

SPECIALS			
Birthday	Nutrition Facts	Cranberry	Nutrition Facts
Cake	1 servings per container Serving size 1 Donut (75g)	Orange	1 servings per container Serving size 1 Muffin (80g)
Gluten-Friendly	Amount Per Serving 230	MUFFIN	Amount Per Serving 260
Contains dairy and tree nuts	% Daily Value Total Fat 6g 8% Saturated Fat 0g 0% Trans Fat 0g 0% Sodium Omg 0% Total Carbohydrate 14g 5% Dietary Fiber 0g 0% Total Sugars 7g Includes 0g Added Sugars 0% Protein 11g 22% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium •The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily deit 2.000 calories a day is used for general nutrition advice.	Gluten-Friendly *Contains dairy	% Daily Value* Total Fat 15g 19% Saturated Fat 0g 0% Trans Fat 0g 0% Sodium Omg 0% Total Carbohydrate 18g 7% Dietary Fiber 0g 0% Total Sugars 7g 0% Includes 0g Added Sugars 0% Protein 16g 32% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium *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.
<u> </u>		and tree nuts	
Pecan Pie MUFFIN Gluten-Friendly	Nutrition Facts 1 servings per container Serving size 1 Muffin (80g) Amount Per Serving 260 Calories 260 % Daily Value* Total Fat 16g 21% Saturated Fat 0g 0% Total Carbohydrate 18g 7% Dietary Fiber 0g 0% Total Sugars 8g 1ncludes 0g Added Sugars Includes 0g Added Sugars 0% Protein 16g 32%		
*Contains dairy and tree nuts	 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. 		



CLASSIC PRONUTS			
Blueberry Basil Gluten-Friendly *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size 1 Donut (75g) Amount Per Serving 210 Calories 210 % Daily Value' % Daily Value' Total Fat 7g 9% Saturated Fat 0g 0% Total Carbohydrate 14g 5% Dietary Fiber 0g 0% Total Sugars 7g Includes 0g Added Sugars 0% Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium, Iron, and polasisum *The % Daily Value (VV) 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.	Carrot Cake Gluten-Friendly *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size 1 Donut (76g) Amount Per Serving 2400 % Daily Value* Total Fat 13g 17% Saturated Fat 0g 0% Total Carbohydrate 13g 5% Dietary Fiber 0g 0% Total Sugars 4g 0% Includes 0g Added Sugars 0% Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium -1% & 2000 calories a daily diet. 2000 calories a day is used for general nutrition advice.
Chocolate Gluten-Friendly *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size 1 Donut (75g) Amount Per Serving 220 Calories 220 % Daily Value* Total Fat 12g 15% Saturated Fat 0g 0% Total Fat 12g 5% Sodium Omg 0% Total Carbohydrate 15g 5% Dietary Fiber 0g 0% Total Sugars 5g Includes 0g Added Sugars Includes 0g Added Sugars 0% Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium, ron, and potassium •The % baily Value (V0) tells you how much a nutrient in a serving of rodo contributes to a daily diet. 2.000 calories a day is used for general nutrition advice.	Cinnamon Sugar Gluten-Friendly *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size 1 Donut (74g) Amount Per Serving 210 Calories 210 * Daily Value* % Daily Value* Total Fat 7g 9% Saturated Fat 0g 0% Total Fat 7g 9% Saturated Fat 0g 0% Total Carbohydrate 16g 6% Dietary Fiber 0g 0% Total Sugars 7g Includes 0g Added Sugars 0% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassum - - * 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. -
Coconut <i>Gluten-Friendly</i> <i>Keto-Friendly</i> *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size 1 Donut (75g) Amount Per Serving 200 Calories 200 % Daily Value* Total Fat 15g 19% Saturated Fat 0g 0% Total Fat 15g 2% Sodium 0mg 0% Total Sugars 3g 0% Includes 0g Added Sugars 0% Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium, *Tor, and potassium *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.	Cookies & Cream	Nutrition Facts 1 servings per container Serving size 1 Donut (76g) Amount Per Serving 210 Calories 210 % Daily Value* * Daily Value* Total Fat 13g 17% Saturated Fat 0g 0% Total Fat 0g 0% Sodium Omg 0% Total Carbohydrate 9g 3% Dietary Fiber 0g 0% Total Sugars 3g Includes 0g Added Sugars Includes 0g Added Sugars 0% Protein 14g 28% Not a significant source of cholesterol, vitamin D, calclum, iron, and potassium - 1* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily dist. 2,000 calories a day is used for general nutrition advice.



