



Great Harvest Bread Co.

Bread. The way it ought to be.™

Bread Nutrition

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

Bread, Rolls, Buns, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
Breads													
<i>Anadama Bread (56g)</i>	150	15	1.5	0.5	0	5	280	28	2	4	4	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Fresh Ground 100% Whole Wheat Flour, Cornmeal (Degerminated Yellow Corn Meal, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Honey, Molasses, Yeast, Butter, Salt, Eggs CONTAINS: WHEAT, MILK, EGG
<i>Apple Cherry Pecan Bread (56g)</i>	140	20	2	0	0	5	290	26	3	12	5	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (Cherries, Sugar, and Sunflower Oil), Honey, Dried Apples, Pecans, Eggs, Yeast, Salt CONTAINS: WHEAT, EGG
<i>Apple Cinnamon Chip Walnut Golden Wheat Bread (56g)</i>	150	25	2	0.5	0	0	290	28	3	7	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Apples, Walnuts, Yeast, Salt, Eggs CONTAINS: WHEAT, SOY, MILK, EGG
<i>Apple Cinnamon Walnut Bread (56g)</i>	150	15	2	0	0	0	270	28	4	10	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Apples, Walnuts, Yeast, Salt, Eggs, Ground Cinnamon, Apple Juice (Water, Organic Apple Juice Concentrate) CONTAINS: WHEAT, WALNUT, EGG
<i>Apple Crunch Whole Wheat Bread (56g)</i>	130	20	2	1	0	10	290	23	4	7	6	4	Fresh Ground 100% Whole Wheat Flour, Water, Apples, Honey, Brown Sugar, Butter, Eggs, Yeast, Salt, Ground Cinnamon, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Ground Nutmeg CONTAINS: WHEAT, MILK, EGG
<i>Apple Crunch Blend Bread (56g)</i>	130	20	2	1	0	10	290	24	3	7	6	4	Fresh Ground 100% Whole Wheat Flour, Water, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Apples, Honey, Brown Sugar, Butter, Eggs, Yeast, Salt, Ground Cinnamon, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Ground Nutmeg CONTAINS: WHEAT, MILK, EGG
<i>Apricot Almond Bread (56g)</i>	140	15	2	0	0	0	310	26	4	9	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Apricots (Apricots, Sulfur Dioxide (Added for Color Retention and Preservative)), Honey, Almonds, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
<i>Asiago Pesto Swirl Bread (56g)</i>	150	35	3.5	1	0	10	360	23	4	5	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Pesto Sauce (Basil, Canola Oil, Water, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes), Granulated Garlic, Salt), Asiago Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes), Eggs, Yeast, Salt, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Parsley CONTAINS: WHEAT, MILK, EGG
<i>Asiago Pesto Bread (56g)</i>	160	50	6	1.5	0	5	490	23	1	3	2	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Pesto Sauce (Basil, Canola Oil, Water, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes), Granulated Garlic, Salt), Asiago Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes), Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic, Dried Onion CONTAINS: WHEAT, MILK, EGG

