoopie Pies	Vanilla	320	30	4	1	3	4
Whoopie Pies	Carrot Cake	290	24	9	5	4	3
Whoopie Pies	Lemon	338	28	7	4	3	5