

Great Harvest Bread Co.

	Protein (g)	Sugar (g)	Fiber (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)	Trans fat (g)	Saturated Fat (g)	Fat (g)	Calories	Serving Size: 1 slice 2 oz (56 g)
Fresh ground 100% Whole Wheat Flour honey, Dried Apples (ingredient CONTAINS: W	4	12	3	26	290	0	0	0	0	2.5	Apple Cherry Pecan
Fresh ground 100% Whole Wheat Flour, V ple Juice (ingredient co CONTAINS: WH	5	9	4	27	270	0	0	0	2	140	Apple Cinnamon Walnut
Fresh ground 100% Whole Wheat Flour, Yeast, Salt, Ground Cinnamon, Natural an WHEAT	4	7	4	23	290	10	0	1	2	130	Apple Crunch
Fresh ground 100% Whole Wheat Flour, E ples, Honey, Brown Sugar, Butter (Milk), Vanilla I CONTAINS: W	4	7	3	24	290	10	0	1	2	130	Apple Crunch Blend
Fresh ground 100% Whole Wheat Flour Honey, A CONTAINS: WH	5	9	4	26	310	0	0	0	2	140	Apricot Almond
Enriched White Flour (ingredient compor may vary), Asiago Cheese (ingredient co Drie CONTAINS: WHE	5	2	1	22	440	10	0	10.5	6	160	Asiago Pesto
Fresh ground 100% Whole Wheat Flour, E Honey, Bacon, cooked, Yeast, Eggs, K CONTAINS: W	7	5	3	21	320	20	0	2	4	150	Bacon Cheddar Beer
Fresh ground 100% Whole Wheat Flo (ingredient components ma CONTAINS: V	5	9	4	26	210	0	0	0	1.5	140	Breakfast Blast
Fresh ground 100% Whole Wheat Flour, CONTAIN	6	6	4	26	300	0	0	0	2	140	Burley Bread
Fresh ground 100% Whole Wheat Flour, CONTAIN	5	5	5	25	300	0	0	0	0.5	130	Caraway Rye
Fresh ground 100% Whole Wheat Flour, may vary), Yeast, Orange, CONTAIN	5	5	4	22	290	0	0	0	1	120	Carrot Poppyseed
Enriched White Flour (ingredient compone ter, Honey, F CONTAINS	5	4	3	26	240	20	0	0	1.5	140	Challah
Enriched White Flour (ingredient compor nents may vary), Honey, Yeast, Salt, CONTAINS: V	6	4	1	23	370	15	0	2.5	4.5	160	Cheddar Garlic
Fresh Ground 100% Whole Wheat Flour, vary), Dried Blueberries (ingredient comp vary), Ye CONTAIN	5	8	4	27	280	0	0	0	0.5	130	Cherry Apple Berry

Ingredients

r, Water, Dried Cherries (ingredient components may vary), nt components may vary), Pecans, Eggs, Yeast, Salt. VHEAT, PECANS, SOY AND EGG

Water, Honey, Dried Apples, Walnuts, Yeast, Salt, Eggs, Apcomponents may vary), Ground Cinnamon. HEAT, WALNUTS, SOY, AND EGG

r, Water, Apples, Honey, Brown Sugar, Butter (Milk), Eggs, nd Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: .T, MILK, SOY, AND EGG

Enriched White Flour (ingredient components may vary), Ap-), Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Flavoring, Ground Nutmeg. WHEAT, MILK, SOY, AND EGG

r, Water, Dried Apricots (ingredient components may vary), Almonds, Yeast, Salt, Eggs. HEAT ALMONDS, SOY, AND EGG

onents may vary), Water, Pesto sauce (ingredient components components may vary), Honey, Olive Oil, Yeast, Salt, Eggs, ied Garlic, Dried Onion. EAT, SOY, MILK, EGG, PINE NUTS

Beer, ale, Cheddar Cheese (ingredient components may vary), Kosher Salt, Salt, Dried Onion, Dried Garlic, Black Pepper, Chives.

