



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 Information								Allergens					
Fresh Ground 100% Whole Wheat	Other		Calories	Total Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein	Wheat	Eggs*	Tree Nuts	Peanuts	Soy	Milk
X		Apple Cherry Pecan	140	2g	0mg	300mg	28g	3g	13g	3g	X		X			
X		Apple Cinnamon Walnut	150	1.5g	0mg	220mg	31g	4g	7g	5g	X		X			
X		Apple Crunch	150	2g	10mg	280mg	31g	4g	10g	4g	X	X	X			
X		Apricot Almond	130	1.5g	0mg	310mg	27g	4g	9g	4g	X		X			
	W	Asiago Pesto	160	6g	10mg	440mg	22g	1g	2g	5g	X					X
X		Breakfast Blast	130	1.5g	0mg	210mg	28g	4g	9g	4g	X				X	X
X		Burly Bread	140	1.5g	0mg	310mg	27g	4g	6g	5g	X					
	B	Caraway Rye	120	1g	0mg	310mg	27g	5g	5g	5g	X					
X		Carrot Poppyseed	110	1g	0mg	290mg	24g	3g	5g	4g	X					
	B	Challa	130	1g	15mg	240mg	28g	2g	5g	4g	X	X				
	W	Cheddar Garlic	150	4g	10mg	370mg	23g	1g	4g	6g	X					X
X		Cherry Apple Berry	130	0.5g	0mg	280mg	29g	4g	8g	4g	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.

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X		Cherry Walnut	140	2g	0mg	270mg	28g	3g	11g	4g	X		X			
X		Cinnamon Chip	150	3g	0mg	280mg	28g	3g	10g	4g	X				X	X
	W	Cinnamon Chip	150	2.5g	0mg	340mg	29g	1g	10g	3g	X				X	X
X		Cinnamon Raisin Walnut	130	2g	0mg	310mg	27g	3g	8g	4g	X		X			
X		Cinnamon Swirl	110	2g	5mg	190mg	23g	2g	9g	3g	X					X
	B	Cornbread-White	140	2.5g	5mg	280mg	28g	2g	4g	3g	X					X
	B	Cornbread-Wheat	140	2.5g	5mg	290mg	27g	4g	4g	4g	X					X
X		Country	120	0.5g	0mg	340mg	25g	4g	3g	4g	X					
X		Cracked Pepper Parmesan	140	3g	10mg	390mg	23g	3g	4g	7g	X					X
X		Cracked Pepper Swiss	130	3g	10mg	290mg	23g	3g	4g	6g	X					X
X		Cranberry Orange	120	0g	0mg	280mg	28g	3g	11g	3g	X					
X		Dakota	150	4g	0mg	270mg	25g	4g	5g	5g	X					
X		Flax Oatbran	130	4g	0mg	320mg	23g	4g	6g	4g	X		X			
	W	Focaccia	180	1.5g	0mg	600mg	37g	1g	7g	5g	X					
	W	Focaccia-Italian Herb	150	2.5g	0mg	280mg	27g	1g	2g	4g						

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X		Golden Wheat Apple, Cinnamon Chip, Walnut	150	2g	0mg	260mg	29g	4g	8g	4g	X		X		X	X
	B	Hearty Caraway Rye	120	0.5g	0g	320mg	26g	4g	2g	4g	X					
X		High 5 Fiber	140	4g	0mg	230mg	25g	5g	5g	5g	X					
	B	High County Crunch	140	4g	0mg	240mg	23g	3g	4g	5g	X		X			
X		Honey Whole Wheat	120	0.5g	0mg	330mg	26g	3g	6g	4g	X					
	B	Irish Soda Bread	130	0.5g	0mg	180mg	29g	2g	9g	4g	X					X
	B	Mediterranean Olive	130	2g	0mg	480mg	25g	2g	3g	4g	X					
X		Merry Berry	180	1.5g	0mg	180mg	35g	5g	5g	5g	X		X			
X		Nine Grain	130	0.5g	0mg	280mg	27g	4g	5g	4g	X				X	
X		Oatmeal Poppyseed	130	1g	0mg	310mg	26g	4g	6g	4g	X					
	B	Oregon Herb (Onion Dill Rye)	120	0g	0mg	320mg	27g	3g	6g	4g	X					
	B	Panza Bread	130	2.5g	5mg	560mg	24g	2g	4g	5g	X					X
X		Pecan Swirl	180	7g	5mg	220mg	28g	4g	11g	4g	X		X			X
	B	Pizza Bread	140	3.5g	10mg	460mg	20g	2g	4g	6g	X					X
	B	Popeye	120	1g	5mg	360mg	23g	2g	4g	4g	X					X

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	W	Potato Chive	120	0g	0mg	330mg	26g	1g	4g	3g	X					
	W	Pumpkin Nut and Spice	140	2g	0mg	240mg	28g	2g	9g	3g	X		X			
	B	Pumpkin Swirl	140	1.5g	5mg	200mg	22g	1g	8g	2g	X		X			X
X		Raisin	120	0.5g	0mg	320mg	28g	3g	9g	4g	X					
X		Raisin Cinnamon Chip	150	2.5g	0mg	240mg	30g	3g	12g	4g	X				X	X
	W	Red, White and Blueberry Bread	140	0g	0mg	360mg	31g	2g	8g	3g	X					
X		Rosemary Garlic	120	0.5g	0mg	320mg	26g	4g	6g	4g	X					X
	B	Spinach Feta	130	3g	15mg	400mg	20g	2g	4g	5g	X					X
X		Sprouted Wheat	130	0.5g	0mg	300mg	28g	4g	2g	5g	X					
X		Star Spangled Swirl Bread	150	1.5g	0mg	240mg	32g	4g	14g	3g	X					X
	B	Sundried Tomato Spinach	120	0.5g	0mg	390mg	26g	3g	6g	4g	X					
X		Sunflower Whole Wheat	130	2.5g	0mg	300mg	26g	4g	6g	4g	X					
	B	Swedish Rye	130	0.5g	0mg	380mg	28g	3g	7g	4g	X					
X		Tomato Herb	120	1g	0mg	250mg	25g	4g	5g	5g	X					X
X		Trail Bread	130	1.5g	0mg	290mg	27g	3g	8g	4g	X					

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	W	White	130	0g	0mg	400mg	28g	1g	5g	4g	X					
X		Whole Grain Goodness	130	2.5g	0mg	240mg	24g	4g	4g	4g	X		X			

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