

Item Name	Quantity	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Raised Donuts											
Glazed Raised Donut	1 Donut	400	18	8	0	0	380	53	0	24	5
Maple Iced Raised Donut	1 Donut	500	18	8	0	0	400	80	0	47	5
White Iced Raised Donut	1 Donut	500	33	13	0	0	390	80	0	49	16
Chocolate Iced Raised Donut	1 Donut	540	27	10	3	0	450	70	1	37	6
Lemon Burst Raised Donut	1 Donut	420	22	12	0	0	420	50	1	18	6
Cherry Cheesecake Raised Donut	1 Donut	480	29	14	0	0	410	66	0	35	11
Butterfinger Raised Donut	1 Donut	760	43	18	0	0	520	122	0	75	19
Heath Raised Donut	1 Donut	850	45	20	3.5	10	650	105	2	72	8
Cap'n Crunch Raised Donut with White Icing	1 Donut	670	35	15	0	0	720	116	0	68	18
Cocoa Pebbles Raised Donut with White Icing	1 Donut	670	34	14	0	0	640	117	0	64	18
Fruit Loops Raised Donut with White Icing	1 Donut	660	34	14	0	0	610	117	5	64	19
Fruity Pebbles Raised Donut with White Icing	1 Donut	670	35	15	0	0	610	116	0	63	18
Cake Donuts											
Maple Iced Cake Donut	1 Donut	500	17	8	0	10	470	84	0	58	4
White Iced Cake Donut	1 Donut	510	32	13	0	10	470	84	0	59	15
Chocolate Iced Cake Donut	1 Donut	550	26	10	3	10	540	74	1	47	5
Old Fashioned Cake Donut with White Icing	1 Donut	510	32	13	0	15	420	87	1	62	14
Old Fashioned Cake Donut with Chocolate Icing	1 Donut	560	26	10	3	15	480	77	2	50	4
Blueberry Fruited Cake Donut	1 Donut	420	22	12	0	20	450	52	2	27	5
Blueberry Streusel Cake Donut	1 Donut	590	27	13	0	20	560	80	1	40	7
Smores Cake Donut	1 Donut	710	42	18	3	15	510	81	2	51	5
Long Johns											
Bananas Foster Long John	1 Long John	800	55	38	0	0	690	80	1	42	5
Chocolate Delight Long John	1 Long John	890	50	23	4.5	0	410	104	4	69	7
Fruited Chocolate Delight Long John	1 Long John	990	55	24	4.5	5	420	127	8	88	11
Fruited Fluff Long John	1 Long John	800	53	36	0	0	400	79	5	46	9
Maple Bacon Long John	1 Long John	670	34	16	0	40	800	78	1	49	13
Snickers Long John	1 Long John	950	52	22	3	0	530	113	3	77	10
Butterfinger Long John	1 Long John	840	53	24	0	0	440	120	1	76	18
Heath Long John	1 Long John	930	55	26	3.5	10	580	104	3	73	7
Strawberry Shortcake Long John	1 Long John	740	52	35	0	0	380	66	2	38	8
Cap'n Crunch Long John with White Icing	1 Long John	750	45	20	0	0	640	115	1	69	17
Cocoa Pebbles Long John with White Icing	1 Long John	750	44	20	0	0	560	116	1	65	17

Fruit Loops Long John with White Icing	1 Long John	740	44	19	0	0	530	116	5	65	19
Fruity Pebbles Long John with White Icing	1 Long John	750	44	20	0	0	530	115	1	64	17
Bismarks											
Bavarian Filled Bismark with Chocolate Icing	1 Bismark	680	29	12	3	0	480	99	2	56	6
Bavarian Filled Bismark with White Icing	1 Bismark	640	35	14	0	0	420	109	1	68	16
Holland Crème Bismark with Chocolate Icing	1 Bismark	910	40	14	6	0	500	132	2	93	6
Holland Crème Bismark with White Icing	1 Bismark	870	46	17	3.5	0	440	142	1	105	16
Lemon Crème Bismark	1 Bismark	580	27	14	0	0	440	87	1	48	9
Lemon Filled Bismark, Chocolate Icing	1 Bismark	700	28	11	3	0	490	107	2	65	6
Lemon Filled Bismark, White Icing	1 Bismark	660	34	14	0	0	430	117	1	77	16
Maple Bacon Bismark	1 Bismark	600	24	11	0	40	810	81	1	50	13
Oreo Bismark	1 Bismark	1530	78	27	3.5	0	940	254	5	177	25
Pecan Brown Sugar Bismark	1 Bismark	610	30	11	3	0	390	79	2	46	7
Raspberry Filled Bismark with Chocolate Icing	1 Bismark	700	27	11	3	0	430	110	2	64	6
Raspberry Filled Bismark with White Icing	1 Bismark	660	33	13	0	0	360	120	1	76	16
Cinnamon Rolls											
Fried Cinnamon Roll with Chocolate Icing	1 Cinnamon Roll	840	45	18	3	15	240	104	8	56	9
Fried Cinnamon Roll with White Icing	1 Cinnamon Roll	790	51	20	0	15	170	115	7	68	19
Cinnamon Twists											
Plain Cinnamon Twist	1 Cinnamon Twist	590	37	18	0	0	480	62	6	20	7
Glazed Cinnamon Twist	1 Cinnamon Twist	680	37	18	0	0	480	81	6	36	7
Apple Fritters											
Apple Fritter, Maple Icing	1 Fritter	750	37	13	0.5	5	340	102	7	59	5