Bread, Rolls, Buns, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>Autumn Apple Bread (56g)</i>	150	15	1.5	0	0	5	300	30	3	10	5	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Golden Raisins (Golden Raisins, Sulfur Dioxide (as a preservative)), Honey, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Sunflower Seeds, Dried Apples, Yeast, 100% Pure Maple Syrup, Rolled Oats, Salt, Eggs, Ground Nutmeg CONTAINS: WHEAT, MILK, EGG
<i>Bacon Cheddar Beer Bread (56g)</i>	160	35	4	2	0	15	270	23	3	6	5	7	Fresh Ground 100% Whole Wheat Flour, Beer (Water, Malted Barley, Barley, Hops, Yeast), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Honey, Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Yeast, Eggs, Salt, Kosher Salt, Dried Onion, Dried Garlic, Black Pepper, Chives CONTAINS: WHEAT, MILK, EGG
<i>Breakfast Blast Bread (56g)</i>	150	15	1.5	0.5	0	0	230	28	4	9	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dates, Rolled Oats, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Yeast, Eggs, Salt, Ground Cinnamon CONTAINS: WHEAT, MILK, SOY, AND EGG
<i>Buckwheat Brown Rice Bread (56g)</i>	140	45	5	2	0	35	105	21	2	6	5	3	Water, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Seeds, Cornstarch, 100% Whole Grain Buckwheat Flour, Butter, Yeast, Xanthan Gum, Salt, Distilled Vinegar CONTAINS: MILK, EGG; MAY CONTAIN WHEAT
<i>Burley Bread (56g)</i>	150	20	2	0	0	0	320	27	4	6	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Sunflower Seeds, Cracked Rye, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
<i>Caraway Rye Bread (56g)</i>	140	5	0.5	0	0	0	330	27	5	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Whole Grain Rye Flour, Honey, Yeast, Salt, Caraway Seeds, Eggs CONTAINS: WHEAT, EGG
<i>Carrot Poppyseed Bread (56g)</i>	130	10	1	0	0	0	310	24	4	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Carrots, Honey, Applesauce (Apples, Water), Poppy Seeds, Yeast, Orange, Salt, Eggs, Ground Cinnamon CONTAINS: WHEAT, EGG
<i>Challah Bread (56g)</i>	140	10	1	0	0	10	260	28	3	5	5	5	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Honey, Eggs, Yeast, Egg Whites, Salt, Sesame Seeds CONTAINS: WHEAT, EGG
<i>Cheddar Garlic Bread (56g)</i>	170	40	4.5	2.5	0	15	400	25	1	4	4	6	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Honey, Yeast, Salt, Eggs, Dried Onion, Sesame Seeds, Dried Garlic, Parsley CONTAINS: WHEAT, MILK, EGG
<i>Cheddar Garlic Jalapeno Bread (56g)</i>	160	40	4	2	0	15	390	24	1	3	4	6	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Honey, Jalapenos (Jalapeno Peppers, Water, Distilled Vinegar, Salt, Calcium Chloride and Garlic Powder), Yeast, Salt, Eggs, Dried Onion, Sesame Seeds, Dried Garlic, Parsley CONTAINS: WHEAT, MILK, EGG
<i>Cherry Apple Berry Bread (56g)</i>	140	5	0.5	0	0	5	290	28	4	8	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Cherries (Cherries, Sugar, and Sunflower Oil), Dried Blueberries, Eggs, Dried Apples, Yeast, Blueberries, Salt CONTAINS: WHEAT, EGG
<i>Cherry Walnut Bread (56g)</i>	150	20	2	0	0	5	290	28	4	11	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (Cherries, Sugar, and Sunflower Oil), Honey, Walnuts, Yeast, Eggs, Salt CONTAINS: WHEAT, WALNUT, EGG

Bread, Rolls, Buns, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>Chocolate Babka (56g)</i>	190	70	8	4.5	0	20	180	29	2	10	9	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Water, Butter, Honey, Eggs, Fresh Ground 100% Whole Wheat Flour, Yeast, Sugar, Salt, Milk, Cocoa Powder CONTAINS: WHEAT, MILK, EGG
<i>Chocolate Cherry Swirl Golden Wheat Bread (56g)</i>	160	20	2.5	1	0	5	250	31	3	13	8	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Dried Cherries (Cherries, Sugar, and Sunflower Oil), Honey, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Brown Sugar, Butter, Yeast, Eggs, Salt, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives) CONTAINS: WHEAT, MILK, EGG
<i>Cinnamon Chip Golden Wheat Bread (56g)</i>	160	25	3	1.5	0	0	290	28	3	10	6	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Honey, Yeast, Salt, Eggs, Sugar, Ground Cinnamon CONTAINS: WHEAT, MILK, SOY, EGG
<i>Cinnamon Chip Monkey Bread (89 g piece)</i>	290	60	7	4	0	10	450	53	2	25	19	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Honey, Yeast, Salt, Eggs, Sugar, Ground Cinnamon CONTAINS: WHEAT, MILK, SOY
<i>Cinnamon Chip White Bread (56g)</i>	160	25	2.5	1.5	0	0	350	31	1	10	6	3	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Honey, Yeast, Salt, Eggs, Sugar, Ground Cinnamon CONTAINS: WHEAT, MILK, SOY, EGG
<i>Cinnamon Chip Whole Wheat Bread (56g)</i>	160	25	3	1.5	0	0	290	28	4	10	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Honey, Yeast, Salt, Eggs, Sugar, Ground Cinnamon CONTAINS: WHEAT, MILK, SOY, EGG
<i>Cinnamon Raisin Blend Bread (56g)</i>	140	5	0	0	0	0	320	30	3	9	2	4	Water, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Raisins, Honey, Eggs, Yeast, Butter, Salt, Ground Cinnamon CONTAINS: WHEAT, EGG
<i>Cinnamon Raisin Walnut Bread (56g)</i>	150	20	2	0	0	0	330	27	4	9	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Molasses, Walnuts, Yeast, Salt, Eggs, Ground Cinnamon CONTAINS: WHEAT, WALNUT, EGG
<i>Cinnamon Swirl Bread (56g)</i>	150	15	1.5	0.5	0	5	290	28	4	9	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Brown Sugar, Yeast, Butter, Salt, Eggs, Ground Cinnamon CONTAINS: WHEAT, MILK, EGG
<i>Cornbread Wheat Bread (56g)</i>	150	25	2.5	1.5	0	5	300	27	4	5	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Butter, Yeast, Salt, Eggs CONTAINS: WHEAT, MILK, EGG
<i>Cornbread White Bread (56g)</i>	150	20	2.5	1	0	5	290	29	2	5	4	3	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Corn Flour, Honey, Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Butter, Yeast, Salt, Eggs CONTAINS: EGG, MILK, WHEAT
<i>Country Bread (56g)</i>	130	5	0.5	0	0	0	370	25	4	4	3	6	Fresh Ground 100% Whole Wheat Flour, Water, Molasses, Yeast, Salt, Eggs CONTAINS: WHEAT, MILK, EGG
<i>Cracked Pepper Parmesan Bread (56g)</i>	150	25	3	1.5	0	10	400	23	4	4	4	8	Fresh Ground 100% Whole Wheat Flour, Water, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Honey, Yeast, Salt, Eggs, Black Pepper, Oregano, Basil, Cayenne Pepper, Parsley CONTAINS: WHEAT, MILK, EGG

