

Every now and then we do an audit of our nutritional facts as sometimes our suppliers' change products on us, we change the recipe, or change the size and the values may change. We remind you that we are a bakery and not a health food store. We do have calories and carbs, but no sugar or nasty substitutes are used. We are dedicated to baking healthy desserts for everyone with health concerns.

Nutritional Facts in grams – 15 grams of carbohydrates equal one serving

		Calorie	Fat	Choles.	Sodium	CARB	Fiber	Protein	Sugar	PP/SP
Almond Cookie	1	126	6g	14mg	4 mg	18g	0	0	0	3/4
Apple Pie	5" & 1/8 slice	410	22g	0	251mg	49g	4g	4g	10 fruit	4/7
Apple Cherry Pie	5" & 1/8 slice	410	22g	0	251mg	49g	4g	4g	12 fruit	4/7
Apple Turnover	1	246	18g	0	0	18g	1g	3g	3 fruit	7/8
Banana Cake	1/8	319	19g	222mg	104mg	32g	0g	5g	1.5g	9/10
Banana Nut Bread	1" slice	123	3.5g	2.5mg	75mg	19g	2g	4g	2 fruit	3/4
Banana Chip Cookie	2	105	4g	0	112mg	12g	1g	5.2g	2 fruit	2/3
Banana Cream Pie	5" & 1/8 slice	188	12g	0	310mg	18g	0	2g	0	4/4
Banana Crunch Muffin	1	205	9g	3mg	36mg	28g	6g	3g	8 fruit	4/7
Blueberry Muffin	1	131	2g	7mg	35mg	25g	0g	3g	3 fruit	3/4
Blueberry Pie	5" only	438	22	0	250 mg	55g	3g	5g	14 fruit	5/8
Brownies plain, & walnut	4x4	313	23g	129mg	255mg	19g	2g	7g	10 nuts	8/10
Cake Slice – 4x4 cut		231	15g	148mg	69mg	21g	0	3g	0	6/7
Cannoli	1	100	4.5g	5mg	60mg	13g	0	2g	2	4/5
Caramel Hazelnut Muffin	1	164	8g	7mg	35mg	20g	1g	4g	2 nuts	3/3
Caramel Hazelnut Loaf slice	1"	164	8g	7mg	35mg	20g	1g	4g	2 nuts	3/4
Chai Tea Muffin special order of 12	1	110	2g	7mg	35mg	20g	0g	3g	2	3/3
Cheesecake 8" cheesecake	1/8	266	26g	55mg	168mg	3g	0g	5g	0	7/5
Cheesecake mini cheesecake	1	133	13g	27mg	84mg	1.5g	0g	2.5g	0	3/3
Cheesy Biscuits (gf)	1	195	10g	7mg	73mg	22g	0g	4g	1	
Cherry Pie	5" & 1/8 slice	430	22	0	250mg	53g	3g	5g	13 fruit	5/8
Cherry Turnover	1	246	18g	0	0	18g	1g	3g	6 fruit	7/8
Chocolate Cake 3 layers	1/8 slice	346	22g	222mg	104mg	32g	0g	5g	1.5g	9/10
Chocolate Chip Cookie	1	181	9g	3mg	92mg	21g	0g	4g	2g	4/5
Chocolate Chunk Muffin	1	128	4g	7mg	114mg	20g	2g	3g	2	3/3
Chocolate Cream Pie	5" & 1/8 slice	161	9g	0	310mg	18g	3	2g	0	4/4
Cinnamon Roll	1	242	20g	3mg	12 mg	13g	1g	2.5g	0	6/7
Cinnamon Roll w/smear	1	342	28g	33mg	112 mg	15g	1g	2.5g	0	9/10
Cinnamon coffee cake muffin	1	164	8g	7mg	301mg	20g	2g	3g	2	5/8
Cinnamon coffee cake loaf	1 slice	164	8g	7mg	301mg	20g	2g	3g	2	5/8
Coconut Cake	1/8	346	22g	222mg	104mg	32g	0g	5g	1.5g	9/10
Coconut Cream Pie	5" & 1/8 slice	165	9g	0	310mg	18g	3g	3g	0	4/5
Coconut Muffin special order of 12	1	110	2g	7mg	35mg	20g	0g	3g	2	3/3
Cranberry Orange Cake	1/8	319	19g	222mg	104mg	32g	0g	5g	1.5g	9/10
Cupcakes –2 oz. all flavors	1	62	2g	2mg	76mg	10g	1g	1.6g	1	2/2
Éclair – Vanilla or Chocolate	1	200	20g	75mg	5mg	2g	1g	1	0	2/6
German Chocolate Cake	3 layer 1/8	319	19g	222mg	104mg	32g	0g	5g	1.5g	9/10
Lemon Cake	1/8	319	19g	222mg	104mg	32g	0	5g	1.5g	9/10
Lemon Cookie	1	108	4g	14mg	56 mg	18g	0	0	0	3/4
Lemon Muffin	1	110	2g	7mg	35mg	20g	0g	3g	2	3/3
Lemon Cream Pie	5" & 1/8 slice	165	9g	0	310mg	18g	3g	3g	0	4/5

