



# Great Harvest Bread Co.

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)	Ingredients
Apple Cherry Pecan	25	0	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
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
Apple Crunch	130	2	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
Apple Crunch Blend	130	2	1	0	10	290	24	3	7	4	Fresh ground 100% Whole Wheat Flour, 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
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
Asiago Pesto	160	6	10.5	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
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
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
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
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
Carrot Poppyseed	120	1	0	0	0	290	22	4	5	5	Fresh ground 100% Whole Wheat Flour, Water, Carrot, Honey, Applesauce (ingredient components may vary), Yeast, Orange, Poppy Seeds, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, SOY, AND EGG
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
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
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 EGG

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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
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
Cinnamon Chip (100% Whole Wheat)	150	3	0.5	0	0	270	28	3	10	4	Fresh ground 100% Whole Wheat Flour, Water, Cinnamon Chips (ingredient components may vary), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, SOY, MILK, AND EGG
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
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
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
Corn Bread (100% Whole Wheat)	140	2.5	1	0	5	270	26	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
Jalapeno Corn Bread	140	2	1	0	5	270	26	1	4	3	Enriched White Flour (ingredients may vary), Water, Corn Flour, Honey, Cultured Buttermilk (ingredient components may vary), Peppers, Butter (Milk), Yeast, Chile Pepper Jalapenos, Salt, Eggs CONTAINS: WHEAT, MILK, SOY, AND EGG
Jalapeno Corn Bread (100% Whole Wheat)	140	2.5	1	0	5	270	24	3	4	4	Fresh ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilks (ingredient components may vary), Peppers, Butter (Milk), Yeast, Chile Pepper Jalapenos, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
Country	120	0.5	0	0	0	340	23	4	3	5	Fresh ground 100% Whole Wheat Flour, Water, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Cracked Pepper Swiss	140	3	1.5	0	10	280	22	4	4	7	Fresh ground 100% Whole Wheat Flour, Water, Swiss, Swiss Cheese (ingredient components may vary), Honey, Eggs, Yeast, Salt, Black Pepper, Cayenne Pepper, Oregano, Basil, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Cranberry Orange	130	0.5	0	0	0	280	27	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
Dakota	150	4	0	0	0	270	23	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
Energy	135	3	0	0	0	295	26	4	5	6	Fresh ground 100% Whole Wheat Flour, Water, Inverted Cane Sugar, Raisins, Almonds, Dates, Sunflower Seeds, Millet, Yeast, Salt. CONTAINS: WHEAT, TREE NUTS
Finnish Pulla	160	4.35	2.5	0	35	140	26	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

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Flax Oat Bran	130	3.5	0	0	0	330	22	4	6	5	Fresh ground 100% Whole Wheat Flour, Water, Honey, Oat Bran, Pecans, Flax Meal, Yeast, Rolled Oats, Salt, Eggs, Flax Seeds. CONTAINS: WHEAT, PECANS, SOY, AND EGG
Focaccia	140	1.5	0	0	0	380	29	1	5	4	Enriched White Flour (ingredient components may vary), Water, Honey, Yeast, Salt, Olive Oil, Oregano, Basil. CONTAINS: WHEAT AND SOY
Golden Wheat, Apple, Cinnamon Chip, Walnut	140	2.5	0	0	0	290	26	3	8	5	Fresh Ground Golden 100% 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
Golden Wheat Chocolate Cherry Swirl	150	2.5	1	0	5	240	30	3	8	4	Fresh ground 100% 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
Harvest Buckwheat Brown Rice	140	4.5	2	0	35	90	22	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
Harvest Buckwheat Brown Rice Bread Dakota	140	6	.5	0	25	75	19	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
Harvest Buckwheat Brown Rice Bread Cinnamon Chip	160	6	2	0	25	80	25	2	9	3	Water, Cultured Buttermilk (ingredient components may vary), Cinnamon Chips (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
Hearty Caraway Rye	130	0.5	0	0	0	310	26	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
High 5 Fiber	140	3	0	0	0	230	23	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
High Five Fiber with Blueberries	140	2.5	0	0	0	200	25	5	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Blueberries (ingredient components may vary), Honey, Flax seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS: WHEAT, EGGS, AND SOY
High Country Crunch	150	5	0.5	0	0	230	22	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Semolina Flour, Sunflower Seeds, Honey, Millet, Pecans, Flax Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, PECANS SOY, AND EGGS
High Fiber Apple, Cinnamon Chip, Walnut	140	2	0	0	0	280	26	5	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Cinnamon Chips (ingredients components may vary), Walnuts, Maltodextrin (Dietary Fiber), Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, EGGS, AND WALNUTS
High Fiber Tuscan Herb	140	0.5	0	0	0	210	26	5	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