Bread, Rolls, Buns, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>Cracked Pepper Swiss Bread (56g)</i>	150	30	3	1.5	0	10	300	23	4	4	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Honey, Yeast, Salt, Eggs, Black Pepper, Oregano, Basil, Cayenne Pepper, Parsley CONTAINS: WHEAT, MILK, EGG
<i>Cranberry Orange Whole Wheat Bread (56g)</i>	140	5	0.5	0	0	0	300	29	4	12	5	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Honey, Yeast, Salt, Eggs, Orange Peel (Orange Peel, Sodium Sulfite (Added as a Preservative)) CONTAINS: WHEAT, EGG
<i>Cranberry Orange Blend Bread (56g)</i>	140	5	0.5	0	0	0	290	31	3	12	5	4	Water, Fresh Ground 100% Whole Wheat Flour, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Honey, Yeast, Orange, Salt, Eggs CONTAINS: WHEAT, EGG
<i>Dakota Bread (56g)</i>	170	45	5	0.5	0	0	280	24	4	5	5	7	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs CONTAINS: WHEAT, EGG
<i>Easter Ambrosia Bread (56g)</i>	150	25	2.5	1	0	0	210	28	2	8	4	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Almonds, Pineapple (Pineapple, Pineapple Juice, Water, Clarified Pineapple Juice Concentrate, Citric Acid), Oranges, Coconut (Unsulfered Coconut), Butter, Salt, Yeast, Ground Cinnamon, Lemon Peel, Orange Peel (Orange Peel, Sodium Sulfite (Added as a Preservative)) CONTAINS: ALMOND, MILK, WHEAT
<i>Everything Bread (56g)</i>	140	10	1	0	0	0	350	29	3	6	5	5	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), 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 (Degerminated Yellow Corn Meal, Niacin*, Reduced Iron, Thiamin Mononitrate*, Riboflavin, Folicacid* ("One Of The B Vitamins)), Sesame Seeds, Sunflower Seeds, Millet, Rolled Oats, Poppy Seeds, Dried Onion, Caraway Seeds, Black Pepper CONTAINS: WHEAT, MILK
<i>Finnish Pulla Bread (56g)</i>	170	40	4.5	2.5	0	25	150	28	1	5	4	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Milk, Honey, Butter, Eggs, Water, Yeast, Salt, Cardamom CONTAINS: EGG, MILK, WHEAT
<i>Flax Oatbran Bread (56g)</i>	140	40	4.5	0	0	0	330	22	4	6	6	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Flax Seeds, Oat Bran, Pecans, Yeast, Rolled Oats, Salt, Eggs CONTAINS: WHEAT, PECANS, EGG
<i>Focaccia Bread (56g)</i>	150	15	2	0	0	0	400	30	1	5	5	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Olive Oil, Yeast, Salt, Oregano, Basil CONTAINS: WHEAT
<i>Focaccia Blend Bread (121 g piece)</i>	320	70	8	1	0	0	580	53	4	3	3	8	Water, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Fresh Ground 100% Whole Wheat Flour, Olive Oil, Dehydrated Potatoes, Honey, Yeast, Salt CONTAINS: WHEAT
<i>Gluten X Bread (56g)</i>	130	35	3.5	0.5	0	25	250	22	1	3	2	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 (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sesame Seeds, Sunflower Seeds, Flax Seeds CONTAINS: MILK, EGG; MAY CONTAIN WHEAT
<i>Golden Whole Wheat Bread (56g)</i>	140	5	0.5	0	0	0	340	27	3	6	6	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG

