



*A warm fresh slice of the good life*

## BREAD NUTRITION

Note: Nutrition information can vary bakery to bakery, please check with your local bakery for the most accurate nutrition information.

Type of Flour		Serving Size 1 Slice 56g (2oz)	Nutrition Informaton								Allergens					
Fresh Ground 100% Whole Wheat	Other		Calories	Total Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein	Wheat	Eggs*	Tree Nuts	Peanuts	Soy	Milk
	W	Asiago Sourdough	110	1g	5mg	240mg	20g	1g	0g	4g	x					x
	W	Apple Cinnaburst	150	3.5g	5mg	470mg	28g	1g	9g	3g	x					x
	W	Basil Parmesan Sourdough	90	2g	5mg	370mg	14g	1g	0g	5g	x					x
	W	Blueberry Sour Cream	130	6g	40mg	65mg	18g	0g	9g	2g	x	x				x
	W	Challa	100	0g	15mg	280mg	21g	1g	5g	3g	x	x				
	B	Chico Crunch	90	0g	0mg	20mg	21g	2g	7g	3g	x					
	W	Cinnaburst	140	4.5g	5mg	350mg	23g	1g	9g	2g	x					x
	W	Cinnamon Streusel Coffee Cake	140	7g	50mg	135mg	16g	0g	9g	2g	x	x				x
	B	Cinnamon Swirl	100	0g	0mg	210mg	22g	1g	5g	3g	x					x
X		Dakota	120	2g	0mg	300mg	23g	3g	5g	4g	x					
X		High 5 Fiber	120	3g	0mg	290mg	21g	4g	4g	4g	x					
X		Honey Whole Wheat	100	0g	0mg	290mg	23g	3g	6g	3g	x					

W-Enriched White Flour

B-Contains a blend of flours. Namely, Fresh Ground 100% Whole Wheat Flour, Enriched White Flour, Rye Flour, or Corn Flour.

\*Products may have an egg wash, please check with your local bakery.

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	W	Jalapeno Cheddar Sourdough	100	2g	5mg	230mg	17g	1g	0g	4g	x					x
		Kamut	120	1g	0mg	380mg	24g	3g	5g	4g						
X		Nine Grain	110	0g	0mg	300mg	25g	3g	5g	4g	x				x	
	W	Old-Fashioned White	110	0g	0mg	390mg	23g	1g	5g	3g	x					
	W	Olive Bread									x					x
	B	Pecan Swirl	110	2.5g	0mg	270mg	20g	2g	5g	3g	x					x
	W	Pumpkin Chocolate Chip	140	7g	25mg	75mg	19g	1g	12g	2g	x	x				x
	W	Roasted Garlic Cheddar	120	3.5g	10mg	310mg	18g	1g	4g	5g	x					x
	W	Sourdough	100	0g	0mg	210mg	22g	1g	0g	3g	x					
X		Whole Grain Goodness	130	3g	0mg	270mg	24g	4g	4g	5g	x					

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