		*Contains dairy	
		and tree nuts	
Espresso <i>Gluten-Friendly</i>	Nutrition Facts 1 servings per container Serving size 1 Donut (74g) Amount Per Serving 220 Calories 220 % Daily Value* 13% Saturated Fat 0g 0% Total Fat 10g 13% Saturated Fat 0g 0% Total Carbohydrate 14g 5% Dietary Fiber 0g 0%	and tree nuts Mango Cardamom Gluten-Friendly	Nutrition Facts 1 servings per container Serving size 1 Donut (72g) Amount Per Serving 210 Calories 210 * Daily Value* * Daily Value* Total Fat 8g 10% Saturated Fat 0g 0% Trans Fat 0g 0% Sodium 0mg 0% Total Carbohydrate 8g 3% Dietary Fiber 0g 0%
*Contains dairy and tree nuts	Total Sugars 5g Includes 0g Added Sugars 0% Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium * 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.	*Contains dairy and tree nuts	Total Sugars 3g Includes 0g Added Sugars 0% Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium - *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.
Matcha Gluten-Friendly *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size 1 Donut (72g) Amount Per Serving 1900 Calories 1900 % Daily Value* Total Fat 8g 10% Saturated Fat 0g 0% Total Carbohydrate 14g 5% Dietary Fiber 0g 0% Total Sugars 8g Includes 0g Added Sugars 0% Protein 10g 20% Not a significant source of cholesterol, vitamin D, calcium, iron, and patasum *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.	Mint Chocolate Gluten-Friendly *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size 1 Donut (75g) Amount Per Serving 2300 Calories 2300 % Dailty Value* Total Fat 12g 15% Saturated Fat 0g 0% Total Carbohydrate 17g 6% Dietary Fiber 0g 0% Total Sugars 5g Includes 0g Added Sugars 0% Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium, iron, and polasum - ^+Tre % 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.
Peanut Butter Gluten-Friendly	Nutrition Facts 1 servings per container Serving size 1 Donut (77g) Amount Per Serving 220 * Daily Value* 220 * Daily Value* % Daily Value* Total Fat 16g 21% Saturated Fat 0g 0% Total Fat 16g 3% Sodium 0mg 0% Total Carbohydrate 8g 3% Dietary Fiber 0g 0% Total Sugars 3g Includes 0g Added Sugars Includes 0g Added Sugars 0% Protein 13g 26% Not a significant source of cholesterol, vitamin D, calcium, ron, and potassium *The % Daily Value (DV) tells you how much a nutrient in a serving of rodo contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	Peanut Butter Cup Gluten-Friendly	Nutrition Facts 1 servings per container Serving size 1 Donut (80g) Amount Per Serving 290 Calories 290 % Daily Value* 7 Total Fat 11g 14% Saturated Fat 0g 0% Total Carbohydrate 15g 5% Dietary Fiber 0g 0% Total Sugars 8g Includes 0g Added Sugars Includes 0g Added Sugars 0% Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium •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.



