



# Nutritional Fact Sheet

	Servings Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
<b>CAKE DOUGHNUTS</b>																
Plain Cake Doughnut	91	350	180	20	7	0	35	540	39	<1	14	5	0	0	2	15
Glazed Cake Doughnut	105	390	180	20	7	0	35	540	50	<1	24	5	0	0	2	15
Cinnamon Sugar Cake Doughnut	100	380	180	20	7	0	35	540	48	<1	23	5	0	0	2	15
Powdered Cake Doughnut	109	420	190	21	8	0	35	540	54	<1	14	5	0	0	2	15
Chocolate Frosted Caked Doughnut	119	450	210	23	9	0	35	550	59	2	33	5	0	0	2	40
Pink Vanilla Cake Doughnut	119	460	210	23	9	0	35	540	60	<1	35	5	0	0	2	15
Raspberry Glazed Cake Doughnut	105	390	180	20	7	0	35	540	49	<1	23	5	0	0	2	15
Maple Frosted Cake Doughnut	119	430	180	20	7	0	35	540	59	<1	33	5	0	0	2	15
Chocolate Frosted Peanut Cake	137	560	290	32	10	0	35	550	63	3	33	10	0	0	4	40
Chocolate Feather Boa	142	550	260	29	15	0	35	610	71	4	41	6	0	0	2	40
Pink Feather Boa	142	560	260	29	15	0	35	600	72	3	43	5	0	0	2	20
Chocolate Rainbow Doughnut	133	510	220	24	9	0	35	550	71	2	44	5	0	0	2	40
Pink Rainbow Cake Doughnut	133	520	220	24	9	0	35	540	73	<1	35	5	0	0	2	15
Plain Applesauce Cake Doughnut	91	350	180	20	7	0	20	540	39	2	14	5	0	0	2	10
Glazed Applesauce Cake Doughnut	105	390	180	20	7	0	20	540	50	2	24	5	0	0	2	10
Glazed Blueberry Cake Doughnut	105	390	180	20	7	0	20	510	51	1	25	5	0	0	2	10
Plain Blueberry Cake Doughnut	91	350	180	20	7	0	20	510	39	1	15	5	0	0	2	10
Cinnamon Sugar Blueberry Cake Doughnut	100	380	180	20	7	0	20	510	48	1	24	5	0	0	2	10
Glazed Chocolate Cake Doughnut	105	390	180	19	7	0	20	560	50	2	25	5	0	0	2	20
Maple Frosted Chocolate Doughnut	119	420	180	20	7	0	20	570	59	2	34	5	0	0	2	20
Raspberry Chocolate Cake Doughnut	105	380	180	19	7	0	20	560	49	2	24	5	0	0	2	20
Double Trouble Doughnut	119	450	200	23	9	0	20	570	59	2	33	5	0	0	2	45
Chocolate Sandcastle Doughnut	100	380	180	19	7	0	20	560	48	2	24	5	0	0	2	20
Plain Chocolate Cake Doughnut	91	340	180	19	7	0	20	560	39	2	15	5	0	0	2	20
Cherry Blossom Doughnut	105	390	180	19	7	0	25	530	50	<1	24	5	0	0	2	25
<b>OLD FASHIONED DOUGHNUTS</b>																
Plain Old Fashioned Doughnut	91	390	210	24	9	0	20	330	41	<1	18	4	0	0	2	15
Glazed Old Fashioned Doughnut	119	480	210	24	9	0	20	340	64	<1	38	4	0	0	2	15
Cinnamon Sugar Old Fashioned Doughnut	100	420	210	24	9	0	20	330	50	<1	27	4	0	0	2	15
Maple Frosted Old Fashioned Doughnut	119	470	210	24	9	0	20	340	61	<1	37	4	0	0	2	15
Chocolate Frosted Old Fashioned	119	490	240	27	10	0	20	340	61	1	36	4	0	0	2	40
Raspberry Glazed Old Fashioned Doughnut	119	470	210	24	9	0	20	340	61	<1	35	4	0	0	2	15
Glazed Chocolate Old Fashioned Doughnut	119	480	220	25	10	0	20	370	63	2	36	5	0	0	2	30
<b>YEAST RAISED DOUGHNUTS</b>																
Glazed Raised Ring	106	390	180	20	7	0	0	330	49	<1	13	6	0	0	0	15
Cinnamon Sugar Raised Ring	106	400	180	20	7	0	0	330	51	<1	17	6	0	0	0	15
Raspberry Glazed Raised Ring	106	390	180	20	7	0	0	330	47	<1	12	6	0	0	0	15
Raspberry Bullseye	174	560	190	22	8	0	0	410	87	2	37	5	0	0	0	15
Chocolate Frosted Raised Ring	128	480	210	24	9	0	0	340	63	2	26	6	0	0	0	40
Maple Bar	170	580	210	24	9	0	0	410	85	1	42	7	0	6	0	15
Chocolate Bar	170	620	270	30	11	0	0	410	85	2	41	7	0	0	0	60
Raspberry Bismark	174	570	200	22	8	0	0	410	88	2	25	6	0	6	0	15
Bavarian Crème	197	600	240	27	10	0	0	460	86	2	41	7	0	0	0	45
Apple Fritter	163	560	240	27	10	0	0	410	74	2	30	6	0	0	2	15
Pershing	128	450	190	21	8	0	0	340	62	2	23	5	0	0	2	15
<b>OTHER DOUGHNUTS</b>																
Plain Cruller	91	350	180	20	7	0	35	540	39	<1	14	5	0	0	2	15
Glazed Cruller	105	390	180	20	7	0	35	540	50	<1	24	5	0	0	2	15
Chocolate Frosted Cruller	119	450	210	23	9	0	35	550	59	2	33	5	0	0	2	40
Chocolate Frosted Cruller	119	450	210	23	9	0	35	550	59	2	33	5	0	0	2	40
Cinnamon Sugar Cruller	100	380	180	20	7	0	35	540	48	<1	23	5	0	0	2	15
Maple Frosted Cruller	119	430	180	20	7	0	35	540	59	<1	33	5	0	0	2	15
Raspberry Glazed Cruller	105	390	180	20	7	0	35	540	49	<1	23	5	0	0	2	15

Top Pot Doughnuts has made a reasonable effort to provide nutritional and ingredient information based upon standard product formulations and following the FDA guidelines using formulation and nutrition labeling software. Percentage data for vitamins and minerals refers to percentage of U.S. Daily Values for a 2,000 calorie diet.

Our doughnuts are hand-forged at our Top Pot bakeries therefore variations may occur due to seasonal conditions, ingredient substitutions and differences in product assembly or size. Test products, limited time offers, and other menu variations may not be included and not all items listed may be available in all Top Pot retail cafés. The information on these printed materials may vary from that which may be available in our Top Pot retail cafés.

Any customers with specific dietary concerns are advised to use the "Contact Us" link on the website.

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