



PARLOR DOUGHNUTS

NUTRITIONAL INFORMATION & ALLERGENS



parlordoughnuts.com

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PLAIN JANE DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar**

Nutrition

| | |
|----------------------------|--------------|
| Calories | 317 |
| Total Fat | 13g |
| Saturated Fat | 7g |
| Cholesterol | 21mg |
| Sodium | 389mg |
| Total Carbohydrates | 46g |
| Dietary Fiber | 5g |
| Total Sugars | 4g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY

FRENCH TOAST DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, Maple Flat Icing** (Sugar, Water, Corn Starch, Agar-Agar, Caramel Color, Dextrose, Food Starch-Modified, Invert Sugar, Mono- and Diglycerides, Natural & Artificial Flavor, Preservatives [Potassium Sorbate, Sodium Benzoate], Salt, Yellow 5, Yellow 6), **Cinnamon Doughnut Sugar** (Dextrose, Cinnamon, Corn Starch, Palm Oil, Artificial Flavor), **Maple Syrup** (Corn Syrup, High Fructose Corn Syrup, Water, Cellulose Gum, Caramel Color, Salt, Natural & Artificial Flavor, Sodium Benzoate & Sorbic Acid, Sodium Hexametaphosphate)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 436 |
| Total Fat | 13g |
| Saturated Fat | 7g |
| Cholesterol | 21mg |
| Sodium | 401mg |
| Total Carbohydrates | 76g |
| Dietary Fiber | 5g |
| Total Sugars | 32g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY

MAPLE PECAN DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, Maple Flat Icing** (Sugar, Water, Corn Starch, Agar-Agar, Caramel Color, Dextrose, Food Starch-Modified, Invert Sugar, Mono- and Diglycerides, Natural & Artificial Flavor, Preservatives [Potassium Sorbate, Sodium Benzoate], Salt, Yellow 5, Yellow 6), **Pecans, Maple Syrup** (Corn Syrup, High Fructose Corn Syrup, Water, Cellulose Gum, Caramel Color, Salt, Natural & Artificial Flavor, Sodium Benzoate & Sorbic Acid, Sodium Hexametaphosphate)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 456 |
| Total Fat | 15g |
| Saturated Fat | 7g |
| Cholesterol | 21mg |
| Sodium | 401mg |
| Total Carbohydrates | 76g |
| Dietary Fiber | 5g |
| Total Sugars | 32g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, TREE NUTS (PECANS), SOY

MAPLE BACON DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, Maple Flat Icing** (Sugar, Water, Corn Starch, Agar-Agar, Caramel Color, Dextrose, Food Starch-Modified, Invert Sugar, Mono- and Diglycerides, Natural & Artificial Flavor, Preservatives [Potassium Sorbate, Sodium Benzoate], Salt, Yellow 5, Yellow 6), **Maple Syrup** (Corn Syrup, High Fructose Corn Syrup, Water, Cellulose Gum, Caramel Color, Salt, Natural & Artificial Flavor, Sodium Benzoate & Sorbic Acid, Sodium Hexametaphosphate), **Bacon** (Smoke Flavoring Added Cured With Water, Salt, Sugar, Smoke Flavoring, Sodium Erythorbate, Sodium Phosphates, Sodium Nitrite.)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 455 |
| Total Fat | 15g |
| Saturated Fat | 7g |
| Cholesterol | 25mg |
| Sodium | 485mg |
| Total Carbohydrates | 76g |
| Dietary Fiber | 5g |
| Total Sugars | 32g |
| Protein | 9g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY

BOURBON CARAMEL DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, Caramel Glaze** (Sugar, Water, Corn Syrup, Cornstarch, Agar-Agar, Starch — Modified, Invert Sugar, Maltodextrin, Mono-Diglycerides, Natural & Artificial Flavor, Preservatives [Potassium Sorbate, Sodium Propionate], Red 40, Salt, Yellow 5)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 474 |
| Total Fat | 13g |
| Saturated Fat | 7g |
| Cholesterol | 21mg |
| Sodium | 471mg |
| Total Carbohydrates | 86g |
| Dietary Fiber | 5g |
| Total Sugars | 42g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY

TURTLE DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, Caramel Glaze** (Sugar, Water, Corn Syrup, Cornstarch, Agar-Agar, Starch — Modified, Invert Sugar, Maltodextrin, Mono-Diglycerides, Natural & Artificial Flavor, Preservatives [Potassium Sorbate, Sodium Propionate], Red 40, Salt, Yellow 5), **Pecans, Chocolate Syrup** (High Fructose Corn Syrup, Corn Syrup, Water, Cocoa, Sugar, Contains 2% or Less of: Potassium Sorbate, Xanthan Gum, Salt, Mono-and Diglycerides, Polysorbate 60, Vanillin)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 458 |
| Total Fat | 17g |
| Saturated Fat | 7g |
| Cholesterol | 21mg |
| Sodium | 458mg |
| Total Carbohydrates | 72g |
| Dietary Fiber | 38g |
| Total Sugars | 28g |
| Protein | 9g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, TREE NUTS (PECANS), SOY

CHOCOLATE CHOCOLATE DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, Chocolate Glaze** (Sugar, Water, Dextrose, Corn Syrup, Corn Starch, Cocoa Processed with Alkali, Agar-Agar, Artificial Flavor, Food Starch-Modified, Glucono Delt-Lactone, Invert Sugar, Mono-And Diglycerides, Preservatives [Potassium Sorbate, Sodium Benzoate, Sorbic Acid], Propylene Glycol, Salt), **Mini Chocolate Chips** (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin [An Emulsifier], Natural Vanilla Extract), **Chocolate Syrup** (High Fructose Corn Syrup, Corn Syrup, Water, Cocoa, Sugar, Contains 2% or Less of: Potassium Sorbate, Xanthan Gum, Salt, Mono-and Diglycerides, Polysorbate 60, Vanillin)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 439 |
| Total Fat | 14g |
| Saturated Fat | 7g |
| Cholesterol | 21g |
| Sodium | 428mg |
| Total Carbohydrates | 74g |
| Dietary Fiber | 6g |
| Total Sugars | 30g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY

CHURRO DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, Chocolate Glaze** (Sugar, Water, Dextrose, Corn Syrup, Corn Starch, Cocoa Processed with Alkali, Agar-Agar, Artificial Flavor, Food Starch-Modified, Glucono Delt-Lactone, Invert Sugar, Mono-And Diglycerides, Preservatives [Potassium Sorbate, Sodium Benzoate, Sorbic Acid], Propylene Glycol, Salt), **Cinnamon Doughnut Sugar** (Dextrose, Cinnamon, Corn Starch, Palm Oil, Artificial Flavor)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 397 |
| Total Fat | 14g |
| Saturated Fat | 9g |
| Cholesterol | 21mg |
| Sodium | 419mg |
| Total Carbohydrates | 65g |
| Dietary Fiber | 5g |
| Total Sugars | 22g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY

PEANUT BUTTER CUP DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, Chocolate Glaze** (Sugar, Water, Dextrose, Corn Syrup, Corn Starch, Cocoa Processed with Alkali, Agar-Agar, Artificial Flavor, Food Starch-Modified, Glucono Delt-Lactone, Invert Sugar, Mono-And Diglycerides, Preservatives [Potassium Sorbate, Sodium Benzoate, Sorbic Acid], Propylene Glycol, Salt), **Reese's™ Peanut Butter Sauce** (Peanuts, Peanut Oil, Sugar, Salt, Hydrogenated Vegetable Oil [Rapeseed, Cottonseed, & Soybean Oil], Cornstarch)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 461 |
| Total Fat | 18g |
| Saturated Fat | 7g |
| Cholesterol | 21mg |
| Sodium | 462mg |
| Total Carbohydrates | 71g |
| Dietary Fiber | 6g |
| Total Sugars | 27g |
| Protein | 10g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, PEANUTS, SOY

CAMPFIRE DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, Chocolate Glaze** (Sugar, Water, Dextrose, Corn Syrup, Corn Starch, Cocoa Processed with Alkali, Agar-Agar, Artificial Flavor, Food Starch-Modified, Glucono Delt-Lactone, Invert Sugar, Mono-And Diglycerides, Preservatives [Potassium Sorbate, Sodium Benzoate, Sorbic Acid], Propylene Glycol, Salt), **Mini Marshmallows** (Corn Syrup, Sugar, Water, Modified Corn Starch, Gelatin, Natural & Artificial Flavors, Tetrasodium Pyrophosphate), **Graham Cracker Crumbs** (Unbleached Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Vitamin B1, Riboflavin Vitamin B2, Folic Acid], Graham Flour [Whole Grain Wheat Flour], Sugar, Soybean Oil, Molasses, High Fructose Corn Syrup, Partially Hydrogenated Cottonseed Oil, Leavening [Baking Soda and/or Calcium Phosphate], Salt), **Chocolate Syrup** (High Fructose Corn Syrup, Corn Syrup, Water, Cocoa, Sugar, Contains 2% or Less of: Potassium Sorbate, Xanthan Gum, Salt, Mono-and Diglycerides, Polysorbate 60, Vanillin)

Allergens

CONTAINS: WHEAT, MILK, SOY

Nutrition

| | |
|----------------------------|--------------|
| Calories | 429 |
| Total Fat | 13g |
| Saturated Fat | 7g |
| Cholesterol | 21mg |
| Sodium | 432mg |
| Total Carbohydrates | 74g |
| Dietary Fiber | 5g |
| Total Sugars | 30g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

