

Thomson Baking Company Keto Menu

Coconut Chocolate Chip Cookies - \$6.00 for pkg of 6

(Net Carbs: 1.16g, Fat: 9.27g, Protein: 1.86g, Cal: 105)

Peanut Butter Cookies - \$6.00 for pkg of 6

(Net Carbs: 2.4g, Fat: 9.4, Protein: 4.85g, Cal: 113)

Double Chocolate Peanut Butter Muffins - \$2.50, or \$13.00 for 6

(Net Carbs: 4.9g, Fat: 13g, Protein: 6.8, Cal: 172)

Lemon Coconut Muffins - \$2.50, or \$13.00 for 6

(Net Carbs: 1.8g, Fat: 17.8g, Protein: 3.97g, Cal: 185.9)

Lemon Scones - \$2.50

(Net Carbs: 3.1g, Fat: 15.5g, Protein: 7.65g, Cal: 184)

Blueberry Scones - \$2.50

(Net Carbs: 4g, Fat: 14.4g, Protein: 6g, Cal: 170.3)

Strawberry/Mixed Berry Fruit Spread - \$6.00

(Per tbsp - Net Carbs: 0.73g, Fat: 0.01g, Protein: 0.04g, Cal: 3.7)