LOAFS	1" SLICE	Calorie	Fat	Choles.	Sodium	CARB	Fiber	Protein	Sugar	PP/SP
Chocolate, Lemon, Cranberry Orange.		110	2g	7mg	35mg	20g	0g	3g	2	3/3
Marionberry Muffin	1	164	8g	7mg	301mg	20g	0g	3g	2 fruit	5/8
Marionberry Pie	5" & 1/8 slice	438	22g	0	250mg	55g	3g	5g	5 fruit	4/6
Marionberry Parfait		124	8g	20mg	115mg	10g	0	3g	15 fruit	2/4
Mini Bundt Cake	1	128	4g	7mg	35mg	20g	2g	3g	2	3/3
Napoleon - raspberry & chocolate	1	246	18g	0	0	18g	1g	3g	1g	7/7
Oatmeal Chocolate Chip, Oatmeal White Chocolate Chip & Oatmeal Raisin	1 cookie	59	1g	0	145mg	6.5g	3g	6g	0	1/1
Oatmeal Pecan Cookie	1	120	7g	10mg	135mg	14g	1g	2g	0	2/3
Orange Cookie	1	108	4g	14mg	56mg	18g	0	0	0	3/4
Parfaits - various	8oz 1	124	8g	20mg	115mg	10g	0	3g	0	2/4
Peach Pie	5" & 1/8 slice	414	22g	0	250mg	49g	3g	5g	12 fruit	4/7
Peanut butter cookie	1	170	10g	1.6mg	11 mg	15g	1g	5g	2g	5/5
Pecan pie	1/8 slice	322	22g	8mg	65 mg	28g	1g	3g	10 nuts	9/9
Pecan Cookie Bar	1	116	8g	3mg	22mg	10g	0g	1g	4 nuts	3/3
Pumpkin Pie	5" & 1/8 slice	193	11g	22mg	175mg	18g	1g	5.6g	0	3/3
Pumpkin Muffin <small>special order of 12</small>	1	110	2g	7mg	35mg	20g	0g	3g	2	3/3
Raspberry Rhubarb	5" only	378	22g	0	253mg	43g	3g	5g	5 fruit	3/5
Raspberry Turnover	1	246	18g	0	0	18g	1g	1g	5 fruit	7/8
Razzle 4 Berry Pie	5" & 1/8 slice	386	22g	0	253mg	43g	3g	4g	8 fruit	4/6
Red Velvet muffin	1	110	2g	7mg	35mg	20g	0g	3g	2	3/3
Scones	1	107	3g	0	28mg	17g	3g	3g	0	2/3
Snickerdoodle Cookie	1	104	4g	2mg	48mg	15g	1g	2g	0	2/3
Strawberry – Fresh <small>seasonal</small>	1	30	0	0	0	2g	1g	1g	2g	0/1
Strawberry Rhubarb Pie	5" & 1/8	398	22g	0	253mg	46g	3g	4g	3 fruit	3/5
Strawberry Peach Pie	5" & 1/8	402	22g	0	253mg	46g	4g	5g	5 fruit	4/7
Tower Cake – 2 layers		174	4g	10mg	53mg	30g	0g	4.5g	0g	4/5
Triple Chocolate Cookie	1	135	7g	21mg	38mg	15g	1g	3g	1	4/4
Vanilla Cake 3 layers	1/8 slice	319	19g	222mg	104mg	32g	0g	5g	1.5g	9/10
Vanilla, chocolate, lemon	4x4 cake	231	15	148mg	69mg	21g	0g	3g	0g	
Wannabe Choc & Van	1	172	8g	7g	114mg	20g	2g	4g	2	3/5
GF Brownie	1	266	22g	129mg	255mg	11	2g	6	1	7/8
GF Cheesecake	1/8 slice	560	48g	160mg	480mg	24g	0	8g	8g	5/5
GF Cheesy Biscuits	1	194	10g	7mg	73mg	22g	0g	4g	1	
GF Coconut Cookie	1	99	5g	0	55mg	13g	2g	2g	1g	3/3
GF Haystack Cookie	1	51	3g	0mg	25mg	5g	0	1	0	1/2
GF Lemon cookie	1	105	5g	0	55mg	13g	2g	2g	1g	3/3
GF P.B. cookie	1	162	10g	0	05 mg	13g	2g	5g	9g	6/5