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<i>Gouda and Stout Bread (56g)</i>	150	25	3	1.5	0	10	410	23	4	5	5	7	Fresh Ground 100% Whole Wheat Flour, Beer (Water, Malted Barley, Barley, Hops, Yeast), Gouda Cheese (Gouda Cheese (Cultured Milk, Enzymes, Salt), Water, Whey, Sodium Phosphate, Calcium Propionate (Preservative), Apo-Carotenol for color), Honey, Yeast, Eggs, Kosher Salt, Salt CONTAINS: WHEAT, EGG, MILK
<i>Green Chili Cheese Bread (56g)</i>	150	40	4.5	2	0	15	370	22	2	5	4	6	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Green Chile Peppers (Green Chile Peppers, Water, Salt, Citric Acid, Calcium Chloride), Fresh Ground 100% Whole Wheat Flour, Honey, Yeast, Eggs, Salt, Olive Oil, Dried Onion, Dried Garlic, Cayenne Pepper, Oregano, Cumin, Paprika CONTAINS: WHEAT, MILK, EGG
<i>Hearty Caraway Rye Bread (56g)</i>	140	5	0.5	0	0	0	350	27	4	2	2	5	Water, Fresh Ground 100% Whole Wheat Flour, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Rye Flour, Molasses, Yeast, Salt, Eggs, Caraway Seeds CONTAINS: WHEAT, EGG
<i>Heritage Harvest Bread (56g)</i>	140	5	0.5	0	0	0	320	27	4	6	6	6	Fresh Ground 100% Heritage Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
<i>Heritage Harvest Roasted Sunflower Bread (56g)</i>	150	25	2.5	0	0	0	310	25	4	6	6	6	Fresh Ground 100% Heritage Whole Wheat Flour, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, EGG
<i>High Fiber Apple Cinnamon Chip Walnut Bread (56g)</i>	150	20	2	0.5	0	0	290	28	4	7	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Dried Apples, Walnuts, Maltodextrin (Dietary Fiber [Fibersol®-2]), Yeast, Salt, Eggs CONTAINS: WHEAT, MILK, SOY, EGG, WALNUT
<i>High Fiber Tuscan Herb Bread (56g)</i>	140	5	0.5	0	0	0	200	27	5	4	4	6	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Honey, Water, Yeast, Maltodextrin (Dietary Fiber [Fibersol®-2]), Eggs, Salt, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Dried Garlic, Dried Onion, Basil, Oregano, Rosemary, Parsley CONTAINS: WHEAT, EGG, MILK
<i>High Five Fiber Bread (56g)</i>	140	30	3	0	0	0	240	24	5	5	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Flax Seeds, Millet, Oat Bran, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
<i>High Country Crunch Bread (56g)</i>	150	40	4	0	0	0	260	24	4	4	4	5	Water, Fresh Ground 100% Whole Wheat Flour, Semolina Flour (Semolina (Milled from Durum Wheat), Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Honey, Sunflower Seeds, Millet, Pecans, Flax Seeds, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG, PECAN
<i>Honey Whole Wheat Bread (56g)</i>	140	5	0.5	0	0	0	320	27	4	6	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
<i>Hummus Bread (56g)</i>	140	20	2.5	0	0	0	310	25	4	5	4	6	Fresh Ground 100% Whole Wheat Flour, Water, Chickpeas (Prepared Garbanzo Beans, Water, Salt, Calcium Chloride, Disodium EDTA), Honey, Sesame Seeds, Yeast, Olive Oil, Salt, Eggs, Dried Garlic, Cumin, Cayenne Pepper CONTAINS: WHEAT, EGG
<i>Irish Baked Potato Bread (56g)</i>	150	20	2	1	0	5	410	29	1	5	5	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Dehydrated Potatoes, Butter, Yeast, Garlic, Salt, Eggs, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Black Pepper, Olive Oil, Chives, Kosher Salt CONTAINS: WHEAT, MLK, EGG

