



# BREAD NUTRITION

*A warm fresh slice of the good life*

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

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
Apple Cinnamon Raisin	120	0%	0%	0	0	3	0	0	9	4	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Apples, Raisins, Yeast, Salt, Ground Cinnamon CONTAINS: WHEAT AND SOY
Apple Cinnamon Walnut	140	2	0	0	0	290	26	4	10	4	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Walnuts, Yeast, Salt, Apple Juice (Concentrated Apple Juice, Water, Ascorbic Acid (Vitamin C)), Ground Cinnamon. CONTAINS: WHEAT, WALNUTS, AND SOY
Apple Crunch	130	2g	1	0	10	290	23	4	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Apples, Honey, Brown Sugar, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon, Natural Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, EGGS, AND SOY
Artichoke Parmesan	140	2.5%	1.5%	0	5	350	23	1	3	6	White Flour (Wheat Flour, Malted Barley Flour), Water, Parmesan Cheese (Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes) Powdered Cellulose to Prevent Caking, Natamycin to Protect Flavor), Artichoke Hearts (Quartered Artichoke Hearts, Water, Salt and Citric Acid added), Whole Wheat Flour, Honey, Yeast, Asiago Cheese (Cultured Milk, Enzymes, Salt, Cellulose to Prevent Caking, Natamycin to Protect Flavor), Salt, Dried Garlic, Basil, Black Pepper. CONTAINS: WHEAT AND MILK
Asiago Pesto	160	6	1.5	0	10	440	22	1	2	5	White Flour (Wheat Flour, Malted Barley Flour), Water, Pesto Sauce (soy oil, water, Parmesan and Romano cheese (part-skim milk, cheese culture, salt and enzymes), spice, olive oil, basil, salt, sugar, garlic, citric acid, ascorbic acid, natural flavors, and lactic acid), Asiago Cheese (Cultured Milk, Enzymes, Salt, Cellulose to prevent caking, natamycin to protect flavor), Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic and Dried Onion. CONTAINS: WHEAT, SOY, MILK, AND EGG
Bacon Cheddar Beer	150	4	2	0	20	320	21	3	5	7	Fresh Ground 100% Whole Wheat Flour, Beer (ale), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Honey, Bacon (cooked), Yeast, Kosher Salt, Salt, Dried Onion, Dried Garlic, Black Pepper, Chives. CONTAINS: WHEAT AND MILK.
Caramel Apple	130	2	1.5	0	10	210	24	2	9	4	Fresh Ground 100% Whole Wheat Flour, Water, Apples, Honey, Caramel Chips (Sugar, Corn Syrup, Liquid Sugar, Skim Milk, Palm Oil, Butter, Salt, Mono and Diglycerides, Natural Flavor, Soy Lecithin), Yeast, Salt, Ground Cinnamon. CONTAINS: WHEAT, MILK, AND SOY
Caraway Rye	120	0.5	0	0	0	320	24	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Honey, Yeast, Salt, Caraway Seeds. CONTAINS: WHEAT AND SOY.
Challah	150	2.5	1	0	100	230	27	1	5	5	White Flour (Wheat Flour, Malted Barley Flour), Water, Sugared Egg Yolks (Egg Yolks, Sugar), Honey, Yeast, Salt. CONTAINS: WHEAT AND EGGS.
Cheddar Garlic	150	4.5	3	0	15	410	21	1	4	6	White Flour (Wheat Flour, Malted Barley Flour), Water, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Honey, Yeast, Salt, Dried Onion, Dried Garlic. CONTAINS: WHEAT AND MILK
Cinnamon Chip	170	3	0.5	0	0	340	32	1	11	3	White Flour (Wheat Flour, Malted Barley Flour), Water, Cinnamon Chips (Sugar, Pam Oil, Cinnamon, Non-Fat Dry Milk, and Soy Lecithin (an emulsifier)), Honey, Yeast, Salt, Sugar, Ground Cinnamon. CONTAINS: WHEAT, MILK, AND SOY.
Cinnamon Raisin	140	1	0.5	0	0	290	28	2	9	4	Water, White Flour (Wheat Flour, Malted Barley Flour), Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Yeast, Butter, Salt, Ground Cinnamon. CONTAINS: WHEAT