*Contains dairy, peanuts and tree nuts		*Contains dairy, peanuts and tree nuts	
The PRONUT Gluten-Friendly *Contains dairy, peanuts and tree nuts	Nutrition Facts varied (1) servings per container Serving size 1 Donut (85g) Amount Per Serving 2300 Calories 2300 % Daily Value* Total Fat 13g 17% Saturated Fat 0g 0% Total Carbohydrate 18g 7% Dietary Fiber 0g 0% Total Sugars 5g Includes 0g Added Sugars 0% Protein 15g 30% Not a significant source of cholesterol, vitamin D, calcium, • •The % Daily Value to a daily diet. 2000 calories a daily diet. 2000 calories a daily diet. 2000 calories a daily diet.	Pumpkin Spice Gluten-Friendly Keto-Friendly *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size 1 Donut (77g) Amount Per Serving 2300 Amount Per Serving 2300 Saturated Fat 0g % Daily Value* Total Fat 16g 21% Saturated Fat 0g 0% Total Carbohydrate 6g 2% Dietary Fiber 0g 0% Total Sugars 2g Includes 0g Added Sugars Includes 0g Added Sugars 0% Protein 14g 28% Not a significant source of cholesterol, vitamin D, calcium, fron, and potassium "Tom % 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.
Red Velvet Gluten-Friendly *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size 1 Donut (73g) Amount Per Serving 210 Calories 210 % Daily Value* % Daily Value* Total Fat 12g 15% Saturated Fat 0g 0% Total Carbohydrate 14g 5% Dietary Fiber 0g 0% Total Sugars 3g Includes 0g Added Sugars 0% Protein 10g 20% Not a significant source of cholesterol, vitamin D, calcium, fron, and potassium -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.	Strawberries & Cream Gluten-Friendly *Contains dairy and tree nuts	Nutrition Facts 1 servings per container Serving size 1 Donut (76g) Amount Per Serving 210 Calories 210 % Daily Value % Daily Value Total Fat 14g 18% Saturated Fat 0g 0% Total Carbohydrate 8g 3% Dietary Fiber 0g 0% Total Sugars 3g Includes 0g Added Sugars 0% Protein 12g 24% Not a significant source of cholesterol, vitamin D, calcium, iron, and polasaism *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.



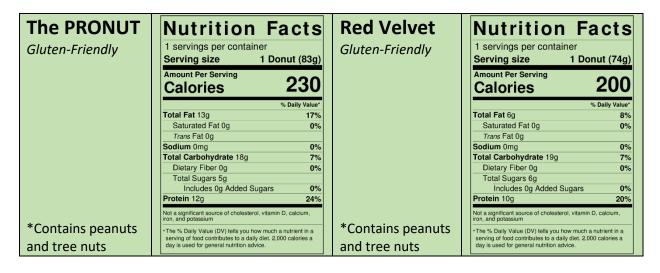
Ube	Nutrition Facts	Vanilla	Nutrition Facts
Pistachio	1 servings per container	Glaze	1 servings per container
FISLACIIIO	Serving size 1 Donut (77g)	Glaze	Serving size 1 Donut (72g)
Gluten-Friendly	Amount Per Serving	Gluten-Friendly	Amount Per Serving
Keto-Friendly	Calories 210		Calories 190
Reconnenary	% Daily Value*		% Daily Value*
	Total Fat 8g 10%		Total Fat 8g 10%
	Saturated Fat 0g 0%		Saturated Fat 0g 0%
	Trans Fat 0g		Trans Fat 0g
	Sodium Omg 0%		Sodium 0mg 0%
	Total Carbohydrate 4g 1% Dietary Fiber 0g 0%		Total Carbohydrate 15g 5% Dietary Fiber 0g 0%
	Total Sugars 3g		Total Sugars 8g
	Includes 0g Added Sugars 0%		Includes 0g Added Sugars 0%
	Protein 12g 24%		Protein 10g 20%
	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium		Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
*Contains dairy and	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a	*Contains dairy	*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.		day is used for general nutrition advice.
tree nuts		and tree nuts	
London Fog	Nutrition Facts		
Gluten-Friendly	1 servings per container		
Glaten-Inenaly	Serving size 1 Donut (75g)		
	Amount Per Serving		
	% Daily Value* Total Fat 11g 14%		
	Saturated Fat 0g 0%		
	Trans Fat 0g		
	Sodium Omg 0%		
	Total Carbohydrate 15g 5%		
	Dietary Fiber 0g 0%		
	Total Sugars 7g		
*Contains dairy and	Includes 0g Added Sugars 0% Protein 13g 26%		
tree nuts	Protein 13g 26%		
	iron, and potassium		
	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diel. 2,000 calories a day is used for general nutrition advice.		

