



Ingredients

Custom Cakes & Cupcakes

Chocolate Peanut Butter	Coconut Flour, Monk-Fruit, Coco Powder, Eggs, Butter, Peanuts, Cream Cheese, Espresso Powder, Baking Powder, Vanilla, Sea Salt
Chocolate Cream Cheese	Coconut Flour, Monk-Fruit, Coco Powder, Egg, Butter, Espresso Powder, Baking Powder, Cream Cheese, Cream, Vanilla, Sea Salt
Chocolate Mint	Coconut Flour, Monk-Fruit, Coco Powder, Egg, Butter, Espresso Powder, Baking Powder, Cream Cheese, Cream, Vanilla, Mint Extract, Sea Salt
Chocolate Strawberry	Coconut Flour, Monk-Fruit, Coco Powder, Egg, Butter, Espresso Powder, Baking Powder, Strawberry Extract, Vanilla, Sea Salt
Lemon Cream Cheese	Coconut Flour, Cream Cheese, Monk-Fruit, Egg, Butter, Cream, Lemon Zest, Lemon Juice, Vanilla, Baking Powder, Sea Salt
Lemon Strawberry	Coconut Flour, Cream Cheese, Monk-Fruit, Eggs, Butter, Cream, Lemon Juice, Vanilla, Baking Powder, Strawberry Extract, Sea Salt
Vanilla Vanilla	MonkFruit, Almond Flour, Coconut Flour, Egg, Sour Cream, Butter, Baking Powder, Vanilla Extract, Sea Salt
Vanilla Strawberry	Monk-Fruit, Almond Flour, Coconut Flour, Egg, Sour Cream, Butter, Baking Powder, Vanilla Extract, Sea Salt, Red Food Coloring, Strawberry Extract
Vanilla Maple Pecan	MonkFruit, Almond Flour, Coconut Flour, Egg, Sour Cream, Butter, Baking Powder, Vanilla, Maple Extract, Sea Salt, Pecan Pieces
Vanilla Maple Bacon	MonkFruit, Almond Flour, Coconut Flour, Egg, Sour Cream, Butter, Baking Powder, Vanilla, Maple Extract, Sea Salt, Bacon Pieces
Vanilla Peanut Butter	MonkFruit, Almond Flour, Coconut Flour, Egg, Sour Cream, Butter, Baking Powder, Vanilla, Peanuts, Cream Cheese, Sea Salt, Palm Oil
Red Velvet Cream Cheese	Egg, Monk-Fruit, Butter, Coconut Flour, Coco Powder, Cream Cheese, Sour Cream, Red Food Coloring, Apple Cider Vinegar, Vanilla, Heavy Whipping Cream, Baking Soda
Carrot Cake Cream Cheese	Almond Flour, Eggs, Carrots, Butter, Monk-Fruit, Vanilla, Baking Powder, Cinnamon, Sea Salt

Cookies

Chocolate Chunk	Almond Flour, Monk-Fruit, Coconut Flour, Butter, Egg, Baker's Chocolate, Coconut Oil, Vanilla, Baking Powder, Sea Salt
Almond Dipper	Almond Flour, Monk-Fruit, Butter, Vanilla
Snickerdoodles	Almond Flour, Monk-Fruit, Butter, Baking Soda, Cinnamon, Sea Salt
Banana Breakfast Bars	Unsweetened Coconut Flakes, Pecans, Monkfruit, Hemp Hearts, Almond Flour, Coconut Flour, Butter, Banana Extract, Vanilla Extract, Cinnamon, Egg, Salt.
Coconut Macaroons	Coconut Flakes, Monk-Fruit, Egg Whites, Almond Extract, Cream of Tartar
Chocolate Dipped Macaroons	Coconut Flakes, Monk-Fruit, Egg Whites, Almond Extract, Cream of Tartar, Baker's Chocolate, Coconut Oil, Sea Salt, Vanilla

Muffins

Crumb Muffins	Almond Flour, Coconut Flour, Butter, Cream Cheese, Monkfruit, Cinnamon, Pecans, Walnuts, Coconut Flakes, Vanilla Extract, Baking Powder
Blueberry Muffins	Almond Flour, Cream, Blueberries, Monk-Fruit, Egg, Baking Powder, Vanilla, Sea Salt