TURTLE CHEESECAKE DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, Cheesecake Topping** (Cream Cheese, Sugar, Lemon Juice Concentrate, Artificial Vanilla, Water), **Pecans, Caramel Drizzle** (Caramel Flat Icing: Sugar, Water, Corn Syrup, Cornstarch, Agar-Agar, Starch — Modified, Invert Sugar, Maltodextrin, Mono-Diglycerides, Natural & Artificial Flavor, Preservatives [Potassium Sorbate, Sodium Propionate], Red 40, Salt, Yellow 5), **Chocolate Syrup Drizzle** (High Fructose Corn Syrup, Corn Syrup, Water, Cocoa, Sugar, Contains 2 % or Less of: Potassium Sorbate, Xanthan Gum, Salt, Mono- and Diglycerides, Polysorbate 60, Vanillin)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 472 |
| Total Fat | 22g |
| Saturated Fat | 10g |
| Cholesterol | 38mg |
| Sodium | 480mg |
| Total Carbohydrates | 65g |
| Dietary Fiber | 6g |
| Total Sugars | 21g |
| Protein | 10g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: MILK, TREE NUTS (PECANS), SOY

COCONUT CREAM FILLED DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, Coconut Cream Filling** (Water, Sugar, Food Starch-Modified, Coconut, Agar-Agar, Artificial Flavor, Beta-Carotene [Color], Carob Bean Gum, Mono- and Diglycerides, Palm Oil, Phosphoric Acid, Polysorbate 60, Preservatives [Sodium Benzoate, Sorbic Acid], Salt, Titanium Dioxide [Color]), **Whipped Topping** (Water, High Fructose Corn Syrup, Hydrogenated Vegetable Oil [Palm, Palm Kernel, Coconut, and/or Cottonseed], Contains Less Than 2% of the Following: Sodium Caseinate [a Milk Derivative], Dextrose, Artificial Flavor, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Colored with Turmeric and Annatto Extracts)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 523 |
| Total Fat | 21g |
| Saturated Fat | 14g |
| Cholesterol | 21mg |
| Sodium | 482mg |
| Total Carbohydrates | 78g |
| Dietary Fiber | 6g |
| Total Sugars | 28g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, COCONUT, SOY

RASPBERRY JELLY FILLED DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, Raspberry Filling** (High Fructose Corn Syrup, Water, Red Raspberries, Food Starch-Modified, Sugar, Blue 1, Citric Acid, Gellan Gum, Natural & Artificial Flavor, Preservatives [Potassium Sorbate, Sodium Benzoate], Red 40, Salt), **Confectioners' Sugar** (Dextrose, Cornstarch, Palm Oil, Titanium Dioxide, Natural Flavor)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 508 |
| Total Fat | 13g |
| Saturated Fat | 7g |
| Cholesterol | 21mg |
| Sodium | 511mg |
| Total Carbohydrates | 94g |
| Dietary Fiber | 6g |
| Total Sugars | 45g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY

STRAWBERRY SHORTCAKE DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Strawberry Fruit Bits** (high fructose corn syrup, strawberries [strawberries, sugar], corn syrup, food starch-modified, contains 2% or less of agar-agar, carob bean gum, citric acid, natural & artificial flavor, preservative [potassium sorbate], propylene glycol, red 40, sugar, sulfites, water), **Strawberries, Graham Cracker Crumbs** (unbleached enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, vitamin B1, riboflavin, vitamin B2, folic acid], graham flour [whole grain wheat flour], sugar, soybean oil, molasses, high fructose corn syrup, partially hydrogenated cottonseed oil, leavening [baking soda and/or calcium phosphate], salt), **Whipped Topping** (water, high fructose corn syrup, hydrogenated vegetable oil [palm, palm kernel, coconut and/or cottonseed], contains less than 2% of the following: sodium caseinate [a milk derivative], dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts) *Not a source of lactose

Nutrition

| | |
|----------------------------|--------------|
| Calories | 404 |
| Total Fat | 14g |
| Saturated Fat | 8g |
| Cholesterol | 21mg |
| Sodium | 394mg |
| Total Carbohydrates | 66g |
| Dietary Fiber | 5g |
| Total Sugars | 20g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY

BLUEBERRY HILL DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Blueberry Fruit Bits** (water, high fructose corn syrup, dried apples [apples, preservative (sodium sulfite)], corn syrup, blueberries, food starch-modified, contains 2% or less of: blue 1, citric acid, natural & artificial flavors, preservatives [potassium sorbate, sodium benzoate], red 40), **Confectioners' Sugar** (Dextrose, Cornstarch, Palm Oil, Titanium Dioxide, Natural Flavor)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 386 |
| Total Fat | 13g |
| Saturated Fat | 7g |
| Cholesterol | 21mg |
| Sodium | 390mg |
| Total Carbohydrates | 63g |
| Dietary Fiber | 5g |
| Total Sugars | 20g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY

DREAMSICLE DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Orange Fruit Bits** (high fructose corn syrup, oranges, corn syrup, sugar, food starch-modified, contains 2% or less of: blue 1, citric acid, natural & artificial flavor, preservative [potassium sorbate], red 40, salt, water, yellow 5), **Whipped Topping** (water, high fructose corn syrup, hydrogenated vegetable oil [palm, palm kernel, coconut and/or cottonseed], contains less than 2% of the following: *sodium caseinate [a milk derivative], dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 415 |
| Total Fat | 14g |
| Saturated Fat | 8g |
| Cholesterol | 21mg |
| Sodium | 391mg |
| Total Carbohydrates | 68g |
| Dietary Fiber | 5g |
| Total Sugars | 24g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY

RASPBERRY PISTACHIO DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Raspberry Fruit Bits** (pineapple [pineapple juice, preservative {ascorbic acid}], sugar, corn syrup, high fructose corn syrup, red raspberries, food starch-modified, contains 2% or less of: artificial flavor, blue 1, carob bean gum, citric acid, preservative [potassium sorbate], red 40, water), **Pistachios**

Nutrition

| | |
|----------------------------|--------------|
| Calories | 398 |
| Total Fat | 14g |
| Saturated Fat | 7g |
| Cholesterol | 21mg |
| Sodium | 390mg |
| Total Carbohydrates | 63g |
| Dietary Fiber | 5g |
| Total Sugars | 19g |
| Protein | 9g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, TREE NUTS (PISTACHIOS), SOY

VANILLA CARNIVAL DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Rainbow Sprinkles** (sugar, corn starch, palm oil & palm kernel oil, soy lecithin, dextrin, carnauba wax, confectioner's glaze, FD&C yellow #5 Lake, yellow #6 Lake, blue #1 Lake, red #40 Lake, red #3)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 391 |
| Total Fat | 13g |
| Saturated Fat | 7g |
| Cholesterol | 21mg |
| Sodium | 390mg |
| Total Carbohydrates | 63g |
| Dietary Fiber | 5g |
| Total Sugars | 19g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY

HONEY GLAZED DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Honey**

Nutrition

| | |
|----------------------------|--------------|
| Calories | 398 |
| Total Fat | 13g |
| Saturated Fat | 7g |
| Cholesterol | 21mg |
| Sodium | 390mg |
| Total Carbohydrates | 67g |
| Dietary Fiber | 5g |
| Total Sugars | 19g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY

STRAWBERRY CARNIVAL DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Strawberry Fruit Bits** (high fructose corn syrup, strawberries [strawberries, sugar], corn syrup, food starch-modified, contains 2% or less of agar-agar, carob bean gum, citric acid, natural & artificial flavor, preservative [potassium sorbate], propylene glycol, red 40, sugar, sulfites, water), **Rainbow Sprinkles** (sugar, corn starch, palm oil & palm kernel oil, soy lecithin, dextrin, carnauba wax, confectioner's glaze, FD&C yellow #5 Lake, yellow #6 Lake, blue #1 Lake, red #40 Lake, red #3)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 391 |
| Total Fat | 13g |
| Saturated Fat | 7g |
| Cholesterol | 21mg |
| Sodium | 390mg |
| Total Carbohydrates | 64g |
| Dietary Fiber | 5g |
| Total Sugars | 20g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY

CHOCOLATE CARNIVAL DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Chocolate Glaze** (Sugar, Water, Dextrose, Corn Syrup, Corn Starch, Cocoa Processed with Alkali, Agar-Agar, Artificial Flavor, Food Starch-Modified, Glucono Delt-Lactone, Invert Sugar, Mono-And Diglycerides, Preservatives [Potassium Sorbate, Sodium Benzoate, Sorbic Acid], Propylene Glycol, Salt), **Rainbow Sprinkles** (sugar, corn starch, palm oil & palm kernel oil, soy lecithin, dextrin, carnauba wax, confectioner's glaze, FD&C yellow #5 Lake, yellow #6 Lake, blue #1 Lake, red #40 Lake, red #3)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 325 |
| Total Fat | 13g |
| Saturated Fat | 7g |
| Cholesterol | 21mg |
| Sodium | 427mg |
| Total Carbohydrates | 71g |
| Dietary Fiber | 5g |
| Total Sugars | 27g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY

COOKIES N' CREAM DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Oreo Pieces** (Unbleached Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Sugar, Palm and/or Canola Oil, Cocoa [Processed with Alkali], Invert Sugar, Leavening [Baking Soda and/or Calcium Phosphate], Soy Lecithin, Salt, Chocolate, Natural Flavor), **Chocolate Syrup** (High Fructose Corn Syrup, Corn Syrup, Water, Cocoa, Sugar, Contains 2 % or Less of: Potassium Sorbate, Xanthan Gum, Salt, Mono- and Diglycerides, Polysorbate 60, Vanillin), **Whipped Topping** (Water, High Fructose Corn Syrup, Hydrogenated Vegetable Oil [Palm, Palm Kernel, Coconut and/or Cottonseed], Contains Less Than 2 % of the Following: Sodium Caseinate [a Milk Derivative], Dextrose, Artificial Flavor, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Colored with Turmeric and Annatto Extracts)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 402 |
| Total Fat | 14g |
| Saturated Fat | 8g |
| Cholesterol | 21mg |
| Sodium | 393mg |
| Total Carbohydrates | 65g |
| Dietary Fiber | 5g |
| Total Sugars | 21g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY

SANDY BEACH DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Cinnamon Doughnut Sugar** (Dextrose, Cinnamon, Corn Starch, Palm Oil, Artificial Flavor)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 387 |
| Total Fat | 13g |
| Saturated Fat | 7g |
| Cholesterol | 21mg |
| Sodium | 390mg |
| Total Carbohydrates | 63g |
| Dietary Fiber | 5g |
| Total Sugars | 19g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY

LEMON BAR DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, White Doughnut Glaze Lemon Fruit Bits** (water, high fructose corn syrup, corn syrup, lemon [lemon peel, water, lemon pulp cells, lemon juice concentrate], food starch-modified, contains 2% or less of: natural flavor, preservatives [potassium sorbate], salt, yellow 5), **Confectioners' Sugar** (Dextrose, Cornstarch, Palm Oil, Titanium Dioxide, Natural Flavor), **Graham Cracker Crumbs** (unbleached enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, vitamin B1, riboflavin, vitamin B2, folic acid], graham flour [whole grain wheat flour], sugar, soybean oil, molasses, high fructose corn syrup, partially hydrogenated cottonseed oil, leavening [baking soda and/or calcium phosphate], salt), **Whipped Topping** (water, high fructose corn syrup, hydrogenated vegetable oil [palm, palm kernel, coconut and/or cottonseed], contains less than 2% of the following: sodium caseinate [a milk derivative], dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts)
*Not a source of lactose

Allergens

CONTAINS: WHEAT, MILK, SOY

Nutrition

| | |
|----------------------------|--------------|
| Calories | 402 |
| Total Fat | 14g |
| Saturated Fat | 8g |
| Cholesterol | 21mg |
| Sodium | 394mg |
| Total Carbohydrates | 65g |
| Dietary Fiber | 5g |
| Total Sugars | 20g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

CINNAMON SUGAR MINIS

Serving Size: 4 Mini Doughnuts

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, Cinnamon**

Nutrition

| | |
|----------------------------|--------------|
| Calories | 280 |
| Total Fat | 12g |
| Saturated Fat | 4g |
| Cholesterol | 20mg |
| Sodium | 344mg |
| Total Carbohydrates | 40g |
| Dietary Fiber | 4g |
| Total Sugars | 4g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY

RASPBERRY JELLY FILLED MINI

Serving Size: 4 Mini Doughnuts

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Granulated Sugar, Raspberry Filling** (High Fructose Corn Syrup, Water, Red Raspberries, Food Starch-Modified, Sugar, Blue 1, Citric Acid, Gellan Gum, Natural & Artificial Flavor, Preservatives [Potassium Sorbate, Sodium Benzoate], Red 40, Salt), **Confectioners' Sugar** (Dextrose, Cornstarch, Palm Oil, Titanium Dioxide, Natural Flavor)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 336 |
| Total Fat | 12g |
| Saturated Fat | 4g |
| Cholesterol | 20mg |
| Sodium | 388mg |
| Total Carbohydrates | 56g |
| Dietary Fiber | 1g |
| Total Sugars | 16g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY

COCONUT CREAM FILLED MINI

Serving Size: 4 Mini Doughnuts

Ingredients

Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying), **Coconut Cream, Granulated Sugar**

Nutrition

| | |
|----------------------------|--------------|
| Calories | 332 |
| Total Fat | 12g |
| Saturated Fat | 8g |
| Cholesterol | 20mg |
| Sodium | 376mg |
| Total Carbohydrates | 48g |
| Dietary Fiber | 4g |
| Total Sugars | 12g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY, TREE NUTS (COCONUT)

VEGAN/GLUTEN FRIENDLY VANILLA FRENCH TOAST DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Brown Sugar (sugar, molasses), **Garbanzo Bean Flour**, **Potato Starch**, **Sorghum Flour**, **Tapioca Flour**, **Baking Powder** (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), **Salt**, **Xanthan Gum**, **Coconut Milk** (Organic Coconut milk (Filtered Water, Organic Coconut Cream), Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Calcium Carbonate, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Organic Sunflower Lecithin, Gellan Gum, Organic Locust Bean Gum, Sea Salt), **Coconut Oil**, **Maple Flat Icing** (sugar, water, corn starch, agar-agar, caramel color, dextrose, food starch-modified, invert sugar, mono- and diglycerides, natural & artificial flavor, preservatives (potassium sorbate, sodium benzoate), salt, yellow 5, yellow 6), **Cinnamon Doughnut Sugar** (dextrose, cinnamon, corn starch, palm oil, artificial flavor), **Maple Syrup** (corn syrup, high fructose corn syrup, water, cellulose gum, caramel color, salt, natural & artificial flavor, sodium benzoate & sorbic acid, sodium hexametaphosphate)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 334 |
| Total Fat | 13g |
| Saturated Fat | 10g |
| Cholesterol | 0mg |
| Sodium | 158mg |
| Total Carbohydrates | 52g |
| Dietary Fiber | 2g |
| Total Sugars | 33g |
| Protein | 3g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT

VEGAN/GLUTEN FRIENDLY VANILLA CHOCOLATE CHOCOLATE DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Brown Sugar (sugar, molasses), **Garbanzo Bean Flour**, **Potato Starch**, **Sorghum Flour**, **Tapioca Flour**, **Baking Powder** (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), **Salt**, **Xanthan Gum**, **Coconut Milk** (Organic Coconut milk (Filtered Water, Organic Coconut Cream), Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Calcium Carbonate, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Organic Sunflower Lecithin, Gellan Gum, Organic Locust Bean Gum, Sea Salt), **Coconut Oil**, **Chocolate Glaze** (Sugar, Water, Dextrose, Corn Syrup, Corn Starch, Cocoa Processed with Alkali, Agar-Agar, Artificial Flavor, Food Starch-Modified, Glucono Delt-Lactone, Invert Sugar, Mono-And Diglycerides, Preservatives [Potassium Sorbate, Sodium Benzoate, Sorbic Acid], Propylene Glycol, Salt), **Chocolate Syrup** (High Fructose Corn Syrup, Corn Syrup, Water, Cocoa, Sugar, Contains 2% or Less of: Potassium Sorbate, Xanthan Gum, Salt, Mono-and Diglycerides, Polysorbate 60, Vanillin)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 328 |
| Total Fat | 13g |
| Saturated Fat | 10g |
| Cholesterol | 0mg |
| Sodium | 177mg |
| Total Carbohydrates | 50g |
| Dietary Fiber | 2g |
| Total Sugars | 32g |
| Protein | 3g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT, SOY

VEGAN/GLUTEN FRIENDLY VANILLA SANDY BEACH DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Brown Sugar (sugar, molasses), **Garbanzo Bean Flour**, **Potato Starch**, **Sorghum Flour**, **Tapioca Flour**, **Baking Powder** (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), **Salt**, **Xanthan Gum**, **Coconut Milk** (Organic Coconut milk (Filtered Water, Organic Coconut Cream), Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Calcium Carbonate, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Organic Sunflower Lecithin, Gellan Gum, Organic Locust Bean Gum, Sea Salt), **Coconut Oil**, **White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Cinnamon Doughnut Sugar** (Dextrose, Cinnamon, Corn Starch, Palm Oil, Artificial Flavor)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 310 |
| Total Fat | 13g |
| Saturated Fat | 10g |
| Cholesterol | 0mg |
| Sodium | 151mg |
| Total Carbohydrates | 46g |
| Dietary Fiber | 2g |
| Total Sugars | 28g |
| Protein | 3g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT

VEGAN/GLUTEN FRIENDLY VANILLA VANILLA CARNIVAL DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Brown Sugar (sugar, molasses), **Garbanzo Bean Flour**, **Potato Starch**, **Sorghum Flour**, **Tapioca Flour**, **Baking Powder** (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), **Salt**, **Xanthan Gum**, **Coconut Milk** (Organic Coconut milk (Filtered Water, Organic Coconut Cream), Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Calcium Carbonate, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Organic Sunflower Lecithin, Gellan Gum, Organic Locust Bean Gum, Sea Salt), **Coconut Oil**, **White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Rainbow Sprinkles** (sugar, corn starch, palm oil & palm kernel oil, soy lecithin, dextrin, carnauba wax, confectioner's glaze, FD&C yellow #5 Lake, yellow #6 Lake, blue #1 Lake, red #40 Lake, red #3)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 314 |
| Total Fat | 13g |
| Saturated Fat | 10g |
| Cholesterol | 0mg |
| Sodium | 151mg |
| Total Carbohydrates | 46g |
| Dietary Fiber | 2g |
| Total Sugars | 28g |
| Protein | 3g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT

VEGAN/GLUTEN FRIENDLY VANILLA STRAWBERRY CARNIVAL DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Brown Sugar (sugar, molasses), **Garbanzo Bean Flour**, **Potato Starch**, **Sorghum Flour**, **Tapioca Flour**, **Baking Powder** (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), **Salt**, **Xanthan Gum**, **Coconut Milk** (Organic Coconut milk (Filtered Water, Organic Coconut Cream), Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Calcium Carbonate, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Organic Sunflower Lecithin, Gellan Gum, Organic Locust Bean Gum, Sea Salt), **Coconut Oil**, **White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Strawberry Fruit Bits** (high fructose corn syrup, strawberries [strawberries, sugar], corn syrup, food starch-modified, contains 2% or less of agar-agar, carob bean gum, citric acid, natural & artificial flavor, preservative [potassium sorbate], propylene glycol, red 40, sugar, sulfites, water), **Rainbow Sprinkles** (sugar, corn starch, palm oil & palm kernel oil, soy lecithin, dextrin, carnauba wax, confectioner's glaze, FD&C yellow #5 Lake, yellow #6 Lake, blue #1 Lake, red #40 Lake, red #3)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 314 |
| Total Fat | 13g |
| Saturated Fat | 10g |
| Cholesterol | 0mg |
| Sodium | 151mg |
| Total Carbohydrates | 46g |
| Dietary Fiber | 2g |
| Total Sugars | 28g |
| Protein | 3g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT

VEGAN/GLUTEN FRIENDLY VANILLA CHOCOLATE CARNIVAL DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Brown Sugar (sugar, molasses), **Garbanzo Bean Flour**, **Potato Starch**, **Sorghum Flour**, **Tapioca Flour**, **Baking Powder** (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), **Salt**, **Xanthan Gum**, **Coconut Milk** (Organic Coconut milk (Filtered Water, Organic Coconut Cream), Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Calcium Carbonate, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Organic Sunflower Lecithin, Gellan Gum, Organic Locust Bean Gum, Sea Salt), **Coconut Oil**, **Chocolate Glaze** (Sugar, Water, Dextrose, Corn Syrup, Corn Starch, Cocoa Processed with Alkali, Agar-Agar, Artificial Flavor, Food Starch-Modified, Glucono Delt-Lactone, Invert Sugar, Mono-And Diglycerides, Preservatives [Potassium Sorbate, Sodium Benzoate, Sorbic Acid], Propylene Glycol, Salt), **Rainbow Sprinkles** (sugar, corn starch, palm oil & palm kernel oil, soy lecithin, dextrin, carnauba wax, confectioner's glaze, FD&C yellow #5 Lake, yellow #6 Lake, blue #1 Lake, red #40 Lake, red #3)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 330 |
| Total Fat | 13g |
| Saturated Fat | 10g |
| Cholesterol | 0mg |
| Sodium | 176mg |
| Total Carbohydrates | 50g |
| Dietary Fiber | 2g |
| Total Sugars | 32g |
| Protein | 3g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT

VEGAN/GLUTEN FRIENDLY VANILLA BLUEBERRY HILL DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Brown Sugar (sugar, molasses), **Garbanzo Bean Flour**, **Potato Starch**, **Sorghum Flour**, **Tapioca Flour**, **Baking Powder** (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), **Salt**, **Xanthan Gum**, **Coconut Milk** (Organic Coconut milk (Filtered Water, Organic Coconut Cream), Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Calcium Carbonate, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Organic Sunflower Lecithin, Gellan Gum, Organic Locust Bean Gum, Sea Salt), **Coconut Oil**, **White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Blueberry Fruit Bits** (water, high fructose corn syrup, dried apples [apples, preservative (sodium sulfite)], corn syrup, blueberries, food starch-modified, contains 2% or less of: blue 1, citric acid, natural & artificial flavors, preservatives [potassium sorbate, sodium benzoate], red 40), **Confectioners' Sugar** (Dextrose, Cornstarch, Palm Oil, Titanium Dioxide, Natural Flavor)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 392 |
| Total Fat | 20g |
| Saturated Fat | 16g |
| Cholesterol | 0mg |
| Sodium | 206mg |
| Total Carbohydrates | 51g |
| Dietary Fiber | 2g |
| Total Sugars | 31g |
| Protein | 4g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT

VEGAN/GLUTEN FRIENDLY VANILLA STRAWBERRY SHORTCAKE DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Brown Sugar (sugar, molasses), **Garbanzo Bean Flour**, **Potato Starch**, **Sorghum Flour**, **Tapioca Flour**, **Baking Powder** (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), **Salt**, **Xanthan Gum**, **Coconut Milk** (Organic Coconut milk (Filtered Water, Organic Coconut Cream), Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Calcium Carbonate, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Organic Sunflower Lecithin, Gellan Gum, Organic Locust Bean Gum, Sea Salt), **Coconut Oil**, **White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Strawberry Fruit Bits** (high fructose corn syrup, strawberries [strawberries, sugar], corn syrup, food starch-modified, contains 2% or less of agar-agar, carob bean gum, citric acid, natural & artificial flavor, preservative [potassium sorbate], propylene glycol, red 40, sugar, sulfites, water

Nutrition

| | |
|----------------------------|--------------|
| Calories | 392 |
| Total Fat | 20g |
| Saturated Fat | 16g |
| Cholesterol | 0mg |
| Sodium | 206mg |
| Total Carbohydrates | 51g |
| Dietary Fiber | 2g |
| Total Sugars | 31g |
| Protein | 4g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT

VEGAN/GLUTEN FRIENDLY CHOCOLATE FRENCH TOAST DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Brown Sugar (sugar, molasses), **Garbanzo Bean Flour**, **Potato Starch**, **Sorghum Flour**, **Tapioca Flour**, **Cane Sugar**, **Cocoa Powder**, **Oat Fiber**, **Baking Powder** (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), **Salt**, **Xanthan Gum**, **Coconut Milk** (Organic Coconut milk (Filtered Water, Organic Coconut Cream), Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Calcium Carbonate, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Organic Sunflower Lecithin, Gellan Gum, Organic Locust Bean Gum, Sea Salt), **Coconut Oil**, **Maple Flat Icing** (sugar, water, corn starch, agar-agar, caramel color, dextrose, food starch-modified, invert sugar, mono- and diglycerides, natural & artificial flavor, preservatives (potassium sorbate, sodium benzoate), salt, yellow 5, yellow 6), **Cinnamon Doughnut Sugar** (dextrose, cinnamon, corn starch, palm oil, artificial flavor), **Maple Syrup** (corn syrup, high fructose corn syrup, water, cellulose gum, caramel color, salt, natural & artificial flavor, sodium benzoate & sorbic acid, sodium hexametaphosphate)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 374 |
| Total Fat | 16g |
| Saturated Fat | 13g |
| Cholesterol | 0mg |
| Sodium | 158mg |
| Total Carbohydrates | 55g |
| Dietary Fiber | 4g |
| Total Sugars | 36g |
| Protein | 3g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT

VEGAN/GLUTEN FRIENDLY CHOCOLATE CHOCOLATE CHOCOLATE DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Brown Sugar (sugar, molasses), **Garbanzo Bean Flour**, **Potato Starch**, **Sorghum Flour**, **Tapioca Flour**, **Cane Sugar**, **Cocoa Powder**, **Oat Fiber**, **Baking Powder** (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), **Salt**, **Xanthan Gum**, **Coconut Milk** (Organic Coconut milk (Filtered Water, Organic Coconut Cream), Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Calcium Carbonate, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Organic Sunflower Lecithin, Gellan Gum, Organic Locust Bean Gum, Sea Salt), **Coconut Oil**, **Chocolate Glaze** (Sugar, Water, Dextrose, Corn Syrup, Corn Starch, Cocoa Processed with Alkali, Agar-Agar, Artificial Flavor, Food Starch-Modified, Glucono Delt-Lactone, Invert Sugar, Mono-And Diglycerides, Preservatives [Potassium Sorbate, Sodium Benzoate, Sorbic Acid], Propylene Glycol, Salt), **Chocolate Syrup** (High Fructose Corn Syrup, Corn Syrup, Water, Cocoa, Sugar, Contains 2% or Less of: Potassium Sorbate, Xanthan Gum, Salt, Mono-and Diglycerides, Polysorbate 60, Vanillin)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 368 |
| Total Fat | 16g |
| Saturated Fat | 13g |
| Cholesterol | 0mg |
| Sodium | 177mg |
| Total Carbohydrates | 53g |
| Dietary Fiber | 2g |
| Total Sugars | 35g |
| Protein | 3g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT, SOY

VEGAN/GLUTEN FRIENDLY CHOCOLATE SANDY BEACH DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Brown Sugar (sugar, molasses), **Garbanzo Bean Flour**, **Potato Starch**, **Sorghum Flour**, **Tapioca Flour**, **Cane Sugar**, **Cocoa Powder**, **Oat Fiber**, **Baking Powder** (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), **Salt**, **Xanthan Gum**, **Coconut Milk** (Organic Coconut milk (Filtered Water, Organic Coconut Cream), Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Calcium Carbonate, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Organic Sunflower Lecithin, Gellan Gum, Organic Locust Bean Gum, Sea Salt), **Coconut Oil**, **White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Cinnamon Doughnut Sugar** (Dextrose, Cinnamon, Corn Starch, Palm Oil, Artificial Flavor)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 350 |
| Total Fat | 16g |
| Saturated Fat | 13g |
| Cholesterol | 0mg |
| Sodium | 151mg |
| Total Carbohydrates | 49g |
| Dietary Fiber | 4g |
| Total Sugars | 31g |
| Protein | 3g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT

VEGAN/GLUTEN FRIENDLY CHOCOLATE VANILLA CARNIVAL DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Brown Sugar (sugar, molasses), **Garbanzo Bean Flour**, **Potato Starch**, **Sorghum Flour**, **Tapioca Flour**, **Cane Sugar**, **Cocoa Powder**, **Oat Fiber**, **Baking Powder** (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), **Salt**, **Xanthan Gum**, **Coconut Milk** (Organic Coconut milk (Filtered Water, Organic Coconut Cream), Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Calcium Carbonate, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Organic Sunflower Lecithin, Gellan Gum, Organic Locust Bean Gum, Sea Salt), **Coconut Oil**, **White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Rainbow Sprinkles** (sugar, corn starch, palm oil & palm kernel oil, soy lecithin, dextrin, carnauba wax, confectioner's glaze, FD&C yellow #5 Lake, yellow #6 Lake, blue #1 Lake, red #40 Lake, red #3)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 314 |
| Total Fat | 13g |
| Saturated Fat | 10g |
| Cholesterol | 0mg |
| Sodium | 151mg |
| Total Carbohydrates | 46g |
| Dietary Fiber | 2g |
| Total Sugars | 28g |
| Protein | 3g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT

VEGAN/GLUTEN FRIENDLY CHOCOLATE STRAWBERRY CARNIVAL DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Brown Sugar (sugar, molasses), **Garbanzo Bean Flour**, **Potato Starch**, **Sorghum Flour**, **Tapioca Flour**, **Cane Sugar**, **Cocoa Powder**, **Oat Fiber**, **Baking Powder** (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), **Salt**, **Xanthan Gum**, **Coconut Milk** (Organic Coconut milk (Filtered Water, Organic Coconut Cream), Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Calcium Carbonate, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Organic Sunflower Lecithin, Gellan Gum, Organic Locust Bean Gum, Sea Salt), **Coconut Oil**, **White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Strawberry Fruit Bits** (high fructose corn syrup, strawberries [strawberries, sugar], corn syrup, food starch-modified, contains 2% or less of agar-agar, carob bean gum, citric acid, natural & artificial flavor, preservative [potassium sorbate], propylene glycol, red 40, sugar, sulfites, water), **Rainbow Sprinkles** (sugar, corn starch, palm oil & palm kernel oil, soy lecithin, dextrin, carnauba wax, confectioner's glaze, FD&C yellow #5 Lake, yellow #6 Lake, blue #1 Lake, red #40 Lake, red #3)

Allergens

CONTAINS: COCONUT

Nutrition

| | |
|----------------------------|--------------|
| Calories | 354 |
| Total Fat | 16g |
| Saturated Fat | 13g |
| Cholesterol | 0mg |
| Sodium | 151mg |
| Total Carbohydrates | 49g |
| Dietary Fiber | 4g |
| Total Sugars | 31g |
| Protein | 3g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

VEGAN/GLUTEN FRIENDLY CHOCOLATE CHOCOLATE CARNIVAL DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Brown Sugar (sugar, molasses), **Garbanzo Bean Flour**, **Potato Starch**, **Sorghum Flour**, **Tapioca Flour**, **Cane Sugar**, **Cocoa Powder**, **Oat Fiber**, **Baking Powder** (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), **Salt**, **Xanthan Gum**, **Coconut Milk** (Organic Coconut milk (Filtered Water, Organic Coconut Cream), Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Calcium Carbonate, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Organic Sunflower Lecithin, Gellan Gum, Organic Locust Bean Gum, Sea Salt), **Coconut Oil**, **Chocolate Glaze** (Sugar, Water, Dextrose, Corn Syrup, Corn Starch, Cocoa Processed with Alkali, Agar-Agar, Artificial Flavor, Food Starch-Modified, Glucono Delt-Lactone, Invert Sugar, Mono-And Diglycerides, Preservatives [Potassium Sorbate, Sodium Benzoate, Sorbic Acid], Propylene Glycol, Salt), **Rainbow Sprinkles** (sugar, corn starch, palm oil & palm kernel oil, soy lecithin, dextrin, carnauba wax, confectioner's glaze, FD&C yellow #5 Lake, yellow #6 Lake, blue #1 Lake, red #40 Lake, red #3)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 370 |
| Total Fat | 16g |
| Saturated Fat | 13g |
| Cholesterol | 0mg |
| Sodium | 176mg |
| Total Carbohydrates | 53g |
| Dietary Fiber | 4g |
| Total Sugars | 35g |
| Protein | 3g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT

VEGAN/GLUTEN FRIENDLY CHOCOLATE BLUEBERRY HILL DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Brown Sugar (sugar, molasses), **Garbanzo Bean Flour**, **Potato Starch**, **Sorghum Flour**, **Tapioca Flour**, **Cane Sugar**, **Cocoa Powder**, **Oat Fiber**, **Baking Powder** (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), **Salt**, **Xanthan Gum**, **Coconut Milk** (Organic Coconut milk (Filtered Water, Organic Coconut Cream), Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Calcium Carbonate, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Organic Sunflower Lecithin, Gellan Gum, Organic Locust Bean Gum, Sea Salt), **Coconut Oil**, **White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Blueberry Fruit Bits** (water, high fructose corn syrup, dried apples [apples, preservative (sodium sulfite)], corn syrup, blueberries, food starch-modified, contains 2% or less of: blue 1, citric acid, natural & artificial flavors, preservatives [potassium sorbate, sodium benzoate], red 40), **Confectioners' Sugar** (Dextrose, Cornstarch, Palm Oil, Titanium Dioxide, Natural Flavor)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 347 |
| Total Fat | 16g |
| Saturated Fat | 13g |
| Cholesterol | 0mg |
| Sodium | 151mg |
| Total Carbohydrates | 48g |
| Dietary Fiber | 4g |
| Total Sugars | 30g |
| Protein | 3g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT

VEGAN/GLUTEN FRIENDLY CHOCOLATE STRAWBERRY SHORTCAKE DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Brown Sugar (sugar, molasses), **Garbanzo Bean Flour**, **Potato Starch**, **Sorghum Flour**, **Tapioca Flour**, **Cane Sugar**, **Cocoa Powder**, **Oat Fiber**, **Baking Powder** (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), **Salt**, **Xanthan Gum**, **Coconut Milk** (Organic Coconut milk (Filtered Water, Organic Coconut Cream), Contains 2% or Less of: Vitamin and Mineral Blend (Calcium Phosphate, Magnesium Phosphate, Calcium Carbonate, L-Selenomethionine [Selenium], Vitamin A Acetate, Vitamin D2, Zinc Oxide, Vitamin B12), Organic Sunflower Lecithin, Gellan Gum, Organic Locust Bean Gum, Sea Salt), **Coconut Oil**, **White Doughnut Glaze** (sugar, water, maltodextrin, cornstarch, contains less than 2% of agar-agar, artificial flavor, carob bean gum, citric acid, disodium phosphate, mono- and diglycerides, preservative [potassium sorbate]), **Strawberry Fruit Bits** (high fructose corn syrup, strawberries [strawberries, sugar], corn syrup, food starch-modified, contains 2% or less of agar-agar, carob bean gum, citric acid, natural & artificial flavor, preservative [potassium sorbate], propylene glycol, red 40, sugar, sulfites, water

Nutrition

| | |
|----------------------------|--------------|
| Calories | 347 |
| Total Fat | 16g |
| Saturated Fat | 13g |
| Cholesterol | 0mg |
| Sodium | 151mg |
| Total Carbohydrates | 48g |
| Dietary Fiber | 4g |
| Total Sugars | 30g |
| Protein | 3g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT

KETO FRIENDLY VANILLA DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Almond Flour, Xylitol, Coconut Flour, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), Oat Fiber, Xanthan Gum, Salt, Swerve (erythritol, oligosaccharides, natural flavor), Eggs, Coconut Oil, Heavy Cream (Contains less than 1% of: Carrageenan, Mono and Diglycerides, Polysorbate 80), Vanilla Extract, Keto Rainbow Sprinkles (Erythritol, Stevia, Tapioca Starch, Sunflower Seed Oil, Cellulose, Natural Colors [Turmeric, Vegetable Juice, and Paprika], Citric Acid)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 500 |
| Total Fat | 46g |
| Saturated Fat | 25g |
| Cholesterol | 135mg |
| Sodium | 302mg |
| Total Carbohydrates | 49g |
| Dietary Fiber | 5g |
| Sugar Alcohol | 38g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT, MILK, EGGS

KETO FRIENDLY MAPLE DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Almond Flour, Xylitol, Coconut Flour, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), Oat Fiber, Xanthan Gum, Salt, Swerve (erythritol, oligosaccharides, natural flavor), Eggs, Coconut Oil, Heavy Cream (Contains less than 1% of: Carrageenan, Mono and Diglycerides, Polysorbate 80), Maple Extract

Nutrition

| | |
|----------------------------|--------------|
| Calories | 500 |
| Total Fat | 46g |
| Saturated Fat | 25g |
| Cholesterol | 135mg |
| Sodium | 302mg |
| Total Carbohydrates | 49g |
| Dietary Fiber | 5g |
| Sugar Alcohol | 38g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT, MILK, EGGS

KETO FRIENDLY CHERRY CHOCOLATE DOUGHNUT

Serving Size: 1 Doughnut

Serving Size: 1 Doughnut

Ingredients

Almond Flour, Xylitol, Coconut Flour, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), Oat Fiber, Xanthan Gum, Salt, Swerve (erythritol, oligosaccharides, natural flavor), Eggs, Coconut Oil, Heavy Cream (Contains less than 1% of: Carrageenan, Mono and Diglycerides, Polysorbate 80), Cherry Extract, Cacao Powder

