Great Harvest Bread Co.

Bread. The way it *ought* to be.™

Bread Nutrition

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

Bread, Rolls, Buns, etc.	Calories	Calroies from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Breads													
Anadama Bread (56g)	150	15	1.5	0.5	0	5	280	28	2	4	4	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Fresh Ground 100% Whole Wheat Flour, Cornmeal (Degerminated Yellow Corn Meal, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Honey, Molasses, Yeast, Butter, Salt, Eggs CONTAINS: WHEAT, MILK, EGG
Apple Cherry Pecan Bread (56g)	140	20	2	0	0	5	290	26	3	12	5	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (Cherries, Sugar, and Sunflower Oil), Honey, Dried Apples, Pecans, Eggs, Yeast, Salt CONTAINS: WHEAT, EGG
Apple Cinnamon Chip Walnut Golden Wheat Bread (56g)	150	25	2	0.5	0	0	290	28	3	7	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Apples, Walnuts, Yeast, Salt, Eggs CONTAINS: WHEAT, SOY, MILK, EGG
Apple Cinnamon Walnut Bread (56g)	150	15	2	0	0	0	270	28	4	10	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Apples, Walnuts, Yeast, Salt, Eggs, Ground Cinnamon, Apple Juice (Water, Organic Apple Juice Concentrate) CONTAINS: WHEAT, WALNUT, EGG
Apple Crunch Whole Wheat Bread (56g)	130	20	2	1	0	10	290	23	4	7	6	4	Fresh Ground 100% Whole Wheat Flour, Water, Apples, Honey, Brown Sugar, Butter, Eggs, Yeast, Salt, Ground Cinnamon, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Ground Nutmeg CONTAINS: WHEAT, MILK, EGG
Apple Crunch Blend Bread (56g)	130	20	2	1	0	10	290	24	3	7	6	4	Fresh Ground 100% Whole Wheat Flour, Water, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Apples, Honey, Brown Sugar, Butter, Eggs, Yeast, Salt, Ground Cinnamon, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Ground Nutmeg CONTAINS: WHEAT, MILK, EGG
Apricot Almond Bread (56g)	140	15	2	0	0	0	310	26	4	9	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Apricots (Apricots, Sulfer Dioxide (Added for Color Retension and Preservative)), Honey, Almonds, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
Asiago Pesto Swirl Bread (56g)	150	35	3.5	1	0	10	360	23	4	5	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Pesto Sauce (Basil, Canola Oil, Water, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes), Granulated Garlic, Salt), Asiago Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes), Eggs, Yeast, Salt, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Parsley CONTAINS: WHEAT, MILK, EGG
Asiago Pesto Bread (56g)	160	50	6	1.5	0	5	490	23	1	3	2	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Pesto Sauce (Basil, Canola Oil, Water, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes), Granulated Garlic, Salt), Asiago Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes), Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic, Dried Onion CONTAINS: WHEAT, MILK, EGG