Bread, Rolls, Buns, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>Irish Soda Bread (56g)</i>	130	5	0.5	0	0	5	210	28	2	9	3	4	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Eggs, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: WHEAT, EGG, MILK
<i>Italian Herb Focaccia (56g)</i>	170	45	5	1	0	0	300	27	1	2	2	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Olive Oil, Honey, Salt, Oregano, Yeast, Basil, Dried Garlic, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Black Pepper, Parsley CONTAINS: WHEAT, MILK
<i>Mediterranean Olive Bread (56g)</i>	150	20	2.5	0	0	5	550	27	3	3	3	5	Water, Fresh Ground 100% Whole Wheat Flour, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Kalamata Olives (Kalamata Olives Pitted, Water, Salt, Vinegar, Olive Oil), Honey, Yeast, Salt, Eggs, Parsley, Rosemary, Dried Garlic, Black Pepper CONTAINS: WHEAT, EGG
<i>Merry Berry Bread (56g)</i>	140	5	0.5	0	0	0	310	29	3	10	5	4	Water, Fresh Ground 100% Whole Wheat Flour, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Honey, Golden Raisins (Golden Raisins, Sulfur Dioxide (as a preservative)), Dried Cherries (Cherries, Sugar, and Sunflower Oil), Dried Blueberries, Yeast, Salt, Coconut (Unsulfered Coconut), Eggs CONTAINS: WHEAT, EGG, COCONUT
<i>Nine Grain Bread (56g)</i>	140	5	0.5	0	0	0	290	27	4	6	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, 9 Grain Mix (Barley, Buckwheat, Corn, Flax, Millet, Oats, Red Wheat, Rye, and White Wheat), Yeast, Salt CONTAINS: WHEAT
<i>Oatmeal Poppyseed Bread (56g)</i>	140	10	1.5	0	0	0	320	27	4	6	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Yeast, Poppy Seeds, Salt, Eggs CONTAINS: EGG, WHEAT
<i>Onion Dill Rye (Oregon Herb) Bread (56g)</i>	130	5	0.5	0	0	0	340	27	3	7	6	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Rye Flour, Yeast, Salt, Eggs, Dried Onion, Dill, Poppy Seeds, Sesame Seeds CONTAINS: WHEAT, EGG
<i>Organic Whole Wheat Bread (56g)</i>	130	5	0.5	0	0	0	320	29	3	6	6	4	Whole Grain Flour Water, Agave Nectar (Organic Blue Agave Nectar), Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
<i>Panza Bread (56g)</i>	150	30	3	1	0	5	590	25	2	5	3	6	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Kalamata Olives (Kalamata Olives Pitted, Water, Salt, Vinegar, Olive Oil), Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Honey, Sun Dried Tomatoes (Sun-Dried Tomatoes, Salt, Sulfur Dioxide (as a preservative), Glucose, Citric Acid), Yeast, Salt, Eggs, Oregano, Basil, Black Pepper CONTAINS: WHEAT, MILK, EGG
<i>Peanut Butter Chocolate Chip Bread (56g)</i>	190	60	6	2	0	0	310	28	2	8	7	5	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Peanut Butter (Peanuts, Cane Sugar, Palm Fruit Oil, Salt), Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Honey, Yeast, Salt, Eggs CONTAINS: WHEAT, PEANUT, EGG
<i>Pecan Swirl Bread (56g)</i>	180	50	6	1	0	5	250	26	4	8	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Pecans, Honey, Brown Sugar, Butter, Yeast, Salt, Eggs, Ground Cinnamon CONTAINS: WHEAT, PECAN, MILK, EGG