WHEAT, MILK, EGGS, AND SOY

lour, Water, Honey, Dates, Rolled Oats, Cinnamon Chips ay vary), Yeast, Eggs, Salt, Ground Cinnamon. WHEAT, SOY, EGG, AND MILK

Water, Honey, Rolled Oats, Sunflower Seeds, Cracked Rye, Yeast, Salt, Eggs.

NS: WHEAT, SOY, AND EGG

, Water, Dark Rye Flour, Honey, Yeast, Salt, Caraway Seeds, Eggs.

NS: WHEAT, SOY, AND EGG

r, Water, Carrot, Honey, Applesauce (ingredient components e, Poppy Seeds, Salt, Eggs. Ground Cinnamon. NS: WHEAT, SOY, AND EGG

nents may vary), Fresh ground 100% Whole Wheat Flour, Wa-Eggs, Sesame Seeds, Yeast, Salt IS: WHEAT, EGGS, AND SOY

onents may vary), Water, Cheddar Cheese (ingredient compo-, Eggs, Sesame Seeds, Dried Onion, Dried Garlic, Parsley WHEAT, MILK, SOY, AND EGG

r, Water, Honey, Dried Cherries (ingredient components may ponents may vary), Dried Apples (ingredient components may 'east, Blueberries, Salt, Eggs. NS: WHEAT, SOY, AND EGG

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	
Cherry Walnut	140	2	0	0	5	270	26	3	11	5	Fresh ground 100% Whole Wheat Flour, W Honey, W CONTAINS: WHEA
Cinnamon Chip	170	3	0.5	0	0	340	32	1	11	3	Enriched White Flour (ingredient componer nents may vary), Honey, Ye CONTAINS: WH
Cinnamon Chip (100% Whole Wheat)	150	3	0.5	0	0	270	28	3	10	4	Fresh ground 100% Whole Wheat Flour, W Honey, Yeast, Suga CONTAINS: WH
Cinnamon Raisin Walnut	140	2	0	0	0	310	26	4	9	5	Fresh ground 100% Whole Wheat Flour, W CONTAINS:
Cinnamon Swirl	160	2.5	1.5	0	5	220	29	4	12	5	Fresh ground 100% Whole Wheat Flour, Wa Gr CONTAINS: WH
Corn Bread	140	2.5	1	0	5	270	28	1	4	3	Enriched White Flour (ingredient components (ingredient components ma CONTAINS: WH
Corn Bread (100% Whole Wheat)	140	2.5	1	0	5	270	26	3	4	4	Fresh ground 100% Whole Wheat Flour, W components may var CONTAINS: WH
Jalapeno Corn Bread	140	2	1	0	5	270	26	1	4	3	Enriched White Flour (ingredients may vary), components may vary), Peppers, Butt CONTAINS: WH
Jalapeno Corn Bread (100% Whole Wheat)	140	2.5	1	0	5	270	24	3	4	4	Fresh ground 100% Whole Wheat Flour, W components may vary), Peppers, Butto CONTAINS: WH
Country	120	0.5	0	0	0	340	23	4	3	5	Fresh ground 100% Whole Wh CONTAINS:
Cracked Pepper Swiss	140	3	1.5	0	10	280	22	4	4	7	Fresh ground 100% Whole Wheat Flour, Wat Honey, Eggs, Yeast, Salt, Black P CONTAINS: WH
Cranberry Orange	130	0.5	0	0	0	280	27	4	11	4	Fresh ground 100% Whole Wheat Flour, Wa Honey, Yeas CONTAINS:
Dakota	150	4	0	0	0	270	23	4	5	6	Fresh ground 100% Whole Wheat Flour, Wat Sesar CONTAINS:
Energy	135	3	0	0	0	295	26	4	5	6	Fresh ground 100% Whole Wheat Flour, W flower Se CONTAIN
Finnish Pulla	160	4.35	2.5	0	35	140	26	1	5	4	Enriched White Flour (ingredient compone Yeast, Natur CONTAINS: WH

Water, Dried Cherries (ingredient components may vary), Walnuts, Yeast, Eggs, Salt. EAT, WALNUTS, EGGS, AND SOY

ents may vary), Water, Cinnamon Chips (ingredient compo-Yeast, Sugar, Salt, Eggs, Ground Cinnamon. /HEAT, MILK, SOY, AND EGG

Water, Cinnamon Chips (ingredient components may vary), ugar, Salt, Eggs, Ground Cinnamon. WHEAT, SOY, MILK, AND EGG

Water, Raisins, Honey, Walnuts, Yeast, Salt, Ground Cinnamon, Eggs.S: WHEAT, SOY, AND EGG

Water, Brown Sugar, Honey, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon.