Bread, Rolls, Buns, etc.	Calories	Calroies from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Autumn Apple Bread (56g)	150	15	1.5	0	0	5	300	30	3	10	5	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Golden Raisins (Golden Raisins, Sulfer Dioxide (as a preservative)), Honey, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Sunflower Seeds, Dried Apples, Yeast, 100% Pure Maple Syrup, Rolled Oats, Salt, Eggs, Ground Nutmeg CONTAINS: WHEAT, MILK, EGG
Bacon Cheddar Beer Bread (56g)	160	35	4	2	0	15	270	23	3	6	5	7	Fresh Ground 100% Whole Wheat Flour, Beer (Water, Malted Barley, Barley, Hops, Yeast), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Honey, Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Yeast, Eggs, Salt, Kosher Salt, Dried Onion, Dried Garlic, Black Pepper, Chives CONTAINS: WHEAT, MILK, EGG
Breakfast Blast Bread (56g)	150	15	1.5	0.5	0	0	230	28	4	9	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dates, Rolled Oats, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Yeast, Eggs, Salt, Ground Cinnamon CONTAINS: WHEAT, MILK, SOY, AND EGG
Buckwheat Brown Rice Bread (56g)	140	45	5	2	0	35	105	21	2	6	5	3	Water, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Seeds, Cornstarch, 100% Whole Grain Buckwheat Flour, Butter, Yeast, Xanthan Gum, Salt, Distilled Vinegar CONTAINS: MILK, EGG; MAY CONTAIN WHEAT
Burley Bread (56g)	150	20	2	0	0	0	320	27	4	6	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Sunflower Seeds, Cracked Rye, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
Caraway Rye Bread (56g)	140	5	0.5	0	0	0	330	27	5	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Whole Grain Rye Flour, Honey, Yeast, Salt, Caraway Seeds, Eggs CONTAINS: WHEAT, EGG
Carrot Poppyseed Bread (56g)	130	10	1	0	0	0	310	24	4	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Carrots, Honey, Applesauce (Apples, Water), Poppy Seeds, Yeast, Orange, Salt, Eggs, Ground Cinnamon CONTAINS: WHEAT, EGG
Challah Bread (56g)	140	10	1	0	0	10	260	28	3	5	5	5	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Honey, Eggs, Yeast, Egg Whites, Salt, Sesame Seeds CONTAINS: WHEAT, EGG
Cheddar Garlic Bread (56g)	170	40	4.5	2.5	0	15	400	25	1	4	4	6	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Honey, Yeast, Salt, Eggs, Dried Onion, Sesame Seeds, Dried Garlic, Parsley CONTAINS: WHEAT, MILK, EGG
Cheddar Garlic Jalapeno Bread (56g)	160	40	4	2	0	15	390	24	1	3	4	6	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Honey, Jalapenos (Jalapeño Peppers, Water, Distilled Vinegar, Salt, Calcium Chloride and Garlic Powder), Yeast, Salt, Eggs, Dried Onion, Sesame Seeds, Dried Garlic, Parsley CONTAINS: WHEAT, MILK, EGG
Cherry Apple Berry Bread (56g)	140	5	0.5	0	0	5	290	28	4	8	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Cherries (Cherries, Sugar, and Sunflower Oil), Dried Blueberries, Eggs, Dried Apples, Yeast, Blueberries, Salt CONTAINS: WHEAT, EGG
Cherry Walnut Bread (56g)	150	20	2	0	0	5	290	28	4	11	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (Cherries, Sugar, and Sunflower Oil), Honey, Walnuts, Yeast, Eggs, Salt

Bread, Rolls, Buns, etc.	Calories	Calroies from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
													CONTAINS: WHEAT, WALNUT, EGG
Chocolate Babka (56g)	190	70	8	4.5	0	20	180	29	2	10	9	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Water, Butter, Honey, Eggs, Fresh Ground 100% Whole Wheat Flour, Yeast, Sugar, Salt, Milk, Cocoa Powder CONTAINS: WHEAT, MILK, EGG
Chocolate Cherry Swirl Golden Wheat Bread (56g)	160	20	2.5	1	0	5	250	31	3	13	8	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Dried Cherries (Cherries, Sugar, and Sunflower Oil), Honey, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Brown Sugar, Butter, Yeast, Eggs, Salt, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives) CONTAINS: WHEAT, MILK, EGG
Cinnamon Chip Golden Wheat Bread (56g)	160	25	3	1.5	0	0	290	28	3	10	6	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Honey, Yeast, Salt, Eggs, Sugar, Ground Cinnamon CONTAINS: WHEAT, MILK, SOY, EGG
Cinnamon Chip Monkey Bread (89 g piece)	290	60	7	4	0	10	450	53	2	25	19	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Honey, Yeast, Salt, Eggs, Sugar, Ground Cinnamon CONTAINS: WHEAT, MILK, SOY
Cinnamon Chip White Bread (56g)	160	25	2.5	1.5	0	0	350	31	1	10	6	3	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Honey, Yeast, Salt, Eggs, Sugar, Ground Cinnamon CONTAINS: WHEAT, MILK, SOY, EGG
Cinnamon Chip Whole Wheat Bread (56g)	160	25	3	1.5	0	0	290	28	4	10	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Honey, Yeast, Salt, Eggs, Sugar, Ground Cinnamon CONTAINS: WHEAT, MILK, SOY, EGG
Cinnamon Raisin Blend Bread (56g)	140	5	0	0	0	0	320	30	3	9	2	4	Water, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Raisins, Honey, Eggs, Yeast, Butter, Salt, Ground Cinnamon CONTAINS: WHEAT, EGG
Cinnamon Raisin Walnut Bread (56g)	150	20	2	0	0	0	330	27	4	9	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Molasses, Walnuts, Yeast, Salt, Eggs, Ground Cinnamon CONTAINS: WHEAT, WALNUT, EGG
Cinnamon Swirl Bread (56g)	150	15	1.5	0.5	0	5	290	28	4	9	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Brown Sugar, Yeast, Butter, Salt, Eggs, Ground Cinnamon CONTAINS: WHEAT, MILK, EGG
Cornbread Wheat Bread (56g)	150	25	2.5	1.5	0	5	300	27	4	5	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Butter, Yeast, Salt, Eggs CONTAINS: WHEAT, MILK, EGG

