



A warm fresh slice of the good life

Bread Nutrition

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 Cherry Pecan	140	2.5	0	0	0	290	26	3	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (ingredient components may vary), Honey, Dried Apples (Ingredient components may vary), Pecans, Eggs, Yeast, Salt. CONTAINS: WHEAT, PECANS, SOY, AND EGG.
		3%	1%		0%	12%	9%	12%			
Apple Cinnamon Walnut	140	2	0	0	0	270	27	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Walnuts, Yeast, Salt, Eggs, Apple Juice (Ingredient components may vary), Ground Cinnamon. CONTAINS: WHEAT, WALNUTS, SOY, AND EGG.
		3%	0%		0%	11%	9%	16%			
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 and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, SOY, AND EGG.
		3%	6%		3%	12%	8%	14%			
Apple Crunch Blend	130	2	1	0	10	290	24	3	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Enriched White Flour (Ingredient components may vary), Apples, Honey, Brown Sugar, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, SOY, AND EGG.
		3%	6%		3%	12%	8%	10%			
Apricot Almond	140	2	0	0	0	310	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Apricots (Ingredient components may vary), Honey, Almonds, Yeast, Salt, Eggs. CONTAINS: WHEAT, ALMONDS, SOY, AND EGG.
		3%	1%		1%	13%	9%	16%			
Asiago Pesto	160	6	1.5	0	10	440	22	1	2	5	Enriched White Flour (ingredient components may vary), Water, Pesto Sauce (ingredient components may vary), Asiago Cheese (ingredient components may vary), Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic, Dried Onion. CONTAINS: WHEAT, SOY, MILK, EGG, PINE NUTS.
		9%	8%		3%	18%	7%	4%			
Bacon Cheddar Beer	150	4	2	0	20	320	21	3	5	7	Fresh Ground 100% Whole Wheat Flour, Beer, ale, Cheddar Cheese (Ingredient components may vary), Honey, Bacon, cooked, Yeast, Eggs, Kosher Salt, Salt, Dried Onion, Dried Garlic, Black Pepper, Chives. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
		6%	10%		7%	13%	7%	12%			
Breakfast Blast	140	1.5	0	0	0	210	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dates, Rolled Oats, Cinnamon Chips (Ingredient components may vary), Yeast, Eggs, Salt, Ground Cinnamon. CONTAINS: WHEAT, SOY, EGG, AND MILK.
		2%	2%		1%	9%	9%	15%			
Burley Bread	140	2	0	0	0	300	26	4	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Sunflower Seeds, Cracked Rye, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
		3%	1%		1%	13%	9%	16%			
Caraway Rye	130	0.5	0	0	0	300	25	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Dark Rye Flour, Honey, Yeast, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
		1%	1%		0%	13%	8%	22%			
Carrot Poppyseed	120	1	0	0	0	290	22	4	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Carrots, Honey, Applesauce (Ingredient components may vary), Yeast, Orange, Poppy Seeds, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, SOY, AND EGG.
		2%	1%		1%	12%	7%	15%			
Challah	140	1.5	0	0	20	240	26	3	4	5	Enriched White Flour (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Sesame Seeds, Yeast, Salt. CONTAINS: WHEAT, EGGS, AND SOY.
		2%	0%		7%	10%	9%	12%			
Cheddar Garlic	160	4.5	2.5	0	15	370	23	1	4	6	Enriched White Flour (Ingredient components may vary), Water, Cheddar Cheese (Ingredient components may vary), Honey, Yeast, Salt, Eggs, Sesame Seeds, Dried Onion, Dried Garlic, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG.
		7%	13%		5%	15%	8%	3%			
Cherry Apple Berry	130	0.5	0	0	0	280	27	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Cherries (Ingredient components may vary), Dried Blueberries (Ingredient components may vary), Dried Apples (Ingredient components may vary), Yeast, Blueberries, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
		1%	0%		0%	12%	9%	16%			
Cherry Walnut	140	2	0	0	5	270	26	3	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (Ingredient components may vary), Honey, Walnuts, Yeast, Eggs, Salt. CONTAINS: WHEAT, WALNUTS, EGGS, AND SOY.