VEGAN PRONUTS				
Blueberry	Nutrition Facts	Carrot Cake	Nutrition Facts	
Basil	1 servings per container Serving size 1 Donut (74g)	Gluten-Friendly	1 servings per container Serving size 1 Donut (75g)	
Gluten-Friendly	Amount Per Serving Calories 170		Amount Per Serving Calories 210	
	% Daily Value*		% Daily Value*	
	Total Fat 2.5g 3% Saturated Fat 0g 0%		Total Fat 8g 10% Saturated Fat 0g 0%	
	Trans Fat 0g		Trans Fat 0g	
	Sodium 0mg 0%		Sodium 0mg 0%	
	Total Carbohydrate 26g 9%		Total Carbohydrate 20g 7%	
	Dietary Fiber 0g 0%		Dietary Fiber 0g 0%	
	Total Sugars 7g		Total Sugars 6g	
	Includes 0g Added Sugars 0% Protein 10g 20%		Includes 0g Added Sugars 0% Protein 11g 22%	
*Contains peanuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	*Contains peanuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
and tree nuts	 The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diel. 2,000 calories a day is used for general nutrition advice. 	and tree nuts	 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. 	

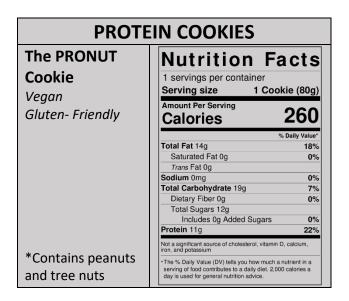


Chocolate	Nutrition Facts	Cinnamon	Nutrition Facts
Gluten-Friendly	1 servings per container Serving size 1 Donut (74g)	Sugar	1 servings per container Serving size 1 Donut (72g)
	Amount Per Serving	Gluten-Friendly	Amount Per Serving
	Calories 250 % Daily Value*		Calories 160 % Dally Value*
	Total Fat 6g 8% Saturated Fat 0g 0%		Total Fat 2.5g 3% Saturated Fat 0g 0%
	Trans Fat 0g Sodium 0mg 0%		Trans Fat 0g Sodium 0mg 0%
	Total Carbohydrate 26g 9%		Total Carbohydrate 28g 10%
	Total Sugars 12g		Total Sugars 13g
	Includes 0g Added Sugars 0% Protein 10g 20%		Includes 0g Added Sugars 0% Protein 10g 20%
*Contains peanuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	*Contains peanuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
and tree nuts	 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. 	and tree nuts	 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.
Cookies &	Nutrition Facts	Matcha	Nutrition Facts
Cream	1 servings per container	Gluten-Friendly	1 servings per container
cream	Serving size 1 Donut (76g) Amount Per Serving		Serving size 1 Donut (70g) Amount Per Serving
	Calories 220		Calories 190
	% Daily Value*		% Daily Value*
	Total Fat 8g 10% Saturated Fat 0g 0%		Total Fat 2.5g 3% Saturated Fat 0g 0%
	Trans Fat 0g Sodium 0mg 0%		Trans Fat 0g Sodium 0mg 0%
	Total Carbohydrate 27g 10% Dietary Fiber 0g 0%		Total Carbohydrate 31g 11% Dietary Fiber 0g 0%
	Total Sugars 8g Includes 0g Added Sugars 0%		Total Sugars 14g Includes 0g Added Sugars 0%
	Protein 10g 20%		Protein 10g 20%
*Contains peanuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	*Contains peanuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
and tree nuts	 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. 	and tree nuts	*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.
Peanut	Nutrition Facts	Peanut	Nutrition Facts
Butter	1 servings per container Serving size 1 Donut (75g)	Butter Cup	1 servings per container Serving size 1 Donut (75g)
Gluten-Friendly	Amount Per Serving	Gluten-Friendly	Amount Per Serving
	Calories 290		Calories 290
	% Daily Value* Total Fat 14g 18%		% Daily Value* Total Fat 14g 18%
	Saturated Fat 0g 0% Trans Fat 0g		Saturated Fat 0g 0% Trans Fat 0g
	Sodium 0mg0%Total Carbohydrate 30g11%		Sodium 0mg0%Total Carbohydrate 30g11%
	Dietary Fiber 0g 0% Total Sugars 7g		Dietary Fiber 0g 0% Total Sugars 7g
	Includes 0g Added Sugars 0% Protein 10g 20%		Includes 0g Added Sugars 0% Protein 10g 20%
*Contains noanuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	*Contains possuts	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
*Contains peanuts and tree nuts	*The % Daily Value (DV) tells you how much a nutrient in a	*Contains peanuts and tree nuts	*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.		serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





