



Effective: 7/1/2025

CALORIES
(kcal)

TOTAL FAT
(g)

SATURATED FAT
(g)

TRANS FAT
(g)

CHOLESTEROL
(mg)

SODIUM
(mg)

CARBOHYDRATE
(g)

DIETARY FIBER
(g)

SUGARS
(g)

PROTEIN
(g)

CAKE DOUGHNUTS

Blueberry Cake

250

10

3.5

0

0

260

38

0

17

3

Butterfingering

280

10

4

0

0

340

50

1

29

4

Buttermilk Bar

520

20

7

0

40

730

77

2

31

9

Chocolate Coconut Cake

280

10

5

0

0

330

46

2

28

3

Chocolate Cake

260

9

3

0

44

290

44

1

24

4

Chocolate Old Fashioned

310

14

5

0

<5

240

42

0

26

3

Cinnamon Sugar Cake

220

6

2

0

<5

270

38

<1

19

3

Diablos Rex

260

9

3

0

0

320

44

1

27

4

Double Chocolate

240

8

3

0

0

320

41

1

24

3

Glazed Old Fashioned

290

12

4

0

<5

230

42

0

24

3

Maple Old Fashioned

310

14

5

0

<5

230

44

0

28

3

Marshall Mathers

520

21

10

0

<5

310

81

<1

62

7

Peanut Cake

460

26

5

0

<5

290

51

3

24

12

Plain Cake

190

6

2

0

<5

270

30

<1

11

3

Powdered Sugar Cake

210

7

2

0

<5

280

34

<1

18

3

Sprinkle Cake

450

18

8

0

<5

280

72

<1

53

3



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(g)

DIETARY FIBER
(g)

SUGARS
(g)

PROTEIN
(g)

RAISED DOUGHNUTS

Banana Cream Pie

630

25

10

0

0

310

98

2

67

5

Oh Captain, My Captain

430

18

7

0

0

290

61

1

34

5

Chocolate Ring

560

25

10

0

0

300

77

2

46

5

Chuckles

730

35

12

0

0

350

107

4

67

11

Dirt

580

26

9

0

0

380

81

1

29

6

Grape Ape

450

20

8

0

0

240

66

1

38

4

The Homer

520

22

8

0

0

240

77

1

40

4

Mango Tango

610

23

9

0

0

280

98

1

66

4

Maple Bar

560

23

9

0

0

250

85

1

57

4

Maple Blazer Blunt

310

13

5

0

0

125

45

<1

31

2

Maple Cream

620

24

9

0

0

310

97

1

67

4

Portland Cream

600

24

9

0

0

340

93

2

61

5

Raised Glazed

330

17

6

0

0

260

40

1

10

5

Raspberry Romeo

360

15

5

0

0

260

52

1

20

4

Strawberry Go-Tart

610

23

9

0

0

270

98

1

66

4

Viscous Hibiscus

400

19

7

0

0

240

54

1

27

4

Voodoo Bubble

420

19

7

0

0

240

59

1

32

4



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DIETARY FIBER
(g)

SUGARS
(g)

PROTEIN
(g)

VEGAN DOUGHNUTS

Apple Fritter	830	59	22	0	0	490	64	2	11	8
Chocolate Ring	530	23	9	0	0	300	77	2	46	5
Dirt	580	26	9	0	0	380	81	1	26	6
Maple Bar	560	23	9	0	0	250	85	1	57	4
Maple Cream	620	24	9	0	0	310	97	1	67	4
Old Dirty Bastard	700	31	11	0	0	440	100	2	44	8
Portland Cream	600	24	9	0	0	340	93	2	61	5
Raised Glazed	330	17	6	0	0	260	40	1	10	5
School Daze "PB & J"	438	49	9	0	0	910	84	8	27	28
Voodoo Doll	620	24	9	0	0	320	98	2	63	5

SPECIALTIES

Apple Fritter	730	48	18	0	0	490	64	2	11	8
Bacon Maple Bar	570	24	9	0	0	290	85	1	57	5
Cock & Balls	1660	62	25	0	0	760	274	7	203	13
Memphis Mafia	1500	86	38	0	<5	550	178	8	112	16
Old Dirty Bastard	700	31	11	0	0	440	100	2	44	8
Voodoo Doll	620	24	9	0	0	320	98	2	63	5