Nutrition

| | |
|----------------------------|--------------|
| Calories | 500 |
| Total Fat | 46g |
| Saturated Fat | 25g |
| Cholesterol | 135mg |
| Sodium | 302mg |
| Total Carbohydrates | 49g |
| Dietary Fiber | 5g |
| Sugar Alcohol | 38g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT, MILK, EGGS

KETO FRIENDLY CHOCOLATE DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Almond Flour, Xylitol, Coconut Flour, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), Oat Fiber, Xanthan Gum, Salt, Swerve (erythritol, oligosaccharides, natural flavor), Eggs, Coconut Oil, Heavy Cream (Contains less than 1% of: Carrageenan, Mono and Diglycerides, Polysorbate 80), Cacao Powder, Keto Rainbow Sprinkles (Erythritol, Stevia, Tapioca Starch, Sunflower Seed Oil, Cellulose, Natural Colors [Turmeric, Vegetable Juice, and Paprika], Citric Acid)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 500 |
| Total Fat | 46g |
| Saturated Fat | 25g |
| Cholesterol | 135mg |
| Sodium | 302mg |
| Total Carbohydrates | 51g |
| Dietary Fiber | 5g |
| Sugar Alcohol | 38g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT, MILK, EGGS

KETO FRIENDLY POWDER SUGAR DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Almond Flour, Xylitol, Coconut Flour, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), Oat Fiber, Xanthan Gum, Salt, Swerve (erythritol, oligosaccharides, natural flavor), Eggs, Coconut Oil, Heavy Cream (Contains less than 1% of: Carrageenan, Mono and Diglycerides, Polysorbate 80)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 350 |
| Total Fat | 28g |
| Saturated Fat | 15g |
| Cholesterol | 75mg |
| Sodium | 290mg |
| Total Carbohydrates | 27g |
| Dietary Fiber | 5g |
| Sugar Alcohol | 19g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT, MILK, EGGS

KETO FRIENDLY CINNAMON POWDER SUGAR DOUGHNUT

Serving Size: 1 Doughnut

Ingredients

Almond Flour, Xylitol, Coconut Flour, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), Oat Fiber, Xanthan Gum, Salt, Swerve (erythritol, oligosaccharides, natural flavor), Eggs, Coconut Oil, Heavy Cream (Contains less than 1% of: Carrageenan, Mono and Diglycerides, Polysorbate 80), Cinnamon

Nutrition

| | |
|----------------------------|--------------|
| Calories | 350 |
| Total Fat | 28g |
| Saturated Fat | 15g |
| Cholesterol | 75mg |
| Sodium | 290mg |
| Total Carbohydrates | 27g |
| Dietary Fiber | 5g |
| Sugar Alcohol | 19g |
| Protein | 8g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT, MILK, EGGS

ACAI BOWL

Serving Size: 1 Bowl

Ingredients

Organic Fair Trade Acai Puree (Filtered Water, Organic Acai, Organic Tapioca Syrup, Organic Cane Syrup, Organic Erythritol, Filtered Water, Organic Acerola Juice [Made from concentrate w/ filtered water added] Less than 0.2% of: Fruit & Vegetable Juice [For Color], Citric Acid, Organic Sunflower Lecithin, Organic Locust Bean Gum, Organic Guar Gum, Organic Flavor), Almond Butter (Dry Roasted Almonds, Salt), Strawberry, Banana, Shredded Coconut, Cacao Nibs, Goji Berries, Chia Seeds, Granola

Nutrition

| | |
|----------------------------|--------------|
| Calories | 1116 |
| Total Fat | 59g |
| Saturated Fat | 10g |
| Cholesterol | 0mg |
| Sodium | 104mg |
| Total Carbohydrates | 123g |
| Dietary Fiber | 19g |
| Sugar | 22g |
| Protein | 22g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: COCONUT, TREE NUTS (ALMONDS)

AVOCADO TOAST

Serving Size: 1 Slice

Ingredients

Sourdough Bread (Unbleached Enriched Wheat Flour [Flour, Barley Malt, Niacin (Vitamin B3), Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid (Vitamin B9)], Water, Sugar, Yeast, Contains 2% or less of the following: Lactic Acid and Acetic Acid, Soybean Oil, Salt, Wheat Gluten, Fumaric Acid, Dough Conditioners [Ethoxylated Mono- and Diglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid], Calcium Propionate [to retain freshness], Soy Flour, Yeast Nutrients [Ammonium Sulfate, Monocalcium Phosphate], Soy Lecithin), **Mashed Avocado** (Hass Avocados), **Hardboiled Egg**, **Rosemary Olive Oil** (Olive Oil, Rosemary), **Everything Bagel Seasoning** (Poppy Seeds, Toasted Sesame Seeds, Dried Garlic, Dried Onion, and Salt), **Tajin** (100% Natural Chili Peppers, Lime. Sea Salt), **Pepper**

*Gluten Free Bread Available

Nutrition

| | |
|----------------------------|--------------|
| Calories | 410 |
| Total Fat | 30g |
| Saturated Fat | 5g |
| Cholesterol | 185mg |
| Sodium | 550mg |
| Total Carbohydrates | 26g |
| Dietary Fiber | 6g |
| Sugar | 0g |
| Protein | 12g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: SOY, WHEAT, SESAME, EGGS

BACON, EGG & CHEESE

Serving Size: 1 Sandwich

Ingredients

Un glazed Doughnut (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), **Water, Butter, Palm Oil Shortening, Yeast, Sugar, Less Than 2% of Salt, Soybean Oil, Ascorbic Acid, Enzymes, Palm Oil, Soybean Oil, Hydrogenated Soybean Oil** (for frying)), **Fried Egg** (Egg Whites, Egg Yolks, Soybean Oil, Water, Contains 2% of the following: Modified Corn Starch, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, Xanthan Gum, Citric Acid), **Colby Cheese** (Cultured Pasteurized Milk, Salt, Enzymes, (color added), **Monterey Jack Cheese** (Cultured, Pasteurized Milk, Salt, Enzymes), **Bacon** (Pork, Water, contains 2% or less of salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite)

***Gluten Free Bread Available**

Nutrition

| | |
|----------------------------|--------------|
| Calories | 532 |
| Total Fat | 32g |
| Saturated Fat | 13g |
| Cholesterol | 168mg |
| Sodium | 759mg |
| Total Carbohydrates | 47g |
| Dietary Fiber | 5g |
| Sugar | 4g |
| Protein | 21g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY, EGGS

AVOCADO BREAKFAST TACOS

Serving Size: 2 Tacos

Ingredients

Corn Tortilla (Whole Grain Corn, Water, Contains 2% or Less of the Following: Preservatives [Propionic Acid, Sodium Hydroxide, Benzoic Acid], Xanthan Gum and Traces of Food Grade Lime), **Fried Egg** (Egg Whites, Egg Yolks, Soybean Oil, Water, Contains 2% of the following: Modified Corn Starch, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, Xanthan Gum, Citric Acid), **Butter Spray** (Canola Oil, Coconut Oil, Palm Oil, Soy Lecithin (Prevents Sticking), Natural Flavors (Milk), Dimethyl Silicone (For Anti-Foaming), Also Contains Propellant To Dispense Spray), **Shredded Mexican Cheese** (Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes And Annatto [Color]), Queso Quesadilla (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Asadero Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Potato Starch, Starch And Cellulose Powder To Prevent Caking, Natamycin (Mold Inhibitor)), **Mashed Avocado** (Hass Avocados)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 495 |
| Total Fat | 36g |
| Saturated Fat | 12g |
| Cholesterol | 278mg |
| Sodium | 465mg |
| Total Carbohydrates | 24g |
| Dietary Fiber | 4g |
| Sugar | 0g |
| Protein | 24g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: SOY, MILK, EGGS

BACON BREAKFAST TACOS

Serving Size: 2 Tacos

Ingredients

Corn Tortilla (Whole Grain Corn, Water, Contains 2% or Less of the Following: Preservatives [Propionic Acid, Sodium Hydroxide, Benzoic Acid], Xanthan Gum and Traces of Food Grade Lime), **Fried Egg** (Egg Whites, Egg Yolks, Soybean Oil, Water, Contains 2% of the following: Modified Corn Starch, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, Xanthan Gum, Citric Acid), **Butter Spray** (Canola Oil, Coconut Oil, Palm Oil, Soy Lecithin (Prevents Sticking), Natural Flavors (Milk), Dimethyl Silicone (For Anti-Foaming), Also Contains Propellant To Dispense Spray), **Shredded Mexican Cheese** (Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes And Annatto [Color]), Queso Quesadilla (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Asadero Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Potato Starch, Starch And Cellulose Powder To Prevent Caking, Natamycin (Mold Inhibitor)), **Bacon** (Pork, Water, contains 2% or less of salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 525 |
| Total Fat | 37g |
| Saturated Fat | 13g |
| Cholesterol | 293mg |
| Sodium | 735mg |
| Total Carbohydrates | 22g |
| Dietary Fiber | 2g |
| Sugar | 0g |
| Protein | 28g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: SOY, MILK, EGGS

