

DREAM BAKERY  
 LOW CARB/KETO FRIENDLY MENU INFORMATION  
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Menu Item	Serving Size	Servings per Package	Calories	Fat (grams)	Protein (grams)	Total Carbs (grams)	Fiber (grams)	Carbs from Sugar Alcohol (grams)	Net Carbs (grams)*
<b>Everything Bagel</b>	1 bagel	Varies	221	17	12	5	1	0	4
	Almond flour, whole milk mozzarella cheese, cream cheese, eggs, baking powder, everything bagel seasoning (sea salt, poppy seeds, sesame seeds, dehydrated garlic, dehydrated onion), Italian seasoning, garlic powder, onion powder. Allergens: tree nuts, eggs, milk.								
<b>Cheddar Jalapeno Bagel</b>	1 bagel	Varies	259	20	14	5	1	0	4
	Almond flour, whole milk mozzarella cheese, cream cheese, eggs, jalapenos, baking powder, cheddar cheese, Italian seasoning, garlic powder, onion powder, salt. Allergens: Tree nuts, milk, eggs.								
<b>Plain Bagel</b>	1 bagel	Varies	221	17	12	5	1	0	4
	Almond flour, whole milk mozzarella cheese, cream cheese, eggs, baking powder, Italian seasoning, garlic powder, onion powder. Allergens: tree nuts, eggs, milk.								
<b>Peanut Butter Cookies</b>	1 cookie	Varies	81	7	3	8	1	5	2
	Natural peanut butter, Swerve sweetener (erythritol, oligosaccharides, natural flavors), eggs Allergens: Peanuts, eggs.								
<b>Cheesecake</b>	1 slice	2	335	32	8	18	1	11	6
	Almond flour, butter, Swerve sweetener (erythritol, oligosaccharides, natural flavors), vanilla, cream cheese, eggs, lemon juice, heavy whipping cream. Allergens: Tree nuts, milk, eggs.								
<b>Carrot Cake with Cream Cheese Frosting</b>	1 slice	2	359	34	8	22	3	14	5
	Almond flour, butter, Swerve sweetener (erythritol, oligosaccharides, natural flavors), monkfruit, vanilla, cream cheese, eggs, carrots, baking powder, salt, cinnamon, walnuts, molasses (small amount). Allergens: Tree nuts, milk, eggs, soy.								
<b>Chocolate Cake with Chocolate Frosting</b>	1 slice	2	478	49	8	20	5	15	5
	Almond flour, coconut oil, Swerve sweetener (erythritol, oligosaccharides, natural flavors), monkfruit, vanilla, , eggs, almond milk, vegetable shortening, dutch cocoa, vinegar, baking powder, salt,. Allergens: Tree nuts, milk, eggs, soy.								
<b>Almond Cake with Almond Frosting</b>	1 slice	2	324	31	9	20	3	14	3
	Almond flour, butter, vegetable shortening, sour cream, Swerve sweetener (erythritol, oligosaccharides, natural flavors), monkfruit, eggs, vanilla, baking powder, salt. Allergens: Tree nuts, milk, eggs, soy.								
<b>Brownie</b>	1	1	205	28	7	27	3	20	4
	Almond flour, butter, Swerve sweetener (erythritol, oligosaccharides, natural flavors), vanilla, eggs, cocoa, salt, baking powder, Lily's sugar free chocolate chips (unsweetened chocolate, erythritol, stevia extract, inulin, soy lecithin, vanilla), monkfruit. Allergens: Tree nuts, milk, eggs, soy.								
<b>Blueberry Scone</b>	1	1	156	12	4	12	3	5	4
	Almond flour, butter, Swerve sweetener (erythritol, oligosaccharides, natural flavors), eggs, blueberries, baking powder, monkfruit,								

	coconut flour, heavy cream, almond milk (Silk brand). Allergens: Tree nuts, milk, eggs.								
<b>Sandwich Bread Loaf</b>	1 slice	16	219	16	9	9	4	0	5
	Almond flour, eggs, psyllium husk powder, whey protein isolate, sour cream, baking powder, butter, salt, egg whites, yeast, honey (small amount to feed yeast which consumes the sugar), xanthan gum, water. Allergens: Tree nuts, eggs, milk.								
<b>Cinnamon Rolls</b>	1/4 pan	4	233	18	9	26	4	17	5
	Almond flour, eggs, flax meal, whey protein isolate, sour cream, baking powder, butter, salt, egg whites, yeast, maple syrup (small amount to feed yeast which consumes the sugar), golden monkfruit, xanthan gum, water. Swerve sweetener (erythritol, oligosaccharides, natural flavors), cinnamon, cream cheese, salt.. Allergens: Eggs, tree nuts, milk.								

**NUTRITIONAL DISCLAIMER:** We are not licensed nutritionists or dieticians. Nutritional information is provided as a courtesy using the tools included in the Recipe Cost Calculator program. Your calculations may vary.