

Bread Nutrition

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

A warm fresh slice of happiness!

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g) % DV	Saturated Fat (g) % DV	Trans Fats (g)	Cholesterol (mg) % DV	Sodium (mg) % DV	Carbohydrates (g) % DV	Fiber (g) % DV	Sugar (g)	Protein (g)	Ingredients
Apricot Almond	130	1.5 2%	0 1%	0	0 1%	300 13%	24 8%	4 16%	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Apricots (Ingredient components may vary), Honey, Almonds, Yeast, Salt. CONTAINS: WHEAT, ALMONDS
Apple Pie	120	1 2%	0 0%	0	0 0%	380 16%	24 8%	2 8%	12	3	Fresh Ground 100% Whole Wheat Flour, Water, Honey, White Flour, Golden Raisins, Dried Apples, Yeast, Cinnamon Chips, Salt, Rolled Oats. CONTAINS: WHEAT, MILK AND SOY.
Asiago Pesto	160	6 9%	1.5 8%	0	10 3%	440 18%	22 7%	1 4%	2	5	White Flour, Water, Pesto Sauce (ingredient components may vary), Asiago Cheese (ingredient components may vary), Honey, Yeast, Salt, Dried Garlic, Dried Onion. CONTAINS: WHEAT, MILK, PINE NUTS
Bacon Cheddar Beer	150	4 6%	2.5 10%	0	20 7%	370 15%	21 7%	3 12%	5	7	Fresh Ground 100% Whole Wheat Flour, ale, Cheddar Cheese (Ingredient components may vary), Honey, Bacon, cooked, Yeast, Kosher Salt, Salt, Dried Onion, Dried Garlic, Black Pepper. CONTAINS: WHEAT AND MILK.
Caraway Rye	120	0.5 1%	0 1%	0	0 0%	350 14%	24 8%	4 22%	2	4	Fresh Ground 100% Whole Wheat Flour, Water, Dark Rye Flour, Honey, Yeast, Salt, Caraway Seeds. CONTAINS: WHEAT.
Challah	140	1 2%	0 0%	0	25 8%	230 10%	28 9%	1 4%	6	4	White Flour, Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Yeast, Salt. CONTAINS: WHEAT AND EGGS.
Cheddar Garlic	150	4 6%	2.5 13%	0	15 4%	370 15%	23 8%	1 3%	4	6	White Flour, Water, Cheddar Cheese (ingredient components may vary), Honey, Yeast, Salt, Dried Onion, Dried Garlic. CONTAINS: WHEAT AND MILK.
Cherry Walnut	140	2 3%	0 1%	0	0 0%	290 12%	26 9%	3 13%	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (Ingredient components may vary), Honey, Walnuts, Yeast, Salt. CONTAINS: WHEAT AND WALNUTS.
Cinnamon Chip	150	3 4%	0.5 4%	0	0 1%	370 14%	28 11%	1 4%	11	3	White Flour, Water, Cinnamon Chips (Ingredient components may vary), Honey, Yeast, Salt. CONTAINS: WHEAT, MILK, SOY
Cinnamon Raisin Walnut	130	2 3%	0 0%	0	0 0%	330 14%	25 8%	3 12%	8	4	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Walnuts, Yeast, Salt, Ground Cinnamon. CONTAINS: WHEAT.
Cinnamon Swirl	160	3 5%	1.5 8%	0	5 2%	250 10%	28 9%	3 12%	13	4	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Honey, Butter (Milk), Yeast, Salt, Ground Cinnamon. CONTAINS: WHEAT AND MILK.
Corn Bread w/ Cheddar Cheese	160	4.5 7%	2.5 13%	0	30 10%	220 9%	25 8%	1 4%	9	4	White Flour, Sour Cream (Milk), Sugar, Cornmeal, Corn, Cheddar Cheese (Milk), Eggs, Baking Powder, Baking Soda, Salt. CONTAINS: WHEAT, MILK AND EGG