CHORIZO BREAKFAST TACOS

Serving Size: 2 Tacos

Ingredients

Corn Tortilla (Whole Grain Corn, Water, Contains 2% or Less of the Following: Preservatives [Propionic Acid, Sodium Hydroxide, Benzoic Acid], Xanthan Gum and Traces of Food Grade Lime), **Fried Egg** (Egg Whites, Egg Yolks, Soybean Oil, Water, Contains 2% of the following: Modified Corn Starch, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, Xanthan Gum, Citric Acid), **Butter Spray** (Canola Oil, Coconut Oil, Palm Oil, Soy Lecithin (Prevents Sticking), Natural Flavors (Milk), Dimethyl Silicone (For Anti-Foaming), Also Contains Propellant To Dispense Spray), **Shredded Mexican Cheese** (Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes And Annatto [Color]), Queso Quesadilla (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Asadero Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Potato Starch, Starch And Cellulose Powder To Prevent Caking, Natamycin (Mold Inhibitor)), **Chorizo** (Pork, Water, Spices, Paprika, Salt, Dried Vinegar, Sugar, Natural Flavorings, Dehydrated Garlic, Turmeric)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 527 |
| Total Fat | 37g |
| Saturated Fat | 13g |
| Cholesterol | 297mg |
| Sodium | 757mg |
| Total Carbohydrates | 23g |
| Dietary Fiber | 3g |
| Sugar | 0g |
| Protein | 28g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: SOY, MILK, EGGS

SAUSAGE BISCUIT

Serving Size: 1 Sandwich

Ingredients

Biscuit (Enriched Flour Bleached [wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid], Water, Soybean Oil, Baking Powder [sodium aluminum phosphate, baking soda, sodium acid pyrophosphate], Sugar, Hydrogenated Soybean Oil), **Fried Egg** (Egg Whites, Egg Yolks, Soybean Oil, Water, Contains 2% of the following: Modified Corn Starch, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, Xanthan Gum, Citric Acid), **Sausage** (Pork, Water, contains 2% or less: Salt, Dextrose, Spices, Sugar, Natural Flavor), **Fig Jam** (Figs [Water, Dried Figs], Sugar, Fruit Pectin, Citric Acid, Lactic Acid, Ascorbic Acid), **Butter** (Cream [milk], natural flavoring)

*Gluten Free Bread Available

Nutrition

| | |
|----------------------------|---------------|
| Calories | 687 |
| Total Fat | 49g |
| Saturated Fat | 19g |
| Cholesterol | 175mg |
| Sodium | 1305mg |
| Total Carbohydrates | 46g |
| Dietary Fiber | 1g |
| Sugar | 2g |
| Protein | 16g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY, EGGS

SPINACH PESTO

Serving Size: 1 Sandwich

Ingredients

Ciabatta (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Degermed Yellow Corn Meal, Wheat Gluten, Yeast, Contains 2% or less of the following: Soybean Oil, Malt Syrup, Salt, Lactic Acid, Fumaric Acid, Artificial Flavor, Acetic Acid, Dough Conditioners [DATEM, Calcium Stearoyl Lactylate, Sodium Stearoyl Lactylate, Monoglycerides, Potassium Iodate, Enzymes], Partially Hydrogenated Soybean Oil, Calcium Propionate and Potassium Sorbate [Preservatives]), **Fried Egg** (Egg Whites, Egg Yolks, Soybean Oil, Water, Contains 2% of the following: Modified Corn Starch, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, Xanthan Gum, Citric Acid), **Gouda Cheese** (Pasteurized Cultured Cow Milk, Salt, Enzymes, Annatto Coloring), **Basil Pesto** (Basil, Canola Oil, Water, Parmesan Cheese [Cows Milk, Cheese Culture, Salt, Enzymes] Granulated Garlic, Salt), **Olive Oil, Spinach, Rosemary**

*Gluten Free Bread Available

Nutrition

| | |
|----------------------------|---------------|
| Calories | 543 |
| Total Fat | 38g |
| Saturated Fat | 7g |
| Cholesterol | 140mg |
| Sodium | 1007mg |
| Total Carbohydrates | 46g |
| Dietary Fiber | 2g |
| Sugar | 0g |
| Protein | 18g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Allergens

CONTAINS: WHEAT, MILK, SOY, EGGS

BREWED COFFEE

Serving Size: 12 oz | 16 oz

Ingredients

Black Coffee, Water

Nutrition

| | |
|----------------------------|-------------------------------------------|
| Calories | 0 |
| Total Fat | 0g |
| Saturated Fat | 0g |
| Cholesterol | 0mg |
| Sodium | 7.5mg |
| Total Carbohydrates | 0g |
| Dietary Fiber | 0g |
| Sugar | 0g |
| Protein | 0g |
| Caffeine | 12 oz 150mg* 16 oz 200mg* |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Caffeine is an approximate value

Allergens

COLD BREW

Serving Size: 12 oz

Ingredients

Black Coffee, Water

Nutrition

| | |
|----------------------------|---------------|
| Calories | 0 |
| Total Fat | 0g |
| Saturated Fat | 0g |
| Cholesterol | 0mg |
| Sodium | 10mg |
| Total Carbohydrates | 0g |
| Dietary Fiber | 0g |
| Sugar | 0g |
| Protein | 0g |
| Caffeine | 250mg* |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Caffeine is an approximate value

Allergens

HONEY CINNAMON COLD BREW

Serving Size: 12 oz

Ingredients

Black Coffee, Water, Half and Half, Sugar, Honey, Cinnamon Oil (Cinnamon Leaf Oil, Alcohol, Water Glycerin)

Nutrition

| | |
|----------------------------|---------------|
| Calories | 200 |
| Total Fat | 7g |
| Saturated Fat | 4.5g |
| Cholesterol | 25mg |
| Sodium | 50mg |
| Total Carbohydrates | 33g |
| Dietary Fiber | 0g |
| Sugar | 32g |
| Protein | 2g |
| Caffeine | 250mg* |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Caffeine is an approximate value

Allergens

CONTAINS: MILK

LATTE

Serving Size: 12 oz

Ingredients

Brewed Espresso, Milk

Nutrition

| | |
|----------------------------|---------------|
| Calories | 194 |
| Total Fat | 10g |
| Saturated Fat | 6g |
| Cholesterol | 44mg |
| Sodium | 150mg |
| Total Carbohydrates | 14g |
| Dietary Fiber | 0g |
| Sugar | 14g |
| Protein | 10g |
| Caffeine | 130mg* |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Caffeine is an approximate value

Allergens

CONTAINS: MILK

VANILLA LATTE

Serving Size: 12 oz

Ingredients

Brewed Espresso, Milk, Vanilla Syrup ((Cane Sugar, Filtered Water, Phosphoric Acid, Sodium Benzoate & Potassium Sorbate (to protect quality), Natural Flavors)

Nutrition

| | |
|----------------------------|---------------|
| Calories | 284 |
| Total Fat | 10g |
| Saturated Fat | 6g |
| Cholesterol | 44mg |
| Sodium | 155mg |
| Total Carbohydrates | 39g |
| Dietary Fiber | 0g |
| Sugar | 38g |
| Protein | 10g |
| Caffeine | 130mg* |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Caffeine is an approximate value

Allergens

CONTAINS: MILK

CARAMEL LATTE

Serving Size: 12 oz

Ingredients

Brewed Espresso, Milk, Caramel Syrup (Cane Sugar, Filtered Water, Phosphoric Acid, Sodium Benzoate (to protect quality))

Nutrition

| | |
|----------------------------|---------------|
| Calories | 284 |
| Total Fat | 10g |
| Saturated Fat | 6g |
| Cholesterol | 44mg |
| Sodium | 155mg |
| Total Carbohydrates | 39 |
| Dietary Fiber | 0g |
| Sugar | 38g |
| Protein | 10g |
| Caffeine | 130mg* |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Caffeine is an approximate value

Allergens

CONTAINS: MILK

COCONUT LATTE

Serving Size: 12 oz

Ingredients

Brewed Espresso, Milk, Coconut Syrup (Cane Sugar, Filtered Water, Cellulose Gum, Sodium Benzoate (to protect quality), Citric Acid, Artificial Flavors.)

Nutrition

| | |
|----------------------------|---------------|
| Calories | 284 |
| Total Fat | 10g |
| Saturated Fat | 6g |
| Cholesterol | 44mg |
| Sodium | 160mg |
| Total Carbohydrates | 38g |
| Dietary Fiber | 0g |
| Sugar | 37g |
| Protein | 10g |
| Caffeine | 130mg* |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Caffeine is an approximate value

Allergens

CONTAINS: MILK

LAVENDER LATTE

Serving Size: 12 oz

Ingredients

Brewed Espresso, Milk, Lavender Syrup (Cane Sugar, Filtered Water, Natural Color, Cellulose Gum, Sodium Benzoate (to protect quality), Citric Acid, Fruit & Vegetable Juice for Color, Glycerin, Natural Flavors)

Nutrition

| | |
|----------------------------|---------------|
| Calories | 284 |
| Total Fat | 10g |
| Saturated Fat | 6g |
| Cholesterol | 34mg |
| Sodium | 155mg |
| Total Carbohydrates | 39g |
| Dietary Fiber | 0g |
| Sugar | 38g |
| Protein | 10g |
| Caffeine | 130mg* |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Caffeine is an approximate value

Allergens

CONTAINS: MILK

MAPLE BROWN SUGAR LATTE

Serving Size: 12 oz

Ingredients

Brewed Espresso, Milk, Maple Brown Sugar Syrup
(Cane Sugar, Filtered Water, Natural Flavors,
Phosphoric Acid, Caramel Color, Sodium Benzoate (to
protect quality), Sulfiting Agents)

Nutrition

| | |
|----------------------------|---------------|
| Calories | 284 |
| Total Fat | 10g |
| Saturated Fat | 6g |
| Cholesterol | 44mg |
| Sodium | 155mg |
| Total Carbohydrates | 39g |
| Dietary Fiber | 0g |
| Sugar | 38g |
| Protein | 10g |
| Caffeine | 130mg* |

2,000 calories a day is used for general nutrition advice,
but calorie needs vary.