Bread, Rolls, Buns, etc.	Calories	Calroies from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Cornbread White Bread (56g)	150	20	2.5	1	0	5	290	29	2	5	4	3	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Corn Flour, Honey, Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Butter, Yeast, Salt, Eggs CONTAINS: EGG, MILK, WHEAT
Country Bread (56g)	130	5	0.5	0	0	0	370	25	4	4	3	6	Fresh Ground 100% Whole Wheat Flour, Water, Molasses, Yeast, Salt, Eggs CONTAINS: WHEAT, MILK, EGG
Cracked Pepper Parmesan Bread (56g)	150	25	3	1.5	0	10	400	23	4	4	4	8	Fresh Ground 100% Whole Wheat Flour, Water, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Honey, Yeast, Salt, Eggs, Black Pepper, Oregano, Basil, Cayenne Pepper, Parsley CONTAINS: WHEAT, MILK, EGG
Cracked Pepper Swiss Bread (56g)	150	30	3	1.5	0	10	300	23	4	4	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Honey, Yeast, Salt, Eggs, Black Pepper, Oregano, Basil, Cayenne Pepper, Parsley CONTAINS: WHEAT, MILK, EGG
Cranberry Orange Whole Wheat Bread (56g)	140	5	0.5	0	0	0	300	29	4	12	5	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Honey, Yeast, Salt, Eggs, Orange Peel (Orange Peel, Sodium Sulfite (Added as a Preservative)) CONTAINS: WHEAT, EGG
Cranberry Orange Blend Bread (56g)	140	5	0.5	0	0	0	290	31	3	12	5	4	Water, Fresh Ground 100% Whole Wheat Flour, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Honey, Yeast, Orange, Salt, Eggs CONTAINS: WHEAT, EGG
Dakota Bread (56g)	170	45	5	0.5	0	0	280	24	4	5	5	7	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs CONTAINS: WHEAT, EGG
Easter Ambrosia Bread (56g)	150	25	2.5	1	0	0	210	28	2	8	4	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Almonds, Pineapple (Pineapple, Pineapple Juice, Water, Clarified Pineapple Juice Concentrate, Citric Acid), Oranges, Coconut (Unsulfered Coconut), Butter, Salt, Yeast, Ground Cinnamon, Lemon Peel, Orange Peel (Orange Peel, Sodium Sulfite (Added as a Preservative)) CONTAINS: ALMOND, MILK, WHEAT
Everything Bread (56g)	140	10	1	0	0	0	350	29	3	6	5	5	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Honey, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Yeast, Salt, Flax Seeds, Dried Garlic, Cornmeal (Degerminated Yellow Corn Meal, Niacin*, Reduced Iron, Thiamin Mononitrate*, Riboflavin, Folicacid* (*One Of The B Vitamins)), Sesame Seeds, Sunflower Seeds, Millet, Rolled Oats, Poppy Seeds, Dried Onion, Caraway Seeds, Black Pepper CONTAINS: WHEAT, MILK
Finnish Pulla Bread (56g)	170	40	4.5	2.5	0	25	150	28	1	5	4	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Milk, Honey, Butter, Eggs, Water, Yeast, Salt, Cardamom CONTAINS: EGG, MILK, WHEAT
Flax Oatbran Bread (56g)	140	40	4.5	0	0	0	330	22	4	6	6	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Flax Seeds, Oat Bran, Pecans, Yeast, Rolled Oats, Salt, Eggs CONTAINS: WHEAT, PECANS, EGG