WHEAT, MILK, SOY, AND EGG

nts may vary), Water, Corn Flour, Honey, Cultured Buttermilk may vary), Butter (Milk), Yeast, Salt, Eggs. VHEAT, MILK, SOY, AND EGG

Water, Corn Flour, Honey, Cultured Buttermilk (ingredients vary), Butter (Milk), Yeast, Salt, Eggs. WHEAT, MILK, SOY, AND EGG

y), Water, Corn Flour, Honey, Cultured Buttermilk (ingredient atter (Milk), Yeast, Chile Pepper Jalapenos, Salt, Eggs VHEAT, MILK, SOY, AND EGG

Water, Corn Flour, Honey, Cultured Buttermilks (ingredient utter (Milk), Yeast, Chile Pepper Jalapenos, Salt, Eggs. WHEAT, MILK, SOY, AND EGG

/heat Flour, Water, Molasses, Yeast, Salt, Eggs. S: WHEAT, SOY, AND EGG

Vater, Swiss, Swiss Cheese (ingredient components may vary), & Pepper, Cayenne Pepper, Oregano, Basil, Parsley. WHEAT, MILK, SOY, AND EGG

Water, Dried Cranberries (ingredient components may vary), east, Salt, Eggs, Orange Peel. S: WHEAT, SOY, AND EGG

Vater, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, same Seeds, Salt, Eggs S: WHEAT, SOY, AND EGG

Water, Inverted Cane Sugar, Raisins, Almonds, Dates, Sun-Seeds, Millet, Yeast, Salt. NS: WHEAT, TREE NUTS

onents may vary), Milk, Eggs, Honey, Butter (Milk), Water, tural Sugar, Salt, Cardamom, WHEAT, MILK, SOY, AND EGG

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	
Flax Oat Bran	130	3.5	0	0	0	330	22	4	6	5	Fresh ground 100% Whole Wheat Flour, Oats, CONTAINS: WH
Focaccia	140	1.5	0	0	0	380	29	1	5	4	Enriched White Flour (ingredient compon CONTA
Golden Wheat, Apple, Cinnamon Chip, Walnut	140	2.5	0	0	0	290	26	3	8	5	Fresh Ground Golden 100% Whole Whea nents may vary), Dried Apples (ingred CONTAINS: WHEAT
Golden Wheat Chocolate Cherry Swirl	150	2.5	1	0	5	240	30	3	8	4	Fresh ground 100% Whole Wheat Flour, Honey, Chocolate Chips (ingredient comp Salt, Natural a CONTAINS: W
Harvest Buckwheat Brown Rice	140	4.5	2	0	35	90	22	2	6	3	Water, Cultured Buttermilk (ingredient con oca Flour, Flax Seeds, Cornstarch, Flour bu Vinegar (ing CONTAIN
Harvest Buckwheat Brown Rice Bread Dakota	140	6	.5	0	25	75	19	2	5	4	Water, Cultured Buttermilk (ingredient co oca Flour, Flax Seeds, Cornstarch, Flour b Yeast, Millet, Sesame Seeds, Xanthan Gur CONTAIN
Harvest Buckwheat Brown Rice Bread Cinna- mon Chip	160	6	2	0	25	80	25	2	9	3	Water, Cultured Buttermilk (ingredient connents may vary), Eggs, Honey, Brown Ric wheat, Butter (milk), Yeast, Xanthan Gun CONTAIN
Hearty Caraway Rye	130	0.5	0	0	0	310	26	4	2	5	Water, Fresh Ground 100% Whole Whea riched White Flour (ingredient componen CONTAINS
High 5 Fiber	140	3	0	0	0	230	23	5	5	5	Fresh Ground 100% Whole Wheat Flou Seeds, Wi CONTAINS
High Five Fiber with Blueberries	140	2.5	0	0	0	200	25	5	7	5	Fresh Ground 100% Whole Wheat Flour, Honey, Flax seeds, Oat Bran, Mill CONTAINS
High Country Crunch	150	5	0.5	0	0	230	22	4	4	5	Fresh Ground 100% Whole Wheat Flour Pecans, F CONTAINS: WH
High Fiber Apple, Cinna- mon Chip, Walnut	140	2	0	0	0	280	26	5	7	5	Fresh Ground 100% Whole Wheat Flour, components may vary), Walnut CONTAINS: WHEAT
High Fiber Tuscan Herb	140	0.5	0	0	0	210	26	5	4	6	Fresh Ground 100% Whole Wheat Flour, Yeast, Maltodextrin (Dietary Fiber), Salt nents may vary, Dried O CONTAINS: W