*Caffeine is an approximate value

Allergens

CONTAINS: MILK

SUGAR FREE VANILLA LATTE

Serving Size: 12 oz

Ingredients

Brewed Espresso, Milk, Sugar Free Vanilla Syrup
(Water, Erythritol, Natural and Artificial Flavors, Cellulose Gum, Citric Acid, Sucralose, Potassium Sorbate [Preservative])

Nutrition

| | |
|----------------------------|---------------|
| Calories | 194 |
| Total Fat | 10g |
| Saturated Fat | 6g |
| Cholesterol | 44mg |
| Sodium | 160mg |
| Total Carbohydrates | 25g |
| Dietary Fiber | 0g |
| Sugar | 14g |
| Protein | 10g |
| Caffeine | 130mg* |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Caffeine is an approximate value

Allergens

CONTAINS: MILK

SUGAR FREE CARAMEL LATTE

Serving Size: 12 oz

Ingredients

Brewed Espresso, Milk, Sugar Free Vanilla Syrup
(Water, Erythritol, Natural and Artificial Flavors, Cellulose Gum, Citric Acid, Sucralose, Potassium Sorbate [Preservative])

Nutrition

| | |
|----------------------------|---------------|
| Calories | 194 |
| Total Fat | 10g |
| Saturated Fat | 6g |
| Cholesterol | 44mg |
| Sodium | 160mg |
| Total Carbohydrates | 26g |
| Dietary Fiber | 0g |
| Sugar | 14g |
| Protein | 10g |
| Caffeine | 130mg* |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Caffeine is an approximate value

Allergens

CONTAINS: MILK

MAYAN MOCHA

Serving Size: 12 oz

Ingredients

Brewed Espresso, Milk, Dark Chocolate Sauce (Sugar, Water, Cocoa Powder [Processed with Alkali], Natural Flavor, Cultured Dextrose, Chocolate Liquor, Tartaric Acid, Salt, Natural Vanillin), **Cinnamon**

Nutrition

| | |
|----------------------------|---------------|
| Calories | 302 |
| Total Fat | 11g |
| Saturated Fat | 6g |
| Cholesterol | 33mg |
| Sodium | 161mg |
| Total Carbohydrates | 36.8g |
| Dietary Fiber | 1g |
| Sugar | 39.2g |
| Protein | 11.5g |
| Caffeine | 130mg* |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Caffeine is an approximate value

Allergens

CONTAINS: MILK

WHITE CHOCOLATE MOCHA

Serving Size: 12 oz

Ingredients

Brewed Espresso, Milk, White Chocolate Sauce

(Sugar, Water, Fructose, Nonfat Dry Milk, Modified Food Starch, Cocoa Butter, Milk Fat, Natural Flavors, Contains 0.5% or less of the following: Salt, Disodium Phosphate, Mono & Diglycerides, Potassium Sorbate [Preservative], Citric Acid)

Nutrition

| | |
|----------------------------|---------------|
| Calories | 304 |
| Total Fat | 12g |
| Saturated Fat | 7g |
| Cholesterol | 48mg |
| Sodium | 210mg |
| Total Carbohydrates | 37g |
| Dietary Fiber | 0g |
| Sugar | 36g |
| Protein | 12g |
| Caffeine | 130mg* |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Caffeine is an approximate value

Allergens

CONTAINS: MILK

MOCHA

Serving Size: 12 oz

Ingredients

Brewed Espresso, Milk, Dark Chocolate Sauce (Sugar, Water, Cocoa Powder [Processed with Alkali], Natural Flavor, Cultured Dextrose, Chocolate Liquor, Tartaric Acid, Salt, Natural Vanillin)

Nutrition

| | |
|----------------------------|---------------|
| Calories | 394 |
| Total Fat | 11g |
| Saturated Fat | 6g |
| Cholesterol | 44mg |
| Sodium | 180mg |
| Total Carbohydrates | 36g |
| Dietary Fiber | 1g |
| Sugar | 36g |
| Protein | 11g |
| Caffeine | 130mg* |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Caffeine is an approximate value

Allergens

CONTAINS: MILK

MATCHA LATTE

Serving Size: 12 oz

Ingredients

Milk, Pure Organic Matcha Green Tea Powder

Nutrition

| | |
|----------------------------|--------------|
| Calories | 200 |
| Total Fat | 10g |
| Saturated Fat | 6g |
| Cholesterol | 44mg |
| Sodium | 150mg |
| Total Carbohydrates | 14g |
| Dietary Fiber | 0g |
| Sugar | 14g |
| Protein | 10g |
| Caffeine | 72mg* |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Caffeine is an approximate value

Allergens

CONTAINS: MILK

CHAI LATTE

Serving Size: 12 oz

Ingredients

Milk, Chai Concentrate (Water, Cane sugar*, Black tea*, Cinnamon*, Cardamom*, Ginger*, Black Pepper*, Molasses*, Lemon Juice* [*Organic])

Nutrition

| | |
|----------------------------|--------------|
| Calories | 239 |
| Total Fat | 9g |
| Saturated Fat | 6g |
| Cholesterol | 40mg |
| Sodium | 135mg |
| Total Carbohydrates | 30g |
| Dietary Fiber | 0g |
| Sugar | 30g |
| Protein | 9g |
| Caffeine | 35mg* |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Caffeine is an approximate value

Allergens

CONTAINS: MILK

HOT CHOCOLATE

Serving Size: 12 oz

Ingredients

Milk, Dark Chocolate Sauce (Sugar, Water, Cocoa Powder [Processed with Alkali], Natural Flavor, Cultured Dextrose, Chocolate Liquor, Tartaric Acid, Salt, Natural Vanillin)

Nutrition

| | |
|----------------------------|--------------|
| Calories | 306 |
| Total Fat | 12g |
| Saturated Fat | 7g |
| Cholesterol | 48mg |
| Sodium | 195mg |
| Total Carbohydrates | 37g |
| Dietary Fiber | 1g |
| Sugar | 37g |
| Protein | 12g |
| Caffeine | 0g |

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

*Caffeine is an approximate value

Allergens

CONTAINS: MILK

MILK ALTERNATIVES

OAT MILK

| Nutrition Facts | |
|--------------------------------------|------------|
| 4 Servings Per Container | |
| Serving Size 8 fl oz (240 mL) | |
| Amount Per Serving | |
| Calories | 130 |
| % Daily Value* | |
| Total Fat 7g | 9% |
| Saturated Fat 0.5g | 3% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 0mg | 0% |
| Sodium 115mg | 5% |
| Total Carbohydrate 13g | 5% |
| Dietary Fiber less than 1g | 3% |
| Total Sugars 4g | |
| Includes 4g Added Sugars | 8% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 270mg | 20% |
| Iron 0mg | 0% |
| Potassium 370mg | 6% |

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: OATMILK (WATER, OATS), SUNFLOWER OIL, MINERALS (DIPOTASSIUM PHOSPHATE, CALCIUM CARBONATE, TRICALCIUM PHOSPHATE), SEA SALT.

ALMOND MILK

| Nutrition Facts | |
|--------------------------------------|------------|
| 4 Servings Per Container | |
| Serving Size 8 fl oz (240 mL) | |
| Amount Per Serving | |
| Calories | 70 |
| % Daily Value* | |
| Total Fat 4.5g | 6% |
| Saturated Fat 0g | 0% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 0mg | 0% |
| Sodium 140mg | 6% |
| Total Carbohydrate 6g | 2% |
| Dietary Fiber less than 1g | 2% |
| Total Sugars 5g | |
| Includes 5g Added Sugars | 10% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 410mg | 30% |
| Iron 0.2mg | 0% |
| Potassium 110mg | 2% |

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ALMONDMILK (WATER, ALMONDS), CANE SUGAR, CALCIUM CARBONATE, SUNFLOWER LECITHIN, SEA SALT, GUAR GUM, NATURAL FLAVOR, GELLAN GUM, POTASSIUM CITRATE.

ALLERGEN STATEMENT: CONTAINS ALMONDS.

COCONUT MILK

| Nutrition Facts | |
|-------------------------------|------------|
| 4 servings per container | |
| Serving size 8 fl oz | |
| Amount Per Serving | |
| Calories | 90 |
| % Daily Value* | |
| Total Fat 5g | 6% |
| Saturated Fat 5g | 25% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 0mg | 0% |
| Sodium 125mg | 5% |
| Total Carbohydrate 10g | 4% |
| Dietary Fiber 0g | 0% |
| Total Sugars 9g | |
| Includes 8g Added Sugars | 16% |
| Protein 1g | |
| Vitamin D 0mcg | 0% |
| Calcium 0mg | 0% |
| Iron 0mg | 0% |
| Potassium 0mg | 0% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, COCONUT CREAM (COCONUT MILK, WATER, XANTHAN GUM), CANE SUGAR, CONTAINS 1% OR LESS OF: CARRAGEENAN, GELLAN GUM, NATURAL FLAVOR, SEA SALT, SODIUM CITRATE, TRIPOTASSIUM CITRATE.

ALLERGEN STATEMENT: CONTAINS COCONUT



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