

NUTRITIONAL GUIDE

Serving Size	Calories (kCal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (g)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)
--------------	-----------------	---------------	-------------------	---------------	------------	------------------	-----------	------------	-------------

Core Menu

GF & Vegan Doughnut Base	1	143	3	1	0	80	23	1	4	6
GF & Vegan Doughnut Base w/ Icing	1	213	6	0	0	120	36	2	13	7
Peanut Butter Cups (Per Cup)	1	137	9	1	0	63	9	0	4	6

Keto Menu

Keto Doughnut*	1	141	9	0	0	79	4 (net)	6	0	11
Keto Chocolate Chip Cookies*	1	112	7	1	0	56	2 (net)	4	0	10

* = Keto Menu contains eggs and is not Vegan