Bread, Rolls, Buns, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>Pizza Bread (56g)</i>	150	45	4.5	2	0	15	480	21	2	4	4	7	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Mozzarella Cheese (Cultured Pasteurized Part Skim Milk, Skim Milk, Salt, Enzymes), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Pepperoni (Pork and Beef, Salt, Water, Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin of Paprika, Garlic Powder, Sodium Nitrite, BHA, BHT, Citric Acid (BHA, BHT, Citric Acid added to protect flavor)), Honey, Yeast, Salt, Eggs, Dried Onion, Oregano, Basil, Parsley CONTAINS: WHEAT, MILK, EGG
<i>Popeye Golden Wheat Bread (56g)</i>	140	15	1.5	0.5	0	5	430	26	3	5	4	7	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Spinach, Roasted Red Peppers (Red Peppers, Water, Salt, Citric Acid), Yeast, Salt, Eggs, Dried Onion, Dried Garlic CONTAINS: WHEAT, MILK, EGG
<i>Popeye Bread (56g)</i>	140	140	1.5	0.5	0	5	430	27	2	4	4	5	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Honey, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Spinach, Roasted Red Peppers (Red Peppers, Water, Salt, Citric Acid), Yeast, Salt, Eggs, Dried Onion, Dried Garlic CONTAINS: WHEAT, MILK, EGG
<i>Potato Cheddar Chive Bread (56g)</i>	170	50	6	3	0	20	410	24	1	4	4	6	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Honey, Dehydrated Potatoes, Butter, Yeast, Salt, Eggs, Dried Garlic, Black Pepper, Chives CONTAINS: WHEAT, MILK, EGG
<i>Potato Chive Bread (56g)</i>	140	15	2	1	0	5	380	27	1	5	4	3	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Dehydrated Potatoes, Butter, Yeast, Roasted Garlic, Salt, Eggs, Canola Oil, Black Pepper, Chives CONTAINS: WHEAT, MILK, EGG
<i>Potato Fennel Thyme Bread (56g)</i>	160	35	3.5	2	0	10	310	25	4	6	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Butter, Yeast, Dehydrated Potatoes, Salt, Eggs, Poppy Seeds, Thyme, Fennel Seed, Dried Garlic, Black Pepper CONTAINS: WHEAT, MILK, EGG
<i>Pumpnickel Rye Bread (56g)</i>	130	5	1	0	0	0	350	25	5	2	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Dark Rye Pumpnickel Meal, Molasses, Yeast, Caramel Color, Caraway Seeds, Salt, Eggs CONTAINS: WHEAT, EGG, SOY
<i>Pumpkin Nut and Spice Bread (56g)</i>	150	20	2	0	0	0	270	29	2	9	6	3	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Pumpkin, Honey, Dates, Water, Walnuts, Yeast, Salt, Eggs, Pumpkin Pie Spice (Spices) CONTAINS: WHEAT, WALNUT, EGG
<i>Pumpkin Swirl Bread (56g)</i>	150	15	1.5	0.5	0	5	220	30	2	10	10	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Pumpkin, Fresh Ground 100% Whole Wheat Flour, Brown Sugar, Honey, Yeast, Walnuts, Butter, Eggs, Salt, Pumpkin Pie Spice (Spices) CONTAINS: WHEAT, MILK, WALNUTS, EGG
<i>Raisin Bread (56g)</i>	140	5	0.5	0	0	0	330	29	4	10	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Molasses, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
<i>Raisin Cinnamon Chip Bread (56g)</i>	160	25	2.5	1.5	0	0	260	30	4	12	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Honey, Yeast, Salt, Eggs CONTAINS: WHEAT, MILK, SOY, EGG
<i>Red, White, & Blueberry Bread (56g)</i>	150	5	0	0	0	5	390	32	1	9	5	3	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Dried Cherries (Cherries, Sugar, and Sunflower Oil), Dried Blueberries, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG

Bread, Rolls, Buns, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>Rosemary Bleu Bread (56g)</i>	160	40	4.5	1.5	0	10	340	23	4	6	4	6	Fresh Ground 100% Whole Wheat Flour, Water, Blue Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose to Prevent Caking, Natamycin to Protect Flavor), Honey, Walnuts, Raisins, Yeast, Molasses, Eggs, Salt, Rosemary CONTAINS: WHEAT, MILK, WALNUTS, EGG
<i>Rosemary Garlic Bread (56g)</i>	130	5	0.5	0	0	0	330	25	4	6	6	5	Water, Fresh Ground 100% Whole Wheat Flour, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Honey, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Renne), Rosemary, Parsley CONTAINS: EGG, MILK, WHEAT
<i>Sonoma Bread (56g)</i>	170	40	4.5	1.5	0	20	140	28	4	11	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Golden Raisins (Golden Raisins, Sulfur Dioxide (as a preservative)), Pumpkin Seeds, Butter, Sunflower Seeds, Yeast, Raw Sugar, Salt, Orange, Lemon, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives) CONTAINS: WHEAT, EGG, MILK
<i>Spinach Feta Bread (56g)</i>	140	30	3.5	2.5	0	15	410	22	2	5	4	6	Feta Cheese (Pasteurized Milk, Salt, Cheese Culture, Enzymes, Potato Starch), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Honey, Spinach, Yeast, Salt, Eggs, Dried Garlic, Oregano, Black Pepper CONTAINS: MILK, WHEAT, EGG
<i>Sprouted Wheat Bread (56g)</i>	150	5	0.5	0	0	0	320	27	5	3	3	6	Fresh Ground 100% Whole Wheat Flour, Water, Molasses, Sprouted Wheat, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
<i>Star Spangled Swirl Bread (56g)</i>	160	10	1.5	0.5	0	5	240	32	3	13	5	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Blueberries, Dried Cherries (Cherries, Sugar, and Sunflower Oil), Honey, Dried Apples, Brown Sugar, Yeast, Butter, Blueberries, Eggs, Salt CONTAINS: WHEAT, MILK, EGG
<i>Stuffing Bread (56g)</i>	110	5	0.5	0	0	5	270	21	4	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Onion, Celery, Honey, Yeast, Eggs, Salt, Thyme, Black Pepper, Sage, Parsley CONTAINS: WHEAT, EGG
<i>Sundried Tomato Spinach Bread (56g)</i>	130	5	0	0	0	0	400	27	3	7	5	4	Water, Fresh Ground 100% Whole Wheat Flour, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Spinach, Honey, Sun-Dried Tomatoes (Sun-Dried Tomatoes, Salt, Sulfur Dioxide (as a preservative), Glucose, Citric Acid), Yeast, Salt, Eggs, Dried Garlic, Black Pepper CONTAINS: WHEAT, EGG
<i>Sundried Tomato Swiss Bread (56g)</i>	160	20	2	1	0	10	290	29	1	4	3	5	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Honey, Sun-Dried Tomatoes (Sun-Dried Tomatoes, Salt, Sulfur Dioxide (as a preservative), Glucose, Citric Acid), Yeast, Cayenne Pepper Hot Sauce, Eggs, Salt, Black Pepper, Dried Onion, Oregano, Basil, Dried Garlic CONTAINS: WHEAT, MILK, EGG
<i>Sunflower Bread (56g)</i>	150	25	2.5	0	0	0	310	25	4	6	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
<i>Sunflower Millet Bread (56g)</i>	150	15	2	0	0	0	310	26	4	6	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Millet, Sunflower Seeds, Yeast, Salt, Eggs, Millet CONTAINS: WHEAT, EGG
<i>Superfood Bread (56g)</i>	140	20	2	0	0	0	290	24	4	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Quinoa, Yeast, Oat Bran, Olive Oil, Flax Seeds, Salt, Eggs, Hemp Seeds CONTAINS: WHEAT, EGG
<i>Swedish Rye Bread (56g)</i>	130	10	1	0	0	0	380	27	3	7	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid) Rye Flour, Yeast, Oranges, Salt, Sesame Seeds, Eggs, Caraway Rye Seeds, Anise Seed CONTAINS: EGG, WHEAT