Whoopies

Chocolate Cream Cheese	Coconut Flour, Monk-Fruit, Cocoa Powder, Egg, Butter, Espresso Powder, Baking Powder, Cream Cheese, Cream, Vanilla, Sea Salt
Chocolate Peanut Butter	Coconut Flour, Monk-Fruit, Coco Powder, Eggs, Butter, Peanuts, Cream Cheese, Espresso Powder, Baking Powder, Vanilla, Sea Salt
Red Velvet Cream Cheese	Egg, Monk-Fruit, Butter, Coconut Flour, Coco Powder, Cream Cheese, Sour Cream, Red Food Coloring, Apple Cider Vinegar, Vanilla, Heavy Whipping Cream, Baking Soda
Lemon Cream Cheese	Coconut Flour, Cream Cheese, Monk-Fruit, Egg, Butter, Cream, Lemon Zest, Lemon Juice, Vanilla, Baking Powder, Sea Salt
Lemon Blueberry	Coconut Flour, Cream Cheese, Monk-Fruit, Egg, Butter, Cream, Lemon Zest, Lemon Juice, Blueberries, Vanilla, Baking Powder, sea Salt
Lemon Strawberry	Coconut Flour, Cream Cheese, Monk-Fruit, Eggs, Butter, Cream, Lemon Juice, Vanilla, Baking Powder, Strawberry Extract, Sea Salt
Carrot Cake	Almond Flour, Eggs, Carrots, Butter, Monk-Fruit, Vanilla, Baking Powder, Cinnamon, Sea Salt

Bread

Garlic Knots	Mozzarella, Almond Flour, Cream Cheese, Egg, Oregano, Garlic Powder, Baking Powder, Garlic Cloves, Butter, Parmesan, Sea Salt
Multi-Seeded Loaf	Coconut Flour, Golden Flaxseed, Sunflower Seeds, Sesame Seeds, Pumpkin Seeds, Chia Seeds, Hemp Seeds, Baking Powder, Salt, Eggs, Butter
Zucchini Loaf	Almond Flour, Coconut Flour, Zucchini, Monkfruit, Eggs, Butter, Walnuts, Baking Powder, Cinnamon, Xanthum Gum, Vanilla, Salt
Lemon Blueberry Loaf	Eggs, Butter, Coconut Flour, Heavy Whipping Cream, Sour Cream, Monk-Fruit, Baking Powder, Cinnamon, Salt, Vanilla, Blueberries, Lemon Extract
Banana Bread Loaf	Almond Flour, Monk-Fruit, Golden Flaxseed, Coconut Flour, Cinnamon, Baking Soda, Salt, Psyllium Husk, Egg, Heavy Whipping Cream, Banana Extract, Vanilla, Apple Cider Vinegar, Walnuts
Pizza Crust	Mozzarella, Coconut Flour, Cream Cheese, Egg
Bagels	Almond Flour, Golden Flaxseed, Whey Protein, Egg, Olive Oil, Apple Cider Vinegar, Active Dry Yeast, Blackstrap Molasses, Xanthum Gum, Baking Powder, Salt, Everything Bagel Seasoning
Sub Rolls	Almond Flour, Golden Flaxseed, Psyllium Husk, Xanthum gum, Egg whites, Baking powder, Oregano, Garlic Powder, Apple Cider Vinegar, Salt

Crackers

Sour Cream & Chive	Mozzarella, Cream Cheese, Almond Flour, Coconut Flour, Sour Cream, Chives, Butter, Sea Salt
Butter	Butter, Egg Whites, Almond Flour, Salt
Chicken Biscuit	Butter, Egg Whites, Almond Flour, Salt, Chicken Flavoring

Fat Bombs

Lemon Coconut	Cream Cheese, Almond Flour, Coconut Oil, Monk-Fruit, Lemon Juice, Vanilla, Lemon Zest, Coconut Flakes
Jalapeno Bacon	Cream Cheese, Bacon, Jalapeno, Coconut Oil, Parsley, Onion Powder, Garlic Powder, Salt, Pepper

