



# Nutrition Facts

	Serving Size Description	Calories (kcal)	Fat (g)	Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)
<b>Cupcakes</b>							
	1 cupcake	390	26	9.5	5	4.5	16
	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	230	24	4.8	2.5	2.3	4
	1 cupcake	245	26	5.5	2.5	3	7
	1 cupcake	338	29	7	4	3	7
	1 cupcake	345	30	6.5	3.5	3	6
	1 cupcake	345	32	6.5	3.5	3	6
	1 cupcake	269	2.5	3	2	1	4
	1 cupcake	269	2.5	3	1	2	4
	1 cupcake	275	30	4	1	3	6
	1 cupcake	269	2.5	3	1	2	4
	1 cupcake	320	28	4	1	3	14
	1 cupcake	243	24	6	2	4	9
	1 cupcake	215	19	5	2.5	2.5	3
	1 cupcake	305	30	10	5	5	5
<b>Custom Cakes</b>							
	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
	1 slice / 15 slices per cake	269	2.5	3	1	2	4
	1 slice / 15 slices per cake	320	28	4	1	3	14
	1 slice / 15 slices per cake	215	19	5	2.5	2.5	3
	1 slice / 15 slices per cake	290	24	9	5	4	3
<b>Cookies</b>							

Chocolate Chip	1 cookie	180	16	5	3	2	4
Almond Dipper	4 pieces	104	10	2.2	1.2	1	1.2
PB Blossom	1 cookie	66	5.3	2.5	0.7	1.8	3.6
Snickerdoodles	1 cookie	68	6	1.5	0.8	0.7	1.4
Carrot Cake	1 cookie	110	11	1.5	3	1.2	4.7
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
<b>Muffins</b>							
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
<b>Whoopies</b>							
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	375	30	6	2	4	9
Pumpkin Cream Cheese	1 whoopie	412	32	12	8	4	14
<b>Bread</b>							
Garlic Knots	1 garlic knot	180	15	4.5	1.5	3	9
Multi-Seeded Loaf	2 slices / 17 slices per loaf	464	36	14	8	6	18
Zucchini Loaf	1 slice / 10 slices per loaf	171	15	5	3	2	5
Lemon Blueberry Loaf	1 slice / 10 slices per loaf	155	13	4	2	2	3
Strawberry Loaf	1 slice / 10 slices per loaf	192	16	6	3	3	4
Banana Bread Loaf	1 slice / 10 slices per loaf	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
<b>Crackers</b>							
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
<b>Fat Bombs</b>							
Lemon Coconut	1 piece	71	7	2.4	1	1.4	2
Gingerbread	1 piece	112	11	2.5	1.5	1	3
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

Chocolate Strawberry	1 Slice / 12 Slices per cheesecake	332	29	10	6	4	7
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

## Candies

Peanut Butter Eggs	6 Pieces	240	20.5	5.3	4	1.3	8.6
Coconut Cream Eggs	1 Egg	117	11.5	3.6	2	1.6	1.3
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
Raspberry Truffles	1 Piece	78	8	2.5	1	1.5	1
Salted Chocolate Caramels	1 Piece	73	9	1.5	0	1.5	2
Peppermint Patties	1 Piece	126	13.6	2.9	1.4	1.5	0.4
Coconut Almond Bars	1 Piece	128	13	4	2	2	2

## Bars

Blackberry Crumb Bar	1 bar	190	8	6	3	3	4
Newtella Bar	1 bar	209	19	10	7	3	4
Lemon Bar	1 bar	290	27	5.8	3	2.8	8

## Additional Items

Crepe Brulee	1 serving	291	29	2.7	0	2.7	5.3
Cinnamon Glazed Pecans	1.4 Cup	202	20	4	2	2	3
Brownie Bites	1 brownie	69	6	2	1	1	2
Cinnamon Rolls	1 Roll	290	20	7	4	3	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
<b>Jams</b>							
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
<b>Donuts</b>							
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
Lemon Curd	1 donut	340	20	6	3	3	8
Cinnamon Cream Cheese Filled	1 donut	196	26	3	1	2	6
<b>Drinks</b>							
Hot Chocolate	8 oz	338	24.6	5.2	3	2.2	20
Chai	8 oz	133	13	4	1	3.6	1.6
<b>Farm to Freezer (NC only)</b>							
Asparagus & Provolone Stuffed Chicken Breasts						2 per breast	
Creamy Chicken & Broccoli Casserole						6 per serving	





























































