Bread, Rolls, Buns, etc.	Calories	Calroies from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Focaccia Bread (56g)	150	15	2	0	0	0	400	30	1	5	5	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Olive Oil, Yeast, Salt, Oregano, Basil CONTAINS: WHEAT
Focaccia Blend Bread (121 g piece)	320	70	8	1	0	0	580	53	4	3	3	8	Water, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Fresh Ground 100% Whole Wheat Flour, Olive Oil, Dehydrated Potatoes, Honey, Yeast, Salt CONTAINS: WHEAT
Gluten X Bread (56g)	130	35	3.5	0.5	0	25	250	22	1	3	2	3	Water, Rice Flour, Eggs, Potato Starch, Oat Flour, Milk, Honey, Psyllium Husk Powder, Flax Seed Meal, Stone Ground Tapioca Flour, Canola Oil, Yeast, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sesame Seeds, Sunflower Seeds, Flax Seeds CONTAINS: MILK, EGG; MAY CONTAIN WHEAT
Golden Whole Wheat Bread (56g)	140	5	0.5	0	0	0	340	27	3	6	6	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
Gouda and Stout Bread (56g)	150	25	3	1.5	0	10	410	23	4	5	5	7	Fresh Ground 100% Whole Wheat Flour, Beer (Water, Malted Barley, Barley, Hops, Yeast), Gouda Cheese (Gouda Cheese (Cultured Milk, Enzymes, Salt), Water, Whey, Sodium Phosphate, Calcuim Propionate (Preservative), Apo-Carotenal for color), Honey, Yeast, Eggs, Kosher Salt, Salt CONTAINS: WHEAT, EGG, MILK
Green Chili Cheese Bread (56g)	150	40	4.5	2	0	15	370	22	2	5	4	6	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Green Chile Peppers (Green Chile Peppers, Water, Salt, Citric Acid, Calcium Chloride), Fresh Ground 100% Whole Wheat Flour, Honey, Yeast, Eggs, Salt, Olive Oil, Dried Onion, Dried Garlic, Cayenne Pepper, Oregano, Cumin, Paprika CONTAINS: WHEAT, MILK, EGG
Hearty Caraway Rye Bread (56g)	140	5	0.5	0	0	0	350	27	4	2	2	5	Water, Fresh Ground 100% Whole Wheat Flour, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Rye Flour, Molasses, Yeast, Salt, Eggs, Caraway Seeds CONTAINS: WHEAT, EGG
Heritage Harvest Bread (56g)	140	5	0.5	0	0	0	320	27	4	6	6	6	Fresh Ground 100% Heritage Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
Heritage Harvest Roasted Sunflower Bread (56g)	150	25	2.5	0	0	0	310	25	4	6	6	6	Fresh Ground 100% Heritage Whole Wheat Flour, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, EGG
High Fiber Apple Cinnamon Chip Walnut Bread (56g)	150	20	2	0.5	0	0	290	28	4	7	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Dried Apples, Walnuts, Maltodextrin (Dietary Fiber [Fibersol®-2]), Yeast, Salt, Eggs CONTAINS: WHEAT, MILK, SOY, EGG, WALNUT
High Fiber Tuscan Herb Bread (56g)	140	5	0.5	0	0	0	200	27	5	4	4	6	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Honey, Water, Yeast, Maltodextrin (Dietary Fiber [Fibersol®-2]), Eggs, Salt, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Dried Garlic, Dried Onion, Basil, Oregano, Rosemary, Parsley CONTAINS: WHEAT, EGG, MILK