		3%	1%		1%	11%	9%	13%			
Cinnamon Chip	170	3	0.5	0	0	340	32	1	11	3	Enriched White Flour (Ingredient components may vary), Water, Cinnamon Chips (Ingredient components may vary), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, MILK, SOY AND EGG.
		4%	4%		1%	14%	11%	4%			
Cinnamon Chip (100% Whole Wheat)	150	3	0.5	0	0	270	28	3	10	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Cinnamon Chips (Ingredient components may vary), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, SOY, MILK AND EGG.
		5%	3%		0%	11%	9%	12%			
Cinnamon Raisin Walnut	140	2	0	0	0	310	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Walnuts, Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
		3%	0%		0%	13%	9%	16%			
Cinnamon Swirl	160	2.5	1.5	0	5	220	29	4	12	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Honey, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon. CONTAINS: WHEAT, MILK, SOY AND EGG.
		4%	8%		2%	9%	10%	16%			



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Serving Size: 1 slice 2 oz (56 g)	Calories	Fat	Saturated Fat	Trans Fats	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein	Ingredients
		(g) % DV	(g) % DV		(mg) % DV	(mg) % DV	(g) % DV	(g) % DV			
Corn Bread	140	2.5	1	0	5	270	28	1	4	3	Enriched White Flour (Ingredient components may vary), Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Butter (Milk), Yeast, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
		4%	5%		2%	11%	9%	4%			
Corn Bread (100% Whole Wheat)	140	2.5	1	0	5	270	2.6	3	4	4	: Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Butter (Milk), Yeast, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
		4%	5%		2%	11%	9%	12%			
Jalapeno Corn Bread	140	2	1	0	5	270	2.6	1	4	3	Enriched White Flour (Ingredient components may vary), Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Peppers, Butter (Milk), Yeast, Chile Peppers, Jalapenos, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
		3%	5%		2%	11%	9%	4%			
Jalapeno Corn Bread (100% Whole Wheat)	140	2.5	1	0	5	270	2.4	3	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Peppers, Butter (Milk), Yeast, Chile Peppers, Jalapenos, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
		4%	5%		2%	11%	8%	12%			
Country	120	0.5	0	0	0	340	2.3	4	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
		1%	1%		1%	14%	8%	16%			
Cracked Pepper Swiss	140	3	1.5	0	10	280	2.2	4	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Swiss Cheese (Ingredient components may vary), Honey, Eggs, Yeast, Salt, Black Pepper, Cayenne Pepper, Oregano, Basil, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
		4%	8%		3%	12%	7%	15%			
Cranberry Orange	130	0.5	0	0	0	280	2.7	4	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cranberries (Ingredient components may vary), Honey, Yeast, Salt, Eggs, Orange Peel. CONTAINS: WHEAT, SOY, AND EGG
		1%	0%		0%	12%	9%	16%			
Dakota	150	4	0	0	0	270	2.3	4	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs. CONTAINS: WHEAT, SOY AND EGG
		6%	2%		0%	11%	8%	15%			
Finnish Pulla	160	4.5	2.5	0	35	140	2.6	1	5	4	Enriched White Flour (Ingredient components may vary), Milk, Eggs, Honey, Butter (Milk), Water, Yeast, Natural Sugar, Salt, Cardamom. CONTAINS: WHEAT, MILK, SOY, AND EGG
		7%	13%		12%	6%	9%	4%			
Flax Oatbran	130	3.5	0	0	0	330	2.2	4	6	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Oat Bran, Pecans, Flax Meal, Yeast, Rolled Oats, Salt, Eggs, Flax Seeds. CONTAINS: WHEAT, PECANS, SOY, AND EGG
		5%	1%		1%	14%	7%	16%			
Focaccia	140	1.5	0	0	0	380	2.9	1	5	4	Enriched White Flour (Ingredient components may vary), Water, Honey, Yeast, Salt, Olive Oil, Oregano, Basil. CONTAINS: WHEAT AND SOY
		2%	1%		0%	16%	10%	4%			