r, Water, Honey, Oat Bran, Pecans, Flax Meal, Yeast, Rolled s, Salt, Eggs, Flax Seeds. WHEAT, PECANS, SOY, AND EGG

onents may vary), Water, Honey, Yeast, Salt, Olive Oil, Oregano, Basil.

AINS: WHEAT AND SOY

eat Flour, Water, Honey, Cinnamon Chips (ingredient compoedient components may vary), Walnuts, Yeast, Salt, Eggs. AT, SOY, MILK, WALNUTS AND EGG

ar, Water, Dried Cherries (ingredient components may vary), aponents may vary), Brown Sugar, Butter (Milk), Yeast, Eggs, l and Artificial Vanilla Flavoring. WHEAT, SOY, EGGS, AND MILK

components may vary), Eggs, Honey, Brown Rice Flour, Tapibuckwheat, Butter (milk), Yeast, Xanthan Gum, Salt, Distilled ngredient components may vary). INS: MILK, SOY, AND EGG

components may vary), Eggs, Honey, Brown Rice Flour, Tapibuckwheat, Butter (Milk), Sunflower Seeds, Pumpkin Seeds, um, Salt, Distilled Vinegar (ingredient components may vary). INS: MILK, SOY, AND EGG

components may vary), Cinnamon Chips (ingredient compolice Flour, Tapioca Flour, Flax Seeds, Cornstarch, Flour buckim, Salt, Distilled Vinegar (ingredient components may vary). INS: MILK, SOY, AND EGG

eat Flour, Rye Flour (ingredient components may vary), Enents may vary), Molasses, Yeast, Salt, Eggs, Caraway Seeds. NS: WHEAT, SOY, AND EGG

our, Water, Honey, Flax Seeds, Oat Bran, millet, Sunflower Vheat Bran, Yeast, Salt, Eggs. NS: WHEAT, SOY, AND EGG

Water, Dried Blueberries (ingredient components may vary), illet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. JS: WHEAT, EGGS, AND SOY

ur, Water, Semolina Flour, Sunflower Seeds, Honey, Millet, Flax Seeds, Yeast, Salt, Eggs. /HEAT, PECANS SOY, AND EGGS

r, Water, Honey, Dried Apples, Cinnamon Chips (ingredients uts, Maltodextrin (Dietary Fiber), Yeast, Salt, Eggs. T, SOY, MILK, EGGS, AND WALNUTS

, Tomatoes (ingredient components may vary), Honey, Water, alt, Eggs, Dried Garlic, Parmesan Cheese (ingredient compo-Onion, Basil, Oregano, Rosemary, Parsley. WHEAT,MILK, SOY, AND EGG