Cranberry Crunch	140	2	0	0	0	280	28	2	10	4	Water, White Flour, Fresh Ground 100% Whole Wheat Flour, Honey, Golden Raisins, 9 Grain Mix (Barley, Buckwheat, Corn, Flax, Millet, Oats, Red Wheat, Rye, and White Wheat), Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Yeast, Raisins, Sunflower Seeds, Brown Sugar, Rolled Oats, Salt. CONTAINS: WHEAT
		3%	1%		0%	11%	9%	10%			
Cranberry Orange	120	0	0	0	0	290	26	3	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cranberries, Honey, Yeast, Salt, Whole Orange. CONTAINS: WHEAT.
		0%	0%		0%	12%	9%	12%			
Dakota	150	4	0.05	0	0	270	25	4	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt. CONTAINS: WHEAT
		6%	2%		0%	11%	8%	15%			
Focaccia	140	1.5	0	0	0	380	29	1	5	4	White Flour, Water, Honey, Yeast, Salt, Olive Oil, Oregano, Basil. CONTAINS: WHEAT.
		2%	1%		0%	16%	10%	4%			
Gluten Free Whole Grain	140	4.5	1.5	0	30	100	25	2	6	3	Water, Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flaxmeal, Cornstarch, Buckwheat Flour, Butter (Milk), Yeast, Xanthan Gum, Salt, Distilled Vinegar (White Vinegar, Water). CONTAINS: MILK AND EGG
		7%	8%		10%	4%	8%	8%			
Gluten Free Dakota	140	6	1.5	0	20	80	21	2	4	3	Water, Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flaxmeal, Cornstarch, Buckwheat Flour, Butter (Milk), Flax Seeds, Sunflower Seeds, Pumpkin Seeds, Yeast, Millet, Sesame Seeds, Xanthan Gum, Salt, Distilled Vinegar (White Vinegar, Water). CONTAINS: MILK AND EGG
		9%	8%		7%	3%	7%	8%			
Gluten Free Cinnamon Chip	160	6	2	0	25	90	26	2	8	3	Water, Cinnamon Chips (Ingredient components may vary), Honey, Brown Rice Flour, Eggs, Tapioca Flour, Flaxmeal, Cornstarch, Buckwheat Flour, Butter (Milk), Yeast, Xanthan Gum, Salt, Distilled Vinegar (White Vinegar, Water). CONTAINS: MILK, SOY, AND EGG
		9%	10%		8%	4%	9%	8%			
Gluten Free White	120	3.5	2	0	35	200	19	1	3	3	Water, Brown Rice Flour, Eggs, Non-Fat Dried Milk, Potato Starch, Tapioca Flour, Butter (Milk), Sugar, Instant Red Yeast, Xanthan Gum, Salt. CONTAINS: EGGS AND MILK
		5%	10%		12%	8%	6%	4%			
High 5 Fiber	150	3	0	0	0	220	26	5	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt. CONTAINS: WHEAT
		5%	0%		0%	9%	9%	20%			
High Five Fiber with Blueberries	140	2.5	0	0	0	200	25	5	7	5	Water, Fresh Ground 100% Whole Wheat Flour, Dried Blueberries (Ingredient components may vary), Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt. CONTAINS: WHEAT.
		4%	0%		0%	8%	8%	20%			
Honey Whole Wheat	110	0.5	0	0	0	350	25	3	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt. CONTAINS: WHEAT.
		1%	1%		0%	13%	8%	16%			
Irish Baked Potato	150	2	1	0	5	440	28	1	4	4	White Flour, Water, Dehydrated Potatoes, Honey, Butter (Milk), Yeast, Garlic, Salt, Black Pepper, Chives, Eggwash. CONTAINS: WHEAT, MILK, AND EGG
		3%	5%		2%	18%	9%	5%			
Irish Soda Bread	130	0.5	0	0	5	180	27	2	9	4	Cultured Buttermilk (Ingredient components may vary), White Flour, Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Salt, Baking Powder, Baking Soda. CONTAINS: WHEAT, AND MILK
		1%	1%		2%	8%	9%	8%			
Merry Berry	130	0.5	0	0	0	290	27	3	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Cranberries (Ingredient components may vary), Dried Blueberries (Ingredient components may vary), Yeast, Salt,