Golden Wheat, Apple, Cinnamon Chip, Walnut	140	2.5	0	0	0	290	2.6	3	8	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Cinnamon Chips (Ingredient components may vary), Dried Apples (Ingredient components may vary), Walnuts, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, WALNUTS AND EGG
		4%	0%		1%	12%	9%	12%			
Golden Wheat Chocolate Cherry Swirl	150	2.5	1	0	5	240	3.0	3	8	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Dried Cherries (Ingredient components may vary), Honey, Chocolate Chips (Ingredient components may vary), Brown Sugar, Butter (Milk), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, SOY, EGGS, AND MILK
		4%	5%		2%	10%	10%	12%			
Harvest Buckwheat Brown Rice	140	4.5	2	0	35	90	2.2	2	6	3	Water, Cultured Buttermilk (Ingredient components may vary), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Yeast, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
		7%	10%		12%	4%	7%	8%			
Harvest Buckwheat Brown Rice Bread Dakota	140	6	1.5	0	25	75	1.9	2	5	4	Water, Cultured Buttermilk (Ingredient components may vary), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Sunflower Seeds, Pumpkin Seeds, Yeast, Millet, Sesame Seeds, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
		9%	8%		8%	3%	6%	8%			
Harvest Buckwheat Brown Rice Bread Cinnamon Chip	160	6	2	0	25	80	2.5	2	9	3	Water, Cultured Buttermilk (Ingredient components may vary), Cinnamon Chips (Ingredient components may vary), Honey, Brown Rice Flour, Eggs, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Yeast, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
		9%	10%		8%	3%	8%	8%			
Hearty Caraway Rye	130	0.5	0	0	0	310	2.6	4	2	5	Water, Fresh Ground 100% Whole Wheat Flour, Rye Flour (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Molasses, Yeast, Salt, Eggs, Caraway Seeds. CONTAINS: WHEAT, SOY, AND EGG
		1%	1%		1%	13%	9%	15%			
High 5 Fiber	140	3	0	0	0	230	2.3	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
		5%	0%		0%	10%	8%	20%			
High Five Fiber with Blueberries	140	2.5	0	0	0	200	2.5	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, Eggs. CONTAINS: WHEAT, EGGS, AND SOY
		4%	0%		0%	8%	8%	20%			



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		(g) % DV	(g) % DV	(g)	(mg) % DV	(mg) % DV	(g) % DV	(g) % DV	(g)	(g)	
High Country Crunch	150	5 8%	0.5 3%	0	0 0%	230 16%	22 7%	4 16%	4	5	Water, Fresh Ground 100% Whole Wheat Flour, Semolina Flour, Sunflower Seeds, Honey, Millet, Pecans, Flax Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, PECANS, SOY, AND EGG
High Fiber Apple, Cinnamon Chip, Walnut	140	2 3%	0 0%	0	0 0%	280 12%	26 9%	5 20%	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Cinnamon Chips (Ingredient components may vary), Walnuts, Maltodextrin (Dietary Fiber), Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, EGGS, AND WALNUTS.
High Fiber Tuscan Herb	140	0.5 1%	0 1%	0	0 1%	210 9%	26 9%	5 21%	4	6	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Honey, Water, Yeast, Maltodextrin (Dietary Fiber), Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
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, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Irish Baked Potato	150	2 3%	1 5%	0	5 2%	440 18%	28 9%	1 5%	4	4	Enriched White Flour (Ingredient components may vary), Water, Dehydrated Potatoes (Ingredient components may vary), Honey, Butter (Milk), Yeast, Garlic (Ingredient components may vary), Salt, Eggs, Cheddar Cheese (Ingredient components may vary), Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGG
Irish Soda Bread	130	0.5 1%	0 1%	0	5 2%	180 8%	27 9%	2 8%	9	4	Cultured Buttermilk (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Eggs, Salt, Baking Powder (Ingredient components may vary), Baking Soda. CONTAINS: WHEAT, SOY, EGG, 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.