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	
Honey Whole Wheat	130	0.5	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole W CONTAINS:
Irish Baked Potato	150	2	1	0	5	440	28	1	4	4	Enriched White Flour (ingredient components nents may vary), Honey, Butter (Milk), Ye Cheddar Cheese (ingredient c CONTAINS: WH
Irish Soda Bread	130	0.5	0	0	5	180	27	2	9	4	Cultured Buttermilk (ingredient components may vary), Fresh Ground 100% Whole W (ingredient comp CONTAINS: WH
Italian Herb Focaccia	150	2.5	0	0	0	290	27	1	2	4	Enriched White Flour (ingredient component Basil, Dried C CONTAI
Merry Berry	130	0.5	0	0	0	290	27	3	9	5	Fresh Ground 100% Whole Wheat Flour, W vary), Dried Cherries (ingredient components vary), Yeast, Salt, Coconut CONTAINS: WHEA
Nine Grain	130	0.5	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, W vary CONTAI
Oatmeal Poppyseed	130	1	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, W CONTAINS:
Onion Dill Rye (Oregon Herb)	130	0.5	0	0	0	320	25	3	6	4	Fresh Ground 100% Whole Wheat Flour, Ho may vary), Rye Flour, Yeast, Salt, Eg CONTAINS:
Panza	130	3	1	0	5	590	22	2	4	5	Enriched White Flour (ingredient compone Flour, Calamata Olives (ingredient compon may vary), Honey, Sun Dried Tomatoes (ing Ba CONTAINS: WH
Peanut Butter Choco- late Chip	180	6	1.5	0	0	300	27	2	8	5	Enriched White Flour (ingredient component ponents may vary), Chocolate Chips (ir CONTAINS: WHEAT
Pecan Swirl	190	7	2	0	5	190	27	4	11	5	Fresh Ground 100% Whole Wheat Flour, Wa Grou CONTAINS: WHEAT,
Pizza Bread	140	4.5	1.5	0	15	450	19	2	4	7	Fresh Ground 100% Whole Wheat Flour, Cheese (ingredient components may vary), Water, Pepperoni (ingredient components n CONTAINS: WH
Рореуе	120	1	0.5	0	5	370	22	2	4	5	Enriched White Flour (ingredient componer Wheat Flour, Honey, Parmesan cheese (ingre ic CONTAINS: WH

Wheat Flour, Water, Honey, Yeast, Salt, Eggs. S: WHEAT, SOY, AND EGG

nts may vary), Water, Dehydrated Potatoes (ingredient compo-Veast, Garlic (ingredient components may vary), Salt, Eggs, components may vary), Black Pepper, Chives VHEAT, MILK, SOY, AND EGG

nts may vary), Enriched White Flour (ingredients components e Wheat Flour, Raisins, Honey, Eggs, Salt, Baking Powder nponents may vary), Baking Soda. WHEAT, SOY, EGG, AND MILK

nts may vary), Water, Olive Oil, Honey, Salt, Yeast, Oregano, Garlic, Black Pepper, Parsley. JINS: WHEAT AND SOY

, Water, Honey, Golden Raisins (ingredient components may nts may vary), Dried Blueberries (ingredient components may nut (ingredient components may vary), Eggs. EAT, EGGS, COCONUT, AND SOY

Water, Honey, Nine Grain Mix (ingredient components may ry), Yeast, Salt, Eggs. AINS: WHEAT AND EGG

Water, Honey, Rolled Oats, Yeast, Poppy Seeds, Salt, Eggs. S: WHEAT, SOY, AND EGGS

Honey, Water, Enriched White Flour (ingredient components Eggs, Dried Onion, Dill, Poppy Seeds, Sesame Seeds. S: WHEAT, SOY, AND EGG

nents may vary), Water, Fresh Ground 100% Whole Wheat onents may vary), Parmesan Cheese (ingredient components ngredient components may vary), Yeast, Salt, Eggs, Oregano, Basil, Black Pepper.

HEAT, MILK, EGGS, AND SOY

nts may vary), Water, Natural Peanut Butter (ingredient com-(ingredient components may vary), Honey, Yeast, Eggs. T, PEANUT, SOY, MILK, AND EGG

Vater, Brown Sugar, Pecans, Honey, Butter (Milk), Yeast, Salt, ound Cinnamon, Eggs. T, PECANS, MILK, EGGS, AND SOY

, Tomatoes (ingredient components may vary), Mozzarella), Enriched White Flour (ingredient components may vary), may vary), Honey, Eggs, Yeast, Salt, Dried Onion, Parsley,

Oregano, basil.