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Cinnamon Swirl	160	2.5 4%	1.5 8%	0	5 2%	220 9%	29 10%	4 16%	12	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Honey, Butter (Milk), Yeast, Salt, Ground Cinnamon. CONTAINS :WHEAT AND MILK
CranApple	130	0% 0%	0% 0%	0	0 1%	360 15%	30 10%	1 5%	10	3	White Flour (Wheat Flour, Malted Barley Flour), Water, Honey, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Cinnamon Chips (Sugar, Pam Oil, Cinnamon, Non-Fat Dry Milk, and Soy Lecithin (an emulsifier), Apples, Yeast, Orange, Salt. CONTAINS: WHEAT, SOY, AND MILK
Cranberry Orange	130	0.5 1%	0 0%	0	0 0%	280 12%	27 9%	4 16%	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Honey, Yeast, Salt, Orange Puree. CONTAINS: WHEAT AND SOY
Dakota	150	4 6%	0 2%	0	0 0%	270 11%	23 8%	4 15%	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt. CONTAINS: WHEAT AND SOY.
Everything	140	1 2%	0 0%	0	0 0%	330 14%	27 9%	3 12%	5	5	White Flour (Wheat Flour, Malted Barley Flour), Water, Fresh Ground 100% Whole Wheat Flour, Honey, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A Palmitate, Vitamin D3), Yeast, Salt, Flax Seeds, Dried Garlic, Cornmeal, Sesame Seeds, Sunflower Seeds, Millet, Rolled Oats, Poppy Seeds, Dried Onion, Black Pepper. CONTAINS: WHEAT, MILK AND SOY.
Extreme Cinnamon Swirl	160	2.5 4%	0.5 3%	0	0 0%	220 9%	33 11%	2 8%	17	3	Water, Golden Fresh Ground 100% Whole Wheat Flour, Brown Sugar, White Flour (Wheat Flour, Malted Barley Flour), Cinnamon Chips (Sugar, Pam Oil, Cinnamon, Non-Fat Dry Milk, and Soy Lecithin (an emulsifier)), Honey, Yeast, Salt, Ground Cinnamon. CONTAINS: WHEAT, MILK, AND SOY.
Gluten Free Cheddar Garlic	130	4 6%	2.5 13%	0	35 12%	170 7%	20 7%	1 4%	3	4	Water, White Rice Flour, Eggs, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Potato Starch, Tapioca Flour, Butter (Milk), Non Fat Powdered Milk (Nonfat Dry Milk, Vitamin A Palmitate, Vitamin D3), Sugar, Yeast, Xanthan Gum, Salt, Distilled Vinegar (White Distilled Vinegar (diluted with water to 5% acidity)), Dried Onion, Dried Garlic. CONTAINS: MILK, SOY, AND EGG
Gluten Free White	130	3 5%	1.5 8%	0	35 12%	160 7%	22 7%	1 4%	3	3	(Nonfat Dry Milk, Vitamin A Palmitate, Vitamin D3), Sugar, Yeast, Xanthan Gum, Salt, Distilled Vinegar (White Distilled Vinegar (diluted with water to 5% acidity)). CONTAINS: MILK, SOY, AND EGG
Gluten X	120	3.50 5%	0.50 3%	0	20 7%	230 10%	20 7%	2 8%	3	3	Water, Rice Flour, Eggs, Potato Starch, Oat Flour, Milk, Honey, Psyllium Husk Powder, Flax Seed Meal, Stone Ground Tapioca Flour, Canola Oil, Yeast, Baking Powder (Sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Salt, Sesame Seeds, Sunflower Seeds, Flax Seeds. CONTAINS: MILK, SOY, AND EGG
Gouda & Stout	150	3 5%	1.5 8%	0	10 3%	190 8%	22 7%	3 12%	5	7	Fresh Ground 100% Whole Wheat Flour, Ale, Gouda Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Calcium Chloride, Annatto Coloring), Honey, Eggs, Yeast, Salt. CONTAINS:WHEAT, SOY, AND EGG
Green Chili Cheddar	140	0 6%	2 10%	0	15 5%	350 15%	21 7%	1 4%	4	5	White Flour (Wheat Flour, Malted Barley Flour), Water, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Green Chiles (Diced Green Chile Peppers, Water, Salt, Citric Acid, Trace of Calcium Chloride), Fresh Ground 100% Whole Wheat Flour, Honey, Yeast, Salt, Olive Oil, Dried Onion, Dried Garlic, Cayenne Pepper, Oregano, Cumin, Paprika. CONTAINS: WHEAT, MILK, AND SOY.
High 5 Fiber	140	3 5%	0 0%	0	0 0%	230 10%	23 8%	5 20%	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt. CONTAINS:WHEAT AND SOY.



