



A warm fresh slice of the good life

BATTER 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 42g (1.5oz)	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 Cream Cheese Cake Bread	140	8g	35mg	65mg	16g	1g	11g	2g	X	X	X			X
	W	Apple Spice Cake Bread	130	6g	20mg	115mg	17g	1g	10g	2g	X	X	X			X
X		Banana Chocolate Chip Bread	120	4.5g	15mg	110mg	19g	2g	10g	2g	X	X			X	X
X		Banana Walnut Bread	120	6g	15mg	110mg	18g	2g	9g	2g	X	X	X			X
X		Carrot Bread	150	8g	20mg	130mg	18g	1g	11g	2g	X	X	X			
	W	Chocolate Brownie Bread	130	5g	0mg	110mg	22g	1g	13g	1g	X				X	X
X		Chocolate Cherry Bread	150	6g	35mg	110mg	21g	2g	12g	3g	X	X			X	X
	W	Pumpkin Chocolate Chip Bread	140	6g	15mg	90mg	19g	1g	11g	2g	X	X			X	X
X		Zucchini Bread	100	2.5g	10mg	75mg	18g	2g	10g	2g	X	X				

W-Enriched White Flour

B-Contains a blend of Fresh Ground 100% Whole Wheat Flour and Enriched White Flour.



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MUFFIN 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 1/2 Muffin	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
X		Apple Cream Cheese Muffins	440	25g	115mg	210mg	52g	4g	33g	7g	X	X	X			X
	W	Apple Spice Muffin	400	20g	65mg	370mg	54g	2g	31g	5g	X	X	X			X
	W	Blackberry Bran Muffin	200	1.5g	20mg	400mg	45g	6g	19g	6g	X					X
X		Blueberry Lemon Poppy Seed Muffins	460	15g	85mg	380mg	78g	7g	41g	10g	X	X				X
	B	Cappuccino Chocolate Muffins	390	20g	120mg	130mg	48g	2g	30g	7g	X	X			X	X
	W	Cappuccino Chocolate Muffins	400	21g	120mg	130mg	50g	1g	31g	6g	X	X			X	X
X		LoFat Oat Blueberry Muffins	200	6g	0mg	240mg	37g	4g	17g	5g	X	X				
X		LoFat Oat Raspberry Muffins	200	6g	0mg	240mg	36g	4g	16g	5g	X	X				
X		Rhubarb Streusel Muffins	430	22g	135mg	230mg	54g	5g	28g	8g	X	X				X
	B	Rhubrab Streusel Muffins	430	22g	135mg	230mg	55g	4g	28g	8g	X	X				X

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COOKIE 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 1/2 Cookie	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
X		Autumn Spice	230	9g	30mg	180mg	36g	3g	22g	3g	X	X				X
X		Chocolate Chip Oatmeal Walnut	250	13g	30mg	180mg	32g	2g	20g	4g	X	X	X		X	X
	W	Ginger	210	9g	15mg	220mg	29g	1g	13g	3g	X	X				
	W	Mint Chocolate Chip Cookie	250	13g	45mg	180mg	32g	1g	20g	3g	X	X			X	X
X		Peanut Butter Chocolate Chip	290	17g	30mg	230mg	32g	3g	21g	5g	X	X		X	X	X
X		Peanut Butter	230	13g	30mg	230mg	24g	2g	14g	5g	X	X		X		X
X		Turtle	260	14g	30mg	180mg	32g	2g	20g	4g	X	X	X		X	X
X		Raisin Oatmeal	190	9g	30mg	180mg	25g	2g	12g	3g	X	X				X
X		Snickerdoodles	260	11g	45mg	180mg	37g	3g	19g	4g	X					X
X		White Chocolate Cherry	240	11g	30mg	190mg	35g	2g	20g	3g	X	X			X	X

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SCONES 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 1/2 Scone	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	Berry Cream Cheese Scone	290	12g	45mg	340mg	41g	1g	17g	5g	X	X				X
X		Golden Berry Cream Cheese Scone	300	12g	45mg	340mg	42g	4g	17g	6g	X	X				X
	W	Chocolate Chip Hazelnut Scone	330	15g	45mg	320mg	46g	2g	21g	6g	X	X	X		X	X
	W	Cinnamon Chip Cream Cheese Scone	350	16g	45mg	340mg	48g	1g	23g	5g	X	X			X	X

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MISC. NUTRITION

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

Type of Flour		Serving Size 1/2 Piece	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
X		Apple Strussel Coffee Cake	160	6g	25mg	150mg	25g	2g	14g	2g	X	X				X
X		Blueribbon Blueberry Coffee Cake	170	7g	25mg	160mg	27g	2g	15g	2g	X	X				X
	B	Breakfast Buns with Frosting	140	5g	10mg	310mg	22g	2g	8g	3g	X	X			X	X
	W	Brownies	330	20g	80mg	120mg	37g	2g	25g	5g	X	X	X		X	X
	W	Chocolate Chocolate Chip Biscotti	480	23g	130mg	440mg	63g	7g	27g	14g	X	X	X		X	X
	B	Cinnamon Roll without Frosting	400	5g	35mg	470mg	81g	4g	39g	8g	X	X				X
	B	Cinnamon Roll with Frosting	470	11g	50mg	510mg	88g	4g	46g	8g	X	X				X
		Cupid's Crunch (1/2 cup)	540	35g	0mg	25mg	46g	7g	34g	15g			X	X	X	X
	W	Lemon Cream Roll (1" slice)	270	12g	90mg	180mg	38g	1g	24g	5g	X	X				X
		Granola (1/2 cup)	220	7g	0mg	0mg	36g	4g	15g	6g			X			
X		Kahuna Bars	840	36g	65mg	400mg	123g	7g	89g	11g	X	X	X		X	X
X		Mud Bars	530	29g	95mg	90mg	65g	2g	39g	6g	X	X			X	X

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Fresh Ground 100% Whole Wheat	Other		Calories	Total Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein	Wheat	Eggs	Tree Nuts	Peanuts	Soy	Milk
	W	Pumpkin Oh's (1" slice)	130	6g	40mg	115mg	18g	0g	13g	2g	X	X				X
X		Savannah Bars	270	10g	30mg	110mg	44g	4g	28g	4g	X	X	X			X
	B	Savory Breakfast Rolls	270	9g	65mg	470mg	37g	3g	7g	10g	X	X				X
	W	Vanilla Almond Biscotti	560	20g	130mg	400mg	82g	4g	32g	15g	X	X	X			X
X		Whole Wheat Coffee Cake	240	11g	55mg	220mg	32g	3g	19g	5g	X	X	X			X

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