HEAT, MILK, SOY, AND EGG

nents may vary), Water, Spinach, Fresh Ground 100% Whole gredient components may vary), Yeast, Salt, Eggs, Dried Onion, Dried Garlic. /HEAT, SOY, EGGS, AND MILK

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	
Popeye (100% Whole Wheat)	120	1.5	0.5	0	5	360	21	3	4	6	Golden Fresh Ground 100% Whole Wheat F components may vary), Red Peppers (ingredi
											CONTAINS: WH
Potato Chive	150	2	1	0	5	440	29	1	4	4	Enriched White Flour (ingredient components nents may vary), Honey, Butter (Milk), Y CONTAINS: WH
Pumpernickel Rye	120	0.5	0	0	0	330	23	5	2	5	Fresh Ground 100% Whole Wheat Flour, Wa Caramel Color CONTAINS: V
Pumpkin Swirl	140	2	0.5	0	5	190	29	2	12	3	Enriched White Flour (ingredient component components may vary), Fresh Ground 100% Salt, Eggs, Pumpkin Pie S CONTAINS: WHEAT, M
Raisin Cinnamon Chip	150	2.5	0.5	0	0	240	28	3	12	4	Fresh Ground 100% Whole Wheat Flour, W Raisins, H CONTAINS: WH
Raisin	130	0	0	0	0	310	27	4	8	5	Fresh Ground 100% Whole Wheat F CONTAINS:
Red, White and Blue- berry	140	0	0	0	5	360	30	1	8	3	Enriched White Flour (ingredient components ponents may vary) CONTAINS:
Rosemary Garlic	130	0.5	0	0	0	320	24	4	6	5	Fresh Ground 100% Whole Wheat Flour, V Cheese (ingredient comp CONTAINS: WH
Sonoma	160	4	1.5	0	20	135	26	3	11	5	Fresh Ground 100% Whole Wheat Flour, Wat may vary), Golden Raisins (ingredient compo Seeds, Yeast, Raw turbinado sugar, Salt, C CONTAINS: WH
Sourdough	100	0	0	0	0	215	24	2	2	3	Premium Unbleached Wheat CON
Spinach Feta	130	3	2	0	12	400	19	2	4	5	Feta Cheese (ingredient components may vary Water, Fresh Ground 100% Whole Wheat Flo an CONTAINS: WH
Star-Spangled Swirl	150	1.5	0.5	0	5	220	30	4	12	4	Fresh Ground 100% Whole Wheat Flour, W Dried Cherries (ingredient components may vary), Brown Sugar, Eggs CONTAINS: WH
Stuffing Bread	100	0	0	0	0	250	20	3	4	4	Fresh Ground 100% Whole Wheat Flour, War CONTAINS: V
Sunflower	140	3	0	0	0	300	24	4	6	5	Fresh Ground 100% Whole Wheat Flou CONTAINS:

t Flour, Water, Spinach, Honey, Parmesan Cheese (ingredient edient components may vary), Eggs, Yeast, Salt, Dried Onion, Dried Garlic.

HEAT, MILK, SOY, AND EGGS

ts may vary), Water, Dehydrated Potatoes (ingredient compo-Yeast, Roasted Garlic, Salt, Eggs, Black Pepper, Chives. /HEAT, MILK, SOY, AND EGG

Water, Rye Flour, Pumpernickel Rye Flour, Molasses, Yeast, or, Salt, Caraway Seeds, Eggs. : WHEAT, EGGS, AND SOY

hents may vary), Water, Brown Sugar, Pumpkin (ingredient 6 Whole Wheat Flour, Honey, Walnuts, Butter (Milk), Yeast, Spice (ingredient components may vary). , MILK, EGGS, SOY, AND WALNUTS

Water, Cinnamon Chips (ingredient components may vary), Honey, Yeast, Salt, Eggs. VHEAT, SOY, MILK AND EGG

t Flour, Water, Raisins, Molasses, Yeast, Salt, Eggs. S: WHEAT, SOY, AND EGG

nts may vary), Water, Honey, Dried Cherries (ingredient comry), Blueberries, Yeast, Salt, Eggs. S: WHEAT, SOY, AND EGG

Water, Honey, Yeast, Salt, Eggs, Dried Garlic, Parmesan nponents may vary), Rosemary, Parsley. /HEAT, MILK, SOY, AND EGG

Vater, Honey, Eggs, Dried Cranberries (ingredient components iponents may vary), Pumpkin Seeds, Butter (Milk), Sunflower c, Orange, Lemon, Natural and Artificial Vanilla Flavoring. VHEAT, EGGS, MILK AND SOY

eat Flour, Water, Natural Starter, Yeast, Salt. DNTAINS: WHEAT

ary), Enriched White Flour (ingredient components may vary), Flour, Spinach, Honey, Eggs, Yeast, Salt, Dried Garlic, Oregano, Black Pepper.