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Honey Whole Wheat	130	0.5 1%	0 1%	0	0 0%	300 13%	25 8%	4 16%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt. CONTAINS: WHEAT AND SOY.
Irish Baked Potato	150	2 3%	1 5%	0	5 2%	440 18%	28 9%	1 5%	4	4	White Flour (Wheat Flour, Malted Barley Flour), Water, Dehydrated Potatoes (Potatoes, Whey Product (Contains one or more of the following: Whey Solids, Sodium Caseinate, Calcium Caseinate, Calcium Phosphate, Calcium Hydroxide, Mono and Diglycerides, Sodium Acid Pyrophosphate, Vitamin C (Ascorbic Acid), Calcium Stearoyl-2-Lactylate. Freshness preserved with Sodium Bisulfite and BHT. Contains Milk Ingredients), Honey, Butter (Milk), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Yeast, Garlic, Salt, Fresh Ground 100% Whole Wheat Flour, Black Pepper and Chives. CONTAINS: WHEAT, MILK, AND SOY
Irish Soda Bread	130	0.5 1%	0 1%	0	5 2%	180 8%	27 9%	2 8%	9	4	Cultured Buttermilk (a cultured blend of sweet cream, churned buttermilk, sweet dairy whey, and lactic acid), White Flour (Wheat Flour, Malted Barley Flour), Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Salt, Baking Powder (Sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate) and Baking Soda. CONTAINS: WHEAT, SOY, AND MILK
Italian Herb Focaccia	150	2.5 4%	0 0%	0	0 0%	290 12%	27 9%	1 4%	2	4	Enriched White Flour (Ingredient components may vary), Water, Olive Oil, Honey, Salt, Yeast, Oregano, Basil, Dried Garlic, Black Pepper, Parsley. CONTAINS: WHEAT AND SOY.
Low Carb Whole Grain	100	3 5%	0 0%	0	10 3%	190 8%	13 4%	3 12%	3	5	Water, Fresh Ground 100% Whole Wheat Flour, Wheat Gluten, Honey, Tofu (Filtered Water, Soybeans, isolated Soy Protein, Gluconolactone, Calcium Chloride), Eggs, Flax Seeds, Wheat Bran, Olive Oil, Oat Bran, Rolled Oats, Yeast, Salt. CONTAINS: WHEAT, EGG, AND SOY.
Marble Rye	120	1 1%	0 1%	0	5 2%	350 15%	24 8%	3 12%	3	4	Water, White Flour (Wheat Flour, Malted Barley Flour), Rye Flour, Fresh Ground 100% Whole Wheat Flour, Eggs, Carob Powder, Yeast, Honey, Molasses, Salt, Caraway Seeds, Poppy Seeds. CONTAINS: WHEAT, EGG, AND SOY
Panza	130	3 4%	1 5%	0	5 2%	590 24%	22 7%	2 8%	4	5	White Flour (Wheat Flour, Malted Barley Flour), Water, Fresh Ground 100% Whole Wheat Flour, Parmesan Cheese (Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes) Powdered Cellulose to Prevent Caking, Natamycin to Protect Flavor), Honey, Kalamata Olives, Sun Dried Tomatoes (Sun Dried Tomatoes and Sulfur Dioxide (for color retention)), Yeast, Salt, Oregano, Basil and Black Pepper. CONTAINS: WHEAT, AND MILK.
Popeye	120	1 2%	0.5 3%	0	5 1%	370 15%	22 7%	2 7%	4	5	White Flour (Wheat Flour, Malted Barley Flour), Water, Spinach, Fresh Ground 100% Whole Wheat Flour, Honey, Red Peppers (Bell Peppers, Water, Citric Acid), Parmesan Cheese (Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes) Powdered Cellulose to Prevent Caking, Natamycin to Protect Flavor), Yeast, Salt, Dried Onion, Dried Garlic. CONTAINS: WHEAT AND MILK.
Pumpernickel Rye	120	0.5 1%	0 0%	0	0 0%	330 14%	23 8%	5 20%	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Pumpernickel Rye Flour, Molasses, Yeast, Caramel Coloring liquid, Salt, Caraway Seeds. CONTAINS: WHEAT AND SOY.
Pumpkin Swirl	140	2 3%	0.5 3%	0	5 2%	190 8%	29 10%	2 8%	12	3	White Flour (Wheat Flour, Malted Barley Flour), Water, Brown Sugar, Pumpkin, Fresh Ground 100% Whole Wheat Flour, Honey, Walnuts, Butter (Milk), Yeast, Salt, Pumpkin Pie Spice (Cinnamon, Ginger, Cloves). CONTAINS: WHEAT, MILK, AND WALNUTS.
Red, White and Blueberry	140	0 0%	0 0%	0	5 2%	360 15%	30 10%	1 4%	8	3	White Flour (Wheat Flour, Malted Barley Flour), Water, Honey, Dried Cherries (Cherries, Sugar, Sunflower Oil), Dried Blueberries (Blueberries, Sugar, Sunflower Oil), Yeast, Salt and Eggs. CONTAINS: WHEAT