Bread, Rolls, Buns, etc.	Calories	Calroies from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
High Five Fiber Bread (56g)	140	30	3	0	0	0	240	24	5	5	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Flax Seeds, Millet, Oat Bran, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
High Country Crunch Bread (56g)	150	40	4	0	0	0	260	24	4	4	4	5	Water, Fresh Ground 100% Whole Wheat Flour, Semolina Flour (Semolina (Milled from Durum Wheat), Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Honey, Sunflower Seeds, Millet, Pecans, Flax Seeds, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG, PECAN
Honey Whole Wheat Bread (56g)	140	5	0.5	0	0	0	320	27	4	6	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
Hummus Bread (56g)	140	20	2.5	0	0	0	310	25	4	5	4	6	Fresh Ground 100% Whole Wheat Flour, Water, Chickpeas (Prepared Garbanzo Beans, Water, Salt, Calcium Chloride, Disodium EDTA), Honey, Sesame Seeds, Yeast, Olive Oil, Salt, Eggs, Dried Garlic, Cumin, Cayenne Pepper CONTAINS: WHEAT, EGG
Irish Baked Potato Bread (56g)	150	20	2	1	0	5	410	29	1	5	5	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Dehydrated Potatoes, Butter, Yeast, Garlic, Salt, Eggs, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Black Pepper, Olive Oil, Chives, Kosher Salt CONTAINS: WHEAT, MLK, EGG
Irish Soda Bread (56g)	130	5	0.5	0	0	5	210	28	2	9	3	4	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Eggs, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: WHEAT, EGG, MILK
Italian Herb Focaccia (56g)	170	45	5	1	0	0	300	27	1	2	2	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Olive Oil, Honey, Salt, Oregano, Yeast, Basil, Dried Garlic, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Black Pepper, Parsley CONTAINS: WHEAT, MILK
Mediterranean Olive Bread (56g)	150	20	2.5	0	0	5	550	27	3	3	3	5	Water, Fresh Ground 100% Whole Wheat Flour, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Kalamata Olives (Kalamata Olives Pitted, Water, Salt, Vinegar, Olive Oil), Honey, Yeast, Salt, Eggs, Parsley, Rosemary, Dried Garlic, Black Pepper CONTAINS: WHEAT, EGG
Merry Berry Bread (56g)	140	5	0.5	0	0	0	310	29	3	10	5	4	Water, Fresh Ground 100% Whole Wheat Flour, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Honey, Golden Raisins (Golden Raisins, Sulfer Dioxide (as a preservative)), Dried Cherries (Cherries, Sugar, and Sunflower Oil), Dried Blueberries, Yeast, Salt, Coconut (Unsulfered Coconut), Eggs CONTAINS: WHEAT, EGG, COCONUT
Nine Grain Bread (56g)	140	5	0.5	0	0	0	290	27	4	6	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, 9 Grain Mix (Barley, Buckwheat, Corn, Flax, Millet, Oats, Red Wheat, Rye, and White Wheat), Yeast, Salt CONTAINS: WHEAT
Oatmeal Poppyseed Bread (56g)	140	10	1.5	0	0	0	320	27	4	6	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Yeast, Poppy Seeds, Salt, Eggs CONTAINS: EGG, WHEAT

Bread, Rolls, Buns, etc.	Calories	Calroies from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Onion Dill Rye (Oregon Herb) Bread (56g)	130	5	0.5	0	0	0	340	27	3	7	6	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Rye Flour, Yeast, Salt, Eggs, Dried Onion, Dill, Poppy Seeds, Sesame Seeds CONTAINS: WHEAT, EGG
Organic Whole Wheat Bread (56g)	130	5	0.5	0	0	0	320	29	3	6	6	4	Whole Grain Flour Water, Agave Nectar (Organic