



A warm fresh slice of the good life

BREAD NUTRITION

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	2	0	310	25	3	13	4	X		X			
X		Apple Cinnamon Walnut	150	1.5	0	240	28	4	8	5	X		X			
X		Apple Crunch	130	2	10	310	22	3	7	4	X	X				X
X		Apricot Almond	130	2	10	310	22	3	7	4	X		X			
	W	Asiago Pesto	160	6	10	470	20	1	3	5	X				X	X
X		Breakfast Blast	130	1.5	0	230	26	4	10	4	X				X	X
X		Burly Bread	140	2	0	330	25	4	6	5	X					
	B	Caraway Rye	120	0.5	0	320	25	5	5	5	X					
X		Carrot Poppyseed	110	0.5	0	310	21	3	5	4	X					
	B	Challa	130	1	15	270	26	2	5	5	X	X				
	W	Cheddar Garlic	150	4.5	15	410	21	1	4	6	X					X
X		Cherry Apple Berry	130	0	0	300	27	3	9	4	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.

*Products may have an egg wash, please check with your local bakery.

Type of Flour		Serving Size 1 Slice 56g (2oz)	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		Cherry Walnut	140	2	0	290	26	3	11	4	X		X			
X		Cinnamon Chip	150	3	0	300	26	3	11	4	X				X	X
	W	Cinnamon Chip	150	3	0	370	28	1	11	3	X				X	X
X		Cinnamon Raisin Walnut	130	2	0	330	25	3	8	4	X		X			
X		Cinnamon Swirl	160	3	5	250	28	3	13	4	X					X
	B	Cornbread-White	140	2.5	5	290	27	1	5	3	X					X
	B	Cornbread-Wheat	140	2.5	5	290	25	3	5	4	X					X
X		Country	120	0.5	0	370	22	4	3	5	X					
X		Cracked Pepper Parmesan	140	3	5	430	20	3	4	7	X					X
X		Cracked Pepper Swiss	140	3	10	310	20	3	4	7	X					X
X		Cranberry Orange	120	0	0	290	26	3	12	4	X					
X		Dakota	150	4	0	570	22	3	5	6	X					
X		Flax Oatbran	130	4	0	340	21	4	7	5	X		X			
	W	Focaccia (4oz)	280	2.5	0	830	56	2	10	7	X					
	W	Focaccia-Italian Herb (4oz)	280	5	0	630	52	2	4	7						

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.

*Products may have an egg wash, please check with your local bakery.

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		Golden Wheat Apple, Cinnamon Chip, Walnut	140	2.5	0	320	26	3	9	4	X		X		X	X
	B	Hearty Caraway Rye	120	0.5	0	350	24	4	2	4	X					
X		High 5 Fiber	140	3.5	0	260	23	5	5	5	X					
	B	High County Crunch	140	4.5	0	50	21	3	4	5	X		X			
X		Honey Whole Wheat	120	0	0	350	24	3	7	5	X					
	B	Irish Soda Bread	130	0.5	0	200	27	2	9	4	X					X
X		Low Carb (42 gm slice)	100	3	5	200	12	3	3	6	X	X			X	
X		Low Carb Dakota (42 gm)	120	5	5	160	13	3	3	6	X	X			X	
X		Low Carb Cinnamon Chip (42 gm)	110	4	5	180	14	2	5	5	X	X			X	X
	B	Mediterranean Olive	130	2	0	530	23	2	3	4	X					
X		Merry Berry	130	1.5	0	310	27	3	10	4	X		X			
X		Nine Grain	130	0.5	0	270	26	4	5	5	X					
X		Oatmeal Poppyseed	130	1	0	330	24	4	6	5	X					
	B	Oregon Herb (Onion Dill Rye)	120	0.5	0	340	25	3	7	4	X					
	B	Panza Bread	130	2.5	5	610	22	2	4	5	X					X
X		Pecan Swirl	190	8	5	220	26	4	12	4	X		X			X
	B	Pizza Bread	140	4.5	10	470	18	2	4	7	X					X

W-Enrich

B-Contains a blend of flours. Namely, Fresh Ground 100% Whole Wheat Flour, Enriched White Flour, Rye Flour, or Corn Flour.

*Products may have an egg wash, please check with your local bakery.

Type of Flour		Serving Size 1 Slice 56g (2oz)	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
	B	Popeye	110	1	5	390	22	2	4	4	X					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.

*Products may have an egg wash, please check with your local bakery.

Type of Flour		Serving Size 1 Slice 56g (2oz)	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	Potato Chive	110	0	0	360	24	1	4	3	X					
	W	Pumpkin Nut and Spice	120	1	0	270	27	2	9	3	X		X			
	B	Pumpkin Swirl	140	2	5	210	28	2	12	3	X		X		X	
X		Raisin	120	0	0	340	26	3	9	4	X					
X		Raisin Cinnamon Chip	150	3	0	260	28	3	12	4	X			X	X	
	W	Red, White and Blueberry Bread	140	0	0	340	26	3	9	4	X					
X		Rosemary Garlic	120	0.5	0	350	24	4	6	5	X				X	
	B	Spinach Feta	120	.3.5	15	420	18	2	5	5	X				X	
X		Sprouted Wheat	130	0.5	0	350	24	4	2	6	X					
X		Star Spangled Swirl Bread	150	1	0	250	31	4	14	4	X				X	
	B	Sundried Tomato Spinach	120	0	0	420	24	3	6	4	X					
X		Sunflower Whole Wheat	140	2.5	0	320	23	4	6	5	X					
	B	Swedish Rye	130	0.5	0	410	26	3	8	4	X					
X		Tuscan Herb	120	1	0	280	22	4	5	5	X				X	
X		Trail Bread	130	1.5	0	310	25	3	9	4	X					
	W	White	130	0	0	440	27	1	5	3	X					
X		Whole Grain Goodness	130	3	0	260	21	4	4	5	X		X			

W-Enrich

B-Contains a blend of flours. Namely, Fresh Ground 100% Whole Wheat Flour, Enriched White Flour, Rye Flour, or Corn Flour.

*Products may have an egg wash, please check with your local bakery.