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<i>Rhubarb Apple Crunch</i>	140	2 3%	1 5%	0	10 3%	250 10%	27 9%	1 4%	6	3	White Flour (Wheat Flour, Malted Barley Flour), Water, Rhubarb, Honey, Apples, Brown Sugar, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon, Natural Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, AND EGG
<i>Roasted Red Pepper Swiss</i>	120	2 3%	1 5%	0	10 3%	230 10%	19 6%	3 12%	3	6	Fresh Ground 100% Whole Wheat Flour, Water, Roasted Red Pepper (Bell Peppers, Water, Citric Acid), Swiss Cheese, Honey, Yeast, Salt, Dried Garlic, Dried Onion, Black Pepper. CONTAINS: WHEAT AND MILK
<i>Rosemary Garlic</i>	130	0.5 1%	0 1%	0	0 1%	320 14%	24 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Dried Garlic, Eggs, Parmesan Cheese (Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes) Powdered Cellulose to Prevent Caking, Natamycin to Protect Flavor), Rosemary, Parsley. CONTAINS: WHEAT AND MILK
<i>Santa Fe Cornbread</i>	130	3% 5%	2% 10%	0	0 3%	3 11%	0 7%	0 4%	3	4	White Flour (Wheat Flour, Malted Barley Flour), Water, Cornmeal, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Cultured Buttermilk (a cultured blend of sweet cream, churned buttermilk, sweet dairy whey, and lactic acid), Corn (Corn, Water, Salt), Tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Honey, Butter (Milk), Green Jalapenos (Jalapeno Peppers, Water, Vinegar, Salt, Calcium Chloride, Garlic Powder), Yeast, Dried Onion, Salt, Cilantro. CONTAINS: WHEAT, MILK, AND EGG
<i>Sonoma</i>	160	4 6%	1.5 8%	0	20 7%	135 6%	26 9%	3 12%	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Golden Raisins, Pumpkin Seeds, Butter (Milk), Sunflower Seeds, Yeast, Raw turbinado sugar, Salt, Orange, Lemon, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT AND MILK.
<i>Sourdough</i>	120	0 0%	0 0%	0	0 0%	220 9%	25 8%	1 4%	0	4	Water, White Flour (Wheat Flour, Malted Barley Flour), High Gluten White Flour, Salt. CONTAINS: WHEAT AND SOY.
<i>Sun Dried Tomato Spinach</i>	120	0 0%	0 0%	0	0 0%	420 18%	24 8%	3 12%	6	4	Water, White Flour (Wheat Flour, Malted Barley Flour), Fresh Ground 100% Whole Wheat Flour, Spinach, Honey, Sun Dried Tomatoes (Sun Dried Tomatoes and Sulfur Dioxide (for color retention)), Yeast, Salt, Dried Garlic and Black Pepper. CONTAINS: WHEAT.
<i>Tuscan Herb</i>	120	0.5 1%	0 1%	0	0 1%	250 10%	23 8%	4 16%	5	5	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Honey, Water, Yeast, Salt, Dried Garlic, Gouda Cheese, Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT AND MILK.
<i>White Chocolate Cherry Swirl</i>	150	2.5 4%	1.5 8%	0	5 2%	250 10%	31 10%	1 4%	8	3	White Flour (Wheat Flour, Malted Barley Flour), Water, Cherries, White Chocolate Chips (Sugar, Partially Hydrogenated Palm Kernel and Palm Oils, Milk, Nonfat Dry Milk, Soy Lecithin, and Artificial Flavoring Added), Honey, Brown Sugar, Butter (Milk), Yeast, Salt, Eggs, and Natural Vanilla Flavoring CONTAINS: WHEAT, SOY, EGGS, AND MILK.
<i>White</i>	130	0 0%	0 0%	0	0 0%	400 17%	29 10%	1 4%	5	4	White Flour (Wheat Flour, Malted Barley Flour), Water, Honey, Yeast, Salt. CONTAINS: WHEAT AND SOY.