Merry Berry	130	0.5 1%	0 0%	0	0 0%	290 12%	27 9%	3 12%	9	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Golden Raisins (Ingredient components may vary), Dried Cherries (Ingredient components may vary), Dried Blueberries (Ingredient components may vary), Yeast, Salt, Coconut (Ingredient components may vary), Eggs. CONTAINS: WHEAT, EGGS, COCONUT, AND SOY.
Nine Grain	130	0.5 1%	0 1%	0	0 0%	300 12%	25 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Nine Grain Mix (Ingredient components may vary), Yeast, Salt, Eggs. CONTAINS: WHEAT AND EGG
Oatmeal Poppyseed	130	1 2%	0 1%	0	0 1%	300 13%	25 8%	4 16%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Yeast, Poppy Seeds, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Onion Dill Rye	130	0.5 1%	0 1%	0	0 1%	320 13%	25 8%	3 13%	6	4	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Enriched White Flour (Ingredient components may vary), Rye Flour, Yeast, Salt, Eggs, Dried Onion, Dill, Poppy Seeds, Sesame Seeds. CONTAINS: WHEAT, SOY, AND EGG
Panza	130	3 4%	1 5%	0	5 2%	590 24%	22 7%	2 8%	4	5	Enriched White Flour (Ingredient components may vary), Water, Fresh Ground 100% Whole Wheat Flour, Calamata Olives (Ingredient components may vary), Parmesan Cheese (Ingredient components may vary), Honey, Sun Dried Tomatoes (Ingredient components may vary), Yeast, Salt, Eggs, Oregano, Basil, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Peanut Butter Chocolate Chip	180	6 9%	1.5 8%	0	0 0%	300 13%	27 9%	2 8%	8	5	Enriched White Flour (Ingredient components may vary), Water, Natural Peanut Butter (Ingredient components may vary), Chocolate Chips (Ingredient components may vary), Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, PEANUTS, SOY, MILK AND EGGS
Pecan Swirl	190	7 11%	2 10%	0	5 2%	190 8%	27 9%	4 16%	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Pecans, Honey, Butter (Milk), Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS: WHEAT, PECANS, MILK, EGGS, AND SOY.
Pizza Bread	140	4.5 7%	1.5 9%	0	15 5%	450 19%	19 6%	2 8%	4	7	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Mozzarella Cheese (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Water, Pepperoni (Ingredient components may vary), Honey, Eggs, Yeast, Salt, Dried Onion, Parsley, Oregano, Basil. CONTAINS: WHEAT, MILK, SOY, AND EGG
Popeye	120	1 2%	0.5 3%	0	5 1%	370 15%	22 7%	2 7%	4	5	Enriched White Flour (Ingredient components may vary), Water, Spinach, Fresh Ground 100% Whole Wheat Flour, Honey, Parmesan Cheese (Ingredient components may vary), Red Peppers (Ingredient components may vary), Yeast, Salt, Eggs, Dried Onion, Dried Garlic. CONTAINS: WHEAT, SOY, EGGS, AND MILK
Popeye (100% Whole Wheat)	120	1.5 2%	0.5 3%	0	5 2%	360 15%	21 7%	3 11%	4	6	Golden Fresh Ground 100% Whole Wheat Flour, Water, Spinach, Honey, Parmesan Cheese (Ingredient components may vary), Red Peppers (Ingredient components may vary), Eggs, Yeast, Salt, Dried Onion, Dried Garlic. CONTAINS: WHEAT, MILK, SOY, AND EGGS
Potato Chive	150	2	1	0	5	440	29	1	4	4	Enriched White Flour (Ingredient components may vary), Water, Dehydrated Potatoes (Ingredient components may vary), Honey, Butter (Milk), Yeast, Roasted Garlic, Salt, Fennel, Black Pepper, Chives



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		3%	5%			2%	18%	10%			CONTAINS: WHEAT, MILK, SOY, AND EGG
Pumpnickel 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, Pumpnickel Rye Flour, Molasses, Yeast, caramel color, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGGS, AND SOY.