Bread, Rolls, Buns, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>Trail Bread (56g)</i>	150	20	2	0	0	0	310	27	4	9	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Sunflower Seeds, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
<i>Tuscan Herb Bread (56g)</i>	130	5	0.5	0	0	0	260	25	4	5	5	5	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Honey, Water, Yeast, Salt, Eggs, Dried Garlic, Dried Onion, Basil, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Oregano, Rosemary, Parsley CONTAINS: WHEAT, EGG, MILK
<i>Vegan Whole Wheat Bread (56g)</i>	140	5	0.5	0	0	0	320	27	4	6	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Agave Nectar (), Yeast, Salt CONTAINS: WHEAT
<i>White Bread (56g)</i>	140	5	0	0	0	0	420	31	1	5	5	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
<i>White Chocolate Cherry Swirl Bread (56g)</i>	160	25	2.5	1.5	0	5	250	32	1	14	6	3	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Dried Cherries (Cherries, Sugar, and Sunflower Oil), Honey, White Chocolate Chips (Sugar, Non Fat Milk, Partially Hydrogenated Vegetable Oils (Palm Kernel Oil and Palm Oil), Refined Palm Kernel Oil, Cornstarch, Artificial Flavor, Salt and Soy Lecithin), Brown Sugar, Butter, Yeast, Eggs, Salt, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives) CONTAINS: WHEAT, SOY, MILK, EGG
<i>Whole Grain Goodness Bread (56g)</i>	150	30	3	0	0	0	260	24	4	4	4	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Millet, Barley, Sunflower Seeds, Flax Seeds, Pecans, Yeast, Oat Bran, Salt, Almonds, Eggs CONTAINS: WHEAT, PECAN, ALMOND, EGG
Roll, Buns, Biscuits													
<i>Anadama Burger Buns (113 g)</i>	370	35	4	1.5	0	15	700	71	5	11	9	11	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Cornmeal (Degerminated Yellow Corn Meal, Niacin*, Reduced Iron, Thiamin Mononitrate*, Riboflavin, Folicacid* (*One Of The B Vitamins)), Honey, Molasses, Yeast, Butter, Salt, Eggs CONTAINS: WHEAT, MILK, EGG
<i>Bacon Cheddar Beer Burger Buns (113 g)</i>	420	100	11	5	0	35	720	59	9	15	14	19	Fresh Ground 100% Whole Wheat Flour, Beer (Water, Malted Barley, Barley, Hops, Yeast), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Honey, Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Yeast, Eggs, Kosher Salt, Salt, Dried Onion, Dried Garlic, Black Pepper, Chives CONTAINS: WHEAT, MILK, EGG
<i>Cheddar Garlic Burger Buns (113 g)</i>	430	100	12	6	0	40	1020	64	2	10	10	15	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Honey, Yeast, Salt, Eggs, Dried Onion, Sesame Seeds, Dried Garlic, Parsley CONTAINS: WHEAT, MILK, EGG
<i>Cheddar Garlic Jalapeno Burger Buns (113 g bun)</i>	400	100	11	6	0	35	1010	61	3	10	9	14	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Honey, Jalapenos (Jalapeno Peppers, Water, Distilled Vinegar, Salt, Calcium Chloride and Garlic Powder), Yeast, Salt, Eggs, Dried Onion, Sesame Seeds, Dried Garlic, Parsley CONTAINS: WHEAT, MILK, EGG