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Honey Whole Wheat	130	0.5	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Irish Baked Potato	150	2	1	0	5	440	28	1	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	0	0	5	180	27	2	9	4	Cultured Buttermilk (ingredient components may vary), Enriched White Flour (ingredients 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	0	0	0	290	27	1	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	0	0	0	290	27	3	9	5	Fresh Ground 100% 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	0	0	0	300	25	4	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	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Yeast, Poppy Seeds, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS
Onion Dill Rye (Oregon Herb)	130	0.5	0	0	0	320	25	3	6	4	Fresh Ground 100% Whole Wheat Flour, Honey, Water, 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	1	0	5	590	22	2	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	1.5	0	0	300	27	2	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, Eggs. CONTAINS: WHEAT, PEANUT, SOY, MILK, AND EGG
Pecan Swirl	190	7	2	0	5	190	27	4	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	1.5	0	15	450	19	2	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	0.5	0	5	370	22	2	4	5	Enriched White Flour (ingredient components may vary), Water, Spinach, Fresh Ground 100% Whole Wheat Flour, Honey, Parmesan cheese (ingredient components may vary), Yeast, Salt, Eggs, Dried Onion, Dried Garlic. CONTAINS: WHEAT, SOY, EGGS, AND MILK

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Popeye (100% Whole Wheat)	120	1.5	0.5	0	5	360	21	3	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, Eggs, Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGG
Pumpernickel Rye	120	0.5	0	0	0	330	23	5	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Pumpernickel Rye Flour, Molasses, Yeast, Caramel Color, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGGS, AND SOY
Pumpkin Swirl	140	2	0.5	0	5	190	29	2	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	0.5	0	0	240	28	3	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	0	0	0	310	27	4	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	5	360	30	1	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 EGG
Rosemary Garlic	130	0.5	0	0	0	320	24	4	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	1.5	0	20	135	26	3	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
Sourdough	100	0	0	0	0	215	24	2	2	3	Premium Unbleached Wheat Flour, Water, Natural Starter, Yeast, Salt. CONTAINS: WHEAT
Spinach Feta	130	3	2	0	12	400	19	2	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	0.5	0	5	220	30	4	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	0	0	0	250	20	3	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	0	0	0	300	24	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG

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Swedish Rye	130	1	0	0	0	380	27	2	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	0	0	0	290	25	4	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	0	0	0	250	23	4	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
Virginia Rolls	145	4	1.5	0	10	340	25	1	5	5	Premium Unbleached Flour, Water, Butter (Milk), Inverted Cane Sugar, Dehydrated Potatoes, Yeast, Salt. CONTAINS: WHEAT, MILK
Walnut Raisin Rosemary Blue Cheese	150	4	1.5	0	10	330	22	3	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	1.5	0	5	250	31	1	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	400	29	1	5	4	Enriched White Flour (ingredient components may vary), Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Whole Grain Goodness	140	3	0	0	0	240	22	4	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
Whole Grain Low Carb	60	2	0	0	5	130	9	3	2	4	Fresh Ground 100% Whole Wheat Flour, Water, Vital Wheat Gluten, Invert Sugar, Tofu (Filtered water, soybean, calcium sulfate, calcium chloride), Flax Seeds, Wheat Bran, Olive Oil, Eggs, Oat Bran, Rolled Oats, Yeast, Salt. CONTAINS: WHEAT, SOY, AND EGG