



A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

<i>Serving Size: 1 slice 2 oz (56 g)</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fats (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Carbohydrates (g)</i>	<i>Fiber (g)</i>	<i>Sugar (g)</i>	<i>Protein (g)</i>	<i>Ingredients</i>
<i>Apple Cherry Pecan</i>	140	2.5	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.
<i>Apple Cinnamon Walnut</i>	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
<i>Apple Crunch</i>	130	2g	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
<i>Apple Crunch Blend</i>	130	2	1	0	10	290	24	3	7	4	Fresh Ground 100% Whole Wheat Flour, Water, 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
<i>Apricot Almond</i>	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
<i>Asiago Pesto</i>	160	6	1.5	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
<i>Bacon Cheddar Beer</i>	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.
<i>Breakfast Blast</i>	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
<i>Burley Bread</i>	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.
<i>Caraway Rye</i>	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
<i>Carrot Poppyseed</i>	120	1	0	0	0	290	22	4	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Carrots, Honey, Applesauce (Ingredient components may vary), Yeast, Orange, Poppy Seeds, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, SOY, AND EGG
<i>Challah</i>	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.
<i>Cheddar Garlic</i>	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
<i>Cherry Apple Berry</i>	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 EGGS.
<i>Cherry Walnut</i>	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
<i>Cinnamon Chip</i>	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
<i>Cinnamon Chip (100% Whole Wheat)</i>	150	3	0.5	0	0	270	28	3	10	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Cinnamon Chips (Ingredient components may vary), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, SOY, MILK AND EGG.
<i>Cinnamon Raisin Walnut</i>	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
<i>Cinnamon Swirl</i>	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



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<i>Corn Bread</i>	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
<i>Corn Bread (100% Whole Wheat)</i>	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
<i>Jalapeno Corn Bread</i>	140	2	1	0	5	270	26	1	4	3	Enriched White Flour (Ingredient components may vary), Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Peppers, Butter (Milk), Yeast, Chile Peppers, jalapenos, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
<i>Jalapeno Corn Bread (100% Whole Wheat)</i>	140	2.5	1	0	5	270	24	3	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Peppers, Butter (Milk), Yeast, Chile Peppers, jalapenos, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
<i>Country</i>	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
<i>Cracked Pepper Swiss</i>	140	3	1.5	0	10	280	22	4	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Swiss Cheese (Ingredient components may vary), Honey, Eggs, Yeast, Salt, Black Pepper, Cayenne Pepper, Oregano, Basil, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
<i>Cranberry Orange</i>	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
<i>Dakota</i>	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
<i>Finnish Pulla</i>	160	4.5	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
<i>Flax Oatbran</i>	130	3.5	0	0	0	330	22	4	6	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Oat Bran, Pecans, Flax Meal, Yeast, Rolled Oats, Salt, Eggs, Flax Seeds. CONTAINS: WHEAT, PECANS, SOY, AND EGG
<i>Focaccia</i>	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
<i>Golden Wheat, Apple, Cinnamon Chip, Walnut</i>	140	2.5	0	0	0	290	26	3	8	5	Fresh Ground 100% Golden 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
<i>Golden Wheat Chocolate Cherry Swirl</i>	150	2.5	1	0	5	240	30	3	8	4	Fresh Ground 100% Golden 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.
<i>Harvest Buckwheat Brown Rice</i>	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
<i>Harvest Buckwheat Brown Rice Bread Dakota</i>	140	6	1.5	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
<i>Harvest Buckwheat Brown Rice Bread Cinnamon Chip</i>	160	6	2	0	25	80	25	2	9	3	Water, Cultured Buttermilk (Ingredient components may vary), Cinnamon Chips (Ingredient components may vary), Honey, Brown Rice Flour, Eggs, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Yeast, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
<i>Hearty Caraway Rye</i>	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
<i>High 5 Fiber</i>	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.
<i>High Five Fiber with Blueberries</i>	140	2.5	0	0	0	200	25	5	7	5	Water, Fresh Ground 100% Whole Wheat Flour, Dried Blueberries (Ingredient components may vary), Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS: WHEAT, EGGS, AND SOY



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High Country Crunch	150	5	0.5	0	0	230	22	4	4	5	Water, Fresh Ground 100% Whole Wheat Flour, Semolina Flour, Sunflower Seeds, Honey, Millet, Pecans, Flax Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, PECANS, SOY, AND EGG
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 (Ingredient 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
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 (Ingredient 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% Golden 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 EGG
Onion Dill Rye	130	0.5	0	0	0	320	25	3	6	4	Water, Fresh Ground 100% Whole Wheat Flour, Honey, 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, Salt, Eggs. CONTAINS: WHEAT, PEANUTS, SOY, MILK AND EGGS
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), Red Peppers (Ingredient components may vary), Yeast, Salt, Eggs, Dried Onion, Dried Garlic. CONTAINS: WHEAT, SOY, EGGS, AND MILK
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



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<i>Pumpernickel Rye</i>	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
<i>Pumpkin Swirl</i>	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.
<i>Raisin Cinnamon Chip</i>	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
<i>Raisin</i>	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
<i>Red, White and Blueberry</i>	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 EGGS.
<i>Rosemary Garlic</i>	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
<i>Sonoma</i>	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.
<i>Spinach Feta</i>	130	3	2	0	15	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.
<i>Star Spangled Swirl</i>	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
<i>Stuffing Bread</i>	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.
<i>Sunflower</i>	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
<i>Swedish Rye</i>	130	1	0	0	0	380	27	3	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
<i>Trail Bread</i>	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
<i>Tuscan Herb</i>	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
<i>Walnut Raisin Rosemary Blue Cheese</i>	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.
<i>White Chocolate Cherry Swirl</i>	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
<i>White</i>	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
<i>Whole Grain Goodness</i>	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