Bread, Rolls, Buns, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>Cinnamon Roll without Frosting (264 g)</i>	790	100	11	6	0	60	870	158	9	80	80	17	Brown Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Honey, Eggs, Butter, Yeast, Salt, Ground Cinnamon CONTAINS: WHEAT, EGG, MILK
<i>Cinnamon Roll with Cream Cheese Frosting (301 g)</i>	960	200	22	13	0.5	95	920	173	9	94	93	18	Brown Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Honey, Butter, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xanthan and/or Guar Gums)), Confectioners Sugar, Eggs, Yeast, Salt, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Ground Cinnamon CONTAINS: WHEAT, MILK, EGG
<i>Popeye / Spinach Formaggio Burger Buns (140 g)</i>	360	30	3.5	1.5	0	10	1070	67	5	11	10	14	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Spinach, Fresh Ground 100% Whole Wheat Flour, Honey, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Red Peppers (Red Peppers, Water, Salt, Citric Acid), Yeast, Salt, Eggs, Dried Onion, Dried Garlic CONTAINS: WHEAT, MILK, EGG
<i>Plain Biscuit (101 g)</i>	300	120	14	9	0.5	40	530	35	2	3	1	7	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Fresh Ground 100% Whole Wheat Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda CONTAINS: MILK, WHEAT
<i>Cheddar Bacon Biscuit (120 g)</i>	380	180	21	12	0.5	55	740	36	2	3	1	12	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives CONTAINS: MILK, WHEAT
<i>Cheddar Garlic Biscuit (117 g)</i>	360	170	20	12	0.5	55	640	36	2	3	1	11	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Butter, Fresh Ground 100% Whole Wheat Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Dried Garlic, Sugar, Baking Soda, Chives CONTAINS: MILK, WHEAT
<i>Cheddar Ham Biscuit (119 g)</i>	360	160	19	11	0.5	55	690	36	2	3	1	11	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives CONTAINS: MILK, WHEAT

Bread, Rolls, Buns, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>Parmesan Black Pepper Biscuits (113 g)</i>	350	160	17	10	0.5	50	750	37	2	3	1	10	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Fresh Ground 100% Whole Wheat Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Black Pepper CONTAINS: MILK, WHEAT
<i>Pesto Parmesan Biscuit (123 g)</i>	370	180	21	10	0.5	45	710	37	3	3	1	10	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Fresh Ground 100% Whole Wheat Flour, Pesto (Olive Oil, Walnuts, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes), Basil, Parsley, Garlic, Salt, Black Pepper), Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda CONTAINS: MILK, WHEAT, WALNUTS, AND SOY.
<i>Sonoma Rolls (84g)</i>	260	60	7	2	0	30	210	42	6	16	10	9	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Golden Raisins (Golden Raisins, Sulfur Dioxide (as a preservative)), Pumpkin Seeds, Butter, Sunflower Seeds, Yeast, Raw Sugar, Salt, Orange, Lemon, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives) CONTAINS: WHEAT, EGG, MILK
<i>Virginia Rolls Blended Flour (83 g)</i>	250	60	7	4	0	20	420	39	3	7	7	6	Water, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Fresh Ground 100% Whole Wheat Flour, Honey, Butter, Yeast, Dehydrated Potatoes, Salt, Eggs CONTAINS: WHEAT, MILK, EGG
<i>Virginia Rolls Blended Flour Burger Buns (113 g)</i>	420	100	12	7	0	35	730	68	5	12	12	11	Water, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Fresh Ground 100% Whole Wheat Flour, Honey, Butter, Yeast, Dehydrated Potatoes, Salt, Eggs CONTAINS: WHEAT, MILK, EGG
<i>Virginia Rolls Whole Wheat (83 g)</i>	250	60	7	4	0	20	420	37	6	7	7	8	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Butter, Yeast, Dehydrated Potatoes, Salt, Eggs CONTAINS: WHEAT, MILK, EGG
<i>Virginia Rolls White (83 g)</i>	260	60	7	4.5	0	20	510	42	1	5	5	5	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Butter, Honey, Yeast, Salt, Eggs, Dehydrated Potatoes CONTAINS: WHEAT, MILK, EGG
<i>Virginia Rolls White Burger Buns (113 g)</i>	440	110	12	7	0	35	880	72	2	9	9	9	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Butter, Honey, Yeast, Salt, Eggs, Dehydrated Potatoes CONTAINS: WHEAT, MILK, EGG