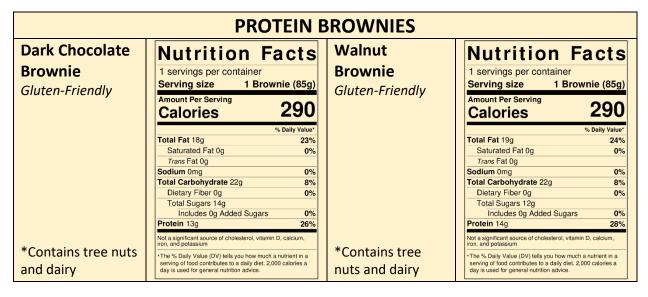
KETO BAGELS			
Keto	Nutrition Facts		
Everything	1 servings per container Serving size 1 Bagel (85g)		
Bagel	Amount Per Serving 290		
Keto-Friendly	% Daily Value*		
Gluten-Friendly	Total Fat 22g 28%		
Glaten-menuly	Saturated Fat 0g 0%		
	Trans Fat 0g		
	Sodium 0mg 0% Total Carbohydrate 4g 1%		
	Total Carbohydrate 4g 1% Dietary Fiber 0g 0%		
	Total Sugars 0g		
	Includes 0g Added Sugars 0%		
	Protein 24g 48%		
	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium		
*Contains tree nuts and dairy	•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.		





PROTEIN MUFFINS			
Apple	Nutrition Facts	Blueberry	Nutrition Facts
Cinnamon	1 servings per container Serving size 1 Muffin (80g)	Gluten-Friendly	1 servings per container Serving size 1 Muffin (80g)
Crumble	Amount Per Serving 260		Amount Per Serving 260
Gluten-Friendly	% Daily Value* Total Fat 16g 21%		% Daily Value* Total Fat 15g 19%
	Saturated Fat 0g 0% Trans Fat 0g		Saturated Fat 0g 0% Trans Fat 0g
	Sodium 0mg 0% Total Carbohydrate 18g 7% Dietary Fiber 0g 0%		Sodium 0mg 0% Total Carbohydrate 18g 7% Dietary Fiber 0g 0%
	Total Sugars 8g Includes 0g Added Sugars 0%		Total Sugars 7g Includes 0g Added Sugars 0%
	Protein 16g 32% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium		Protein 16g 32% Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium
*Contains dairy and tree nuts	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.	*Contains dairy and tree nuts	 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.
Double	Nutrition Facts		
Dark	1 servings per container Serving size 1 Muffin (80g)		
Chocolate	Amount Per Serving 270		
Gluten-Friendly	% Daily Value* Total Fat 18g 23%		
	Saturated Fat 0g 0% Trans Fat 0g 500 mg Sodium 0mg 0%		
	Total Carbohydrate 20g 7% Dietary Fiber 0g 0%		
	Total Sugars 10g Includes 0g Added Sugars 0% Protein 18g 36%		
*Contains daims	Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium		
*Contains dairy and tree nuts	 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. 		





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