Snack Menu Item	Gluten	Dairy	Egg	Shellfish	Peanuts	Nuts	Seeds	Soy	Notes
The Power Cookie		x*	x			x	x		*Lactose-free whey protein powder
Monster Cookie	x*	х	x		х				Oats may contain gluten// Dairy in semi-sweet chocolate chips
Bite Me Bars	x*	х			х				Oats may contain gluten// Dairy in semi-sweet chocolate chips
Brownie Bites		х	x						Dairy in semi-sweet chocolate chips
Energy Balls	x*	х			х	x			Oats may contain gluten// Dairy in semi-sweet chocolate chips
Raspberry Cheesecakes		х	x			x			almonds
Dbl Choc Donuts		x	x			х			Dairy in semi-sweet chocolate chips
Reeses Donuts	*	х	х		х				*The reeses are GF but come from a facility that has gluten Dairy in semi-sweet chocolate chips
Keto Truffles									
Banana Zucchini Muffins			x			x			-the chocolate chips are dairy free
Raw Vegan Carrot Bar									