Pumpkin Swirl	140	2 3%	0.5 3%	0	5 2%	190 8%	29 10%	2 8%	12	3	Enriched White Flour (Ingredient components may vary), Water, Brown Sugar, Pumpkin (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Honey, Walnuts, Butter (Milk), Yeast, Salt, Eggs, Pumpkin Pie Spice (Ingredient components may vary). CONTAINS: WHEAT, MILK, EGGS, SOY, AND WALNUTS.
Raisin Cinnamon Chip	150	2.5 4%	0.5 3%	0	0 1%	240 10%	28 9%	3 14%	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Cinnamon Chips (Ingredient components may vary), Raisins, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK AND EGG
Raisin	130	0 1%	0 0%	0	0 0%	310 13%	27 9%	4 15%	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Red, White and Blueberry	140	0 0%	0 0%	0	5 2%	360 15%	30 10%	1 4%	8	3	Enriched White Flour (Ingredient components may vary), Water, Honey, Dried Cherries (Ingredient components may vary), Blueberries, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Rosemary Garlic	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, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Sonoma	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 (Ingredient components may vary), Golden Raisins (Ingredient components may vary), Pumpkin Seeds, Butter (Milk), Sunflower Seeds, Yeast, Raw turbinado sugar, Salt, Orange, Lemon, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, EGGS, MILK, AND SOY.
Spinach Feta	130	3 5%	2 10%	0	15 5%	400 17%	19 6%	2 8%	4	5	Feta Cheese (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Water, Fresh Ground 100% Whole Wheat Flour, Spinach, Honey, Eggs, Yeast, Salt, Dried Garlic, Oregano, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Star Spangled Swirl	150	1.5 2%	0.5 3%	0	5 2%	220 9%	30 10%	4 16%	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, Eggs, Yeast, Butter (Milk), Blueberries, Salt. CONTAINS: WHEAT, EGG, SOY, AND MILK
Stuffing Bread	100	0 1%	0 1%	0	0 1%	250 10%	20 7%	3 13%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Onion, Celery, Honey, Yeast, Salt, Eggs, Thyme, Black Pepper, Sage. CONTAINS: WHEAT, EGGS, AND SOY.
Sunflower	140	3 4%	0 2%	0	0 1%	300 12%	24 8%	4 16%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Swedish Rye	130	1 2%	0 1%	0	0 1%	380 16%	27 9%	3 14%	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Enriched White Flour (Ingredient components may vary), Rye Flour, Yeast, Orange, Salt, Sesame Seeds, Eggs, Caraway Seeds, Anise Seed. CONTAINS: WHEAT, SOY, AND EGG
Trail Bread	140	2 3%	0 1%	0	0 1%	290 12%	25 8%	4 14%	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Tuscan Herb	120	0.5 1%	0 1%	0	0 1%	250 10%	23 8%	4 16%	5	5	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Honey, Water, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Walnut Raisin Rosemary Blue Cheese	150	4 6%	1.5 8%	0	10 3%	330 14%	22 7%	3 12%	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Blue Cheese, Honey, Walnuts, Raisins, Yeast, Molasses, Eggs, Salt, Rosemary. CONTAINS: WHEAT, MILK, EGG, WALNUTS, AND SOY.
White Chocolate Cherry Swirl	150	2.5 4%	1.5 8%	0	5 2%	250 10%	31 10%	1 4%	8	3	Enriched White Flour (Ingredient components may vary), Water, Dried Cherries (Ingredient components may vary), White Chocolate Chips (Ingredient components may vary), Honey, Brown Sugar, Butter (Milk), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, SOY, EGGS, AND MILK
White	130	0 0%	0 0%	0	0 0%	400 17%	29 10%	1 4%	5	4	Enriched White Flour (Ingredient components may vary), Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Whole Grain Goodness	140	3 5%	0 0%	0	0 0%	240 10%	22 7%	4 16%	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Eggs, Millet, Barley, Flax Seeds, Yeast, Pecans, Oat Bran, Salt, Almonds. CONTAINS: WHEAT, PECANS, SOY, AND ALMONDS