



INGREDIENTS

VARIETY	WHAT'S IN IT...
Farmhouse White	Unbleached white flour, water, honey, yeast, salt
Honey Whole Wheat	Whole wheat flour, water, honey, yeast, salt
Apple Cinnamon Chip	Whole wheat flour, water, cinnamon chips (partially hydrogenated soybean and cottonseed oil, cinnamon, nonfat dry milk, lecithin), honey, dried apples, yeast, cinnamon sugar, salt.
Challah	Unbleached white flour, water, honey, water, whole egg, yeast, salt.
Cheddar Garlic	Unbleached white flour, water, cheddar cheese, honey, yeast, salt, onion, garlic, sesame seeds, egg wash.
Cinnamon Chip White	Unbleached white flour, water, honey, cinnamon chips, yeast, salt, sugar, cinnamon.
Cinnamon Swirl	Unbleached white flour, brown sugar, honey, yeast, cinnamon, salt, water.
Cinnamon Raisin Walnut	Whole wheat flour, water, honey, walnuts, raisins, yeast, cinnamon, salt.
Dakota	Whole wheat flour, water, honey, sunflower seeds, pumpkin seeds, millet, yeast, sesame seeds, poppy seeds, salt, Topped with pumpkin and sunflower seeds
Harvest Wheat	Whole wheat flour, water, honey, Organic whole grain rye flour, yeast, salt.
HealthNut	Whole wheat flour, water, honey, yeast, almonds, sunflower seeds, rolled oats, millet, barley, cracked wheat, corn, flax, triticale, brown rice, rye, soya, salt.
High Five Fiber	Whole wheat flour, water, honey, yeast, sunflower seeds, flax seeds, millet, oat bran.
Ten Grain	Whole wheat flour, water, honey, barley, cracked wheat, corn, flax, millet, oats, organic whole grain rye, triticale, brown rice, soya, yeast, salt, egg wash.
Trail Mix	Whole wheat flour, water, honey, raisins, cranberries, sunflower seeds, walnuts, almonds, golden raisins, salt, egg wash.
Whole Grain Goodness	Whole wheat flour, water, honey, sunflower seeds, millet, barley, flax, yeast, pecans, oat bran, salt, almonds.
Woodstock	Whole wheat flour, yeast, water, honey, pecans, walnuts, sunflower seeds, ground flax seeds, salt, egg wash.
Oatmeal Choc. Chip Walnut cookies	Whole wheat flour, butter, brown sugar, eggs, water, vanilla, rolled oats, salt, baking powder, baking soda, semi-sweet chocolate chips, walnuts.
Cinnamon rolls	Whole wheat flour, unbleached white flour, butter, yeast, water, salt, powdered milk, eggs. Center: cinnamon, brown sugar, butter.
Raspberry Cream Cheese Scone	Unbleached white flour, butter, brown sugar, eggs, buttermilk, baking powder, baking soda, salt, vanilla, raspberries, cream cheese

- Not all of the breads that we bake are listed above. Please ask us about any bread not listed.
- We grind our own whole wheat flour. We mill wheat berries from Montana which is the very best for baking bread.

07/28/10

NUTRITION ANALYSIS

BREAD	FAT	CHOLESTEROL	SODIUM	CARB.'S	FIBER	SUGAR	PROTEIN	CALORIES	CALORIES FROM FAT
Farmhouse White	0g/0%	0mg/0%	410mg/17%	22g/7%	0g/2%	5g	3g	100	0
Honey Whole Wheat	0g/0%	0mg/0%	330mg/15%	24g/8%	3g/12%	6g	4g	110	5
Apple Cinnamon Chip	2.5g/4%	0mg/0%	260mg/11%	25g/8%	3g/12%	10g	3g	130	25
Challah	1g/1%	25mg/8%	210mg/9%	22g/7%	0g/2%	5g	3g	110	10
Cheddar Garlic	4.5g/7%	15mg/4%	370mg/16%	17g/6%	0g/0%	4g	5g	130	40
Cinnamon Chip White	3g/4%	0mg/0%	270mg/11%	24g/8%	3g/10%	10g	3g	130	25
Cinnamon Swirl	0g/0%	0mg/0%	260mg/11%	30g/10%	0g/2%	16g	2g	130	0
Cinnamon Raisin Walnut	2g/3%	0mg/0%	330mg/14%	25g/8%	3g/12%	8g	4g	130	20
Dakota	2.5g/4%	0mg/0%	230mg/10%	22g/7%	4g/14%	5g	5g	130	25
High Five Fiber	3.5g/5%	0mg/0%	260mg/11%	23g/8%	5g/20%	5g	5g	140	30
Harvest Wheat	0g/0%	0mg/0%	310mg/13%	21g/7%	3g/11%	4g	3g	100	0
HealthNut	3.5g/6%	0mg/0%	210mg/9%	23g/8%	3g/13%	4g	5g	140	35
Ten Grain	0.5g/1%	0mg/0%	260mg/11%	23g/8%	3g/12%	5g	4g	110	5
Trail Mix	2.5g/4%	0mg/0%	240mg/10%	23g/8%	3g/10%	9g	4g	120	25
Whole Grain Goodness	3g/4%	0mg/0%	230mg/10%	21g/7%	3g/14%	4g	4g	120	25
Woodstock	3.5g/5%	0mg/0%	230mg/11%	21g/7%	3g/11%	5g	4g	120	30
Oatmeal Choc. Chip Walnut cookies (serv. Size: 1 cookie)	27g/41%	60mg/19%	240mg/10%	63g/21%	5g/20%	39g	8g	510	240
Cinnamon rolls	5g/8%	35mg/12%	430mg/18%	74g/25%	4g/16%	40g	7g	370	45
Raspberry Cream Cheese Scone	12g/18%	45mg/16%	290mg/12%	41g/14%	1g/4%	17g	5g	290	110

9/6/06_Pub Doc/handouts/nutrition

Serving size: 50 g (1.75 oz.) There are 20 servings in a 2.2 lb (one kilogram) loaf.
 Notations are made in "Amount/Percent Daily Values". "Percent daily values" are based on a 2000 calorie diet.
 Nutritional values for breads with fillings or toppings such as nuts, grains or cheese are approximate only.

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