HEAT, MILK, EGGS, AND SOY

Water, Dried Blueberries (ingredient components may vary), ay vary), Honey, Dried Apples (ingredient components may gs, Yeast, Butter (Milk), Blueberries, Salt. /HEAT, EGG, SOY, AND MILK

Vater, Onion, Celery, Honey, Yeast, Salt, Eggs, Thyme, Black Pepper, Sage.

: WHEAT, EGGS, AND SOY

our, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs. 5: WHEAT, SOY, AND EGG

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	
Swedish Rye	130	1	0	0	0	380	27	2	7	5	Fresh Ground 100% Whole Wheat Flour, W may vary), Rye Flour, Yeast, Orange, S CONTAINS:
Trail Bread	140	2	0	0	0	290	25	4	8	5	Fresh Ground 100% Whole Wheat Flour, W CONTAINS:
Tuscan Herb	120	0.5	0	0	0	250	23	4	5	5	Fresh Ground 100% Whole Wheat Flour, To Yeast, Salt, Eggs, Dried Garlic, Parmesan Ch Oregan CONTAINS: WH
Virginia Rolls	145	4	1.5	0	10	340	25	1	5	5	Premium Unbleached Flour, Water, Butter CONTA
Walnut Raisin Rose- mary Blue Cheese	150	4	1.5	0	10	330	22	3	5	6	Fresh Ground 100% Whole Wheat Flour, Wat Egg CONTAINS: WHEAT,
White Chocolate Cherry Swirl	150	2.5	1.5	0	5	250	31	1	8	3	Enriched White Flour (ingredient component may vary), White Chocolate Chips (ingred (Milk), Yeast, Eggs, Salt, CONTAINS: WH
White	130	0	0	0	0	400	29	1	5	4	Enriched White Flour (ingredient com CONTAINS:
Whole Grain Goodness	140	3	0	0	0	240	22	4	4	5	Fresh Ground 100% Whole Wheat Flour, W Seeds, Yeast, Pe CONTAINS: WHEAT
Whole Grain Low Carb	60	2	0	0	5	130	9	3	2	4	Fresh Ground 100% Whole Wheat Flour, Wa soybean, calcium sulfate, calcium chloride), C CONTAINS:

Water, Honey, Enriched White Flour (ingredient components , Salt, Sesame Seeds, Eggs, Caraway Seeds, Anise Seed. S: WHEAT, SOY, AND EGG

Water, Raisins, Honey, Sunflower Seeds, Yeast, Salt, Eggs. S: WHEAT, SOY, AND EGG

Tomatoes (ingredient components may vary), Honey, Water, Cheese (ingredient components may vary), Dried Onion, Basil, ano, Rosemary, Parsley. WHEAT, MILK, SOY, AND EGG

r (Milk), Inverted Cane Sugar, Dehydrated Potatoes, Yeast, Salt.

TAINS: WHEAT, MILK

Vater, Blue Cheese, Honey, Walnuts, Raisins, Yeast, Molasses, ggs, Salt, Rosemary. T, MILK, EGG, WALNUTS, AND SOY

ents may vary), Water, Dried Cherries (ingredient components edient components may vary), Honey, Brown Sugar, Butter lt, Natural and Artificial Vanilla Flavoring. //HEAT, SOY, EGGS, AND MILK

omponents may vary), Water, Honey, Yeast, Salt, Eggs. S: WHEAT, SOY, AND EGG

Water, Honey, Sunflower Seeds, Eggs, Millet, Barley, Flax Pecans, Oat Bran, Salt, Almonds. AT, PECANS, SOY, AND ALMONDS

Water, Vital Wheat Gluten, Invert Sugar, Tofu (Filtered water, e), Flax Seeds, Wheat Bran, Olive Oil, Eggs, Oat Bran, Rolled Oats, Yeast, Salt.[S: WHEAT, SOY, AND EGG