		1%	0%		0%	12%	9%	12%			
Nine Grain	130	0.5	0	0	0	270	26	4	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Nine Grain Mix (Ingredient components may vary), Yeast, Salt. CONTAINS: WHEAT.
		1%	0%		0%	11%	9%	17%			
Onion Dill Rye	120	0.5	0	0	0	340	25	3	7	4	Water, Fresh Ground 100% Whole Wheat Flour, Honey, White Flour, Rye Flour, Yeast, Salt, Dried Onion, Dill. CONTAINS: WHEAT.
		1%	0%		1%	14%	8%	13%			
Peanut Butter Chocolate Cl	180	6	1.5	0	0	300	27	2	8	5	White Flour, Water, Natural Peanut Butter (Ingredient components may vary), Chocolate Chips (Ingredient components may vary), Honey, Yeast, Salt. CONTAINS:WHEAT, PEANUTS, AND MILK
		9%	8%		0%	13%	9%	8%			
Pumpkin Swirl	140	2	0.5	0	5	190	29	2	12	3	White Flour, Water, Brown Sugar, Pumpkin, Fresh Ground 100% Whole Wheat Flour, Honey, Butter (Milk), Yeast, Salt, Pumpkin Pie Spice (Cinnamon, Nutmeg, Ginger). CONTAINS: WHEAT AND MILK.
		3%	3%		2%	8%	10%	8%			
Raisin Cinnamon Chip	150	2.5	0.5	0	0	240	28	3	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Cinnamon Chips (Ingredient components may vary), Raisins, Honey, Yeast, Salt. CONTAINS: WHEAT, SOY, AND MILK.
		4%	3%		1%	10%	9%	14%			
Red, White and Blueberry	140	0	0	0	5	360	30	1	8	3	White Flour, Water, Honey, Dried Cranberries, Dried Blueberries, Yeast, Salt. CONTAINS: WHEAT.
		0%	0%		2%	15%	10%	4%			
Rustic Italian Herb	100	0	0	0	0	780	23	1	7	3	Water, White Flour, Honey, Yeast, Salt, Dried Garlic, Dried Onion, Basil, Black Pepper CONTAINS: WHEAT
		0%	0%		0%	33%	8%	4%			
Spinach Feta	130	3	2	0	15	400	19	2	4	5	Feta Cheese (Ingredient components may vary), White Flour (Ingredient components may vary), Water, Fresh Ground 100% Whole Wheat Flour, Spinach, Honey, Yeast, Salt, Dried Garlic, Oregano, Black Pepper. CONTAINS: WHEAT AND MILK.
		5%	10%		5%	17%	6%	8%			
Star Spangled Swirl	150	1.5	0.5	0	5	220	30	4	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Blueberries (Ingredient components may vary), Dried Cherries (Ingredient components may vary), Honey, Dried Apples (Ingredient components may vary), Brown Sugar, Yeast, Butter (Milk), Blueberries, Salt. CONTAINS: WHEAT AND MILK
		2%	3%		2%	9%	10%	16%			
Stuffing Bread	100	0	0	0	0	250	20	3	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Onion, Celery, Honey, Yeast, Salt, Thyme, Black Pepper, Sage. CONTAINS: WHEAT.
		1%	1%		1%	10%	7%	13%			
White Chocolate Cherry Sw	150	2.5	1.5	0	5	250	31	1	8	3	White Flour, Water, Dried Cherries (Ingredient components may vary), White Chocolate Chips (Ingredient components may vary), Honey, Brown Sugar, Butter (Milk), Yeast, Salt, Vanilla Flavoring. CONTAINS: WHEAT AND MILK
		4%	8%		2%	10%	10%	4%			
White	130	0	0	0	0	440	27	1	5	3	White Flour, Water, Honey, Yeast, Salt. CONTAINS: WHEAT.
		0%	0%		0%	18%	10%	4%			

	Chocolate Chocolate Chip Biscotti														
	Cinnamon Roll without Frosting	770	11g/17%	65mg/22%	910mg/38%	157g/52%	8g/32%	76g	15g						
	Cinnamon Roll with Frosting														
	Cupid's Crunch														
	Lemon Cream Roll														
	Granola														
	Kahuna Bars														
	Mud Bars														
	Pumpkin Oh's	140	6g/9%	40mg/13%	170mg/7%	19g/6%	0g/0%	14g	2g						
	Rhubarb Streusel-Wheat														
	Rhubrab Streusel-Blend														
	Savannah Bars	500	18g/28%	55mg/19%	210mg/9%	81g/27%	6g/24%	50g	7g						
	Savory Breakfast Rolls														
	Vanilla Almond Biscotti	150	6g/9%	35mg/12%	110mg/5%	22g/7%	2g/8%	9g	4g						
	Whole Wheat Coffee Cake	450	21g/32%	100mg/33%	410mg/17%	60g/20%	5g/20%	36g	9g						

Groovy Granola (1/2c)	220	7g/11%	0mg/0%	5mg/0%	36g/12%	4g/14%	15g	6g	x						
Pancake Mix (47g-2 pancakes)	160	1g/2%	0g/0%	360mg/15%	32g/11%	4g/16%	7g	8g	x						
Chocolate Chip Cookie (1 each from dry mix)	290	6g/9%	0mg/0%	260mg/11%	59g/20%	4g/18%	36g	5g	x						