Dessert Dips

Chocolate Chunk Cookie	Cream Cheese, Monk-Fruit, Baker's Chocolate, Coconut Oil, Heavy Whipping Cream
Cookie Dough	Cream Cheese, Butter, Monkfruit, Sugar Free Chocolate Chips, Cake Batter Extract, Vanilla Extract
Blueberry Cheesecake	Cream Cheese, Monk-Fruit, Blueberries, Vanilla, Heavy Whipping Cream
Café Latte	Cream Cheese, Monk-Fruit, Espresso Beans, Baker's Chocolate, Coconut Oil, Vanilla, Sea Salt

Cheesecakes Full & Mini

Strawberry	Cream Cheese, Sour Cream, Lemon Juice, Monkfruit, Strawberries, Almond Flour, Egg, Butter, Vanilla Extract, Xanthum Gum
Caramel	Cream Cheese, Sour Cream, Lemon Juice, Almond Flour, Monkfruit, Egg, Vanilla Extract, Butter, Heavy Whipping Cream.
Salted Caramel	Cream Cheese, Sour Cream, Monkfruit, Egg, Almond Flour, Butter, Vanilla Extract, Butter, Heavy Whipping Cream, Pecans
Blueberry	Cream Cheese, Sour Cream, Monkfruit, Eggs, Almond Flour, Vanilla Extract, Butter, Blueberries. Xanthum Gum.
Plain	Cream Cheese, Sour Cream, Lemon Juice, Monkfruit, Almond Flour, Egg, Butter, Vanilla Extract.

Additional Items

Chocolate Fudge	Heavy Wiping Cream, Butter, Lilys Chocolate Chips, Monk-Fruit, Vanilla, Sea Salt
Peanut Butter Fudge	Peanut Butter, Butter, Cream Cheese, MonkFruit, Whey Protein, Vanilla
Buckeyes	Peanut Butter, Coconut Flour, MonkFruit, Baker's Chocolate, Coconut Oil, Vanilla, Xanthum Gun, Sea Salt
Brownie Bites	Butter, Monk-Fruit, Almond Flour, Cocoa Powder, Egg, Vanilla, Sea Salt
Blackberry Crumb Bar	Almond Flour, Coconut oil, Monkfruit, Blackberries, and Vanilla
Nutella Bar	Hazelnut, Cocoa Powder, Monkfruit, Avocado Oil, Almond Flour, Coconut Oil, Vanilla, Salt
Crab Dip	Cream Cheese, Sour Cream, Crab, Lemon Juice, Old Bay
Crab Soup	Unsweetened Almond Milk, Heavy Whipping Cream, Butter, Cream Cheese, Crab, Xanthum Gum, Old Bay
Pizza Sauce	Tomatoes, Olive Oil, Apple Cider Vinegar, Basil, Oregano, Garlic, Onion Powder, Parsley, Salt, Red Pepper Flakes, Pepper,

Jams

Strawberry Chia	Strawberry, Chia, Monk-Fruit, Vanilla, Lemon
Raspberry Chia	Raspberry, Chia, Monk-Fruit, Vanilla, Lemon
Blackberry Chia	Blackberry, Chia, Monk-Fruit, Vanilla, Lemon

Donuts

Chocolate Peanut Butter	Almond Flour, Coconut Flour, Psyllium Husk, Xanthum Gum, Water, Butter, Monk Fruit, Salt, Eggs, Vanilla, Baking Powder, Cocoa Powder, Heavy Wiping Cream, Peanut Butter, Cream Cheese
Raspberry Filled	Almond Flour, Coconut Flour, Psyllium Husk, Xanthum Gum, Water, Butter, Monk Fruit, Salt, Eggs, Vanilla, Baking Powder, Cocoa Powder, Raspberry
Blueberry Filled	Almond Flour, Coconut Flour, Psyllium Husk, Xanthum Gum, Water, Butter, Monk Fruit, Salt, Eggs, Vanilla, Baking Powder, Blueberries

Drinks

Hot Chocolate

Unsweetened Almond Milk, Heavy Whipping Cream, Unsweetened Cocoa Powder, Cinnamon, Monkfruit, Vanilla

Chai

Black Tea, Almond Milk, Heavy Whipping Cream, Ginger, Cinnamon, Allspice, Nutmeg, Cardamon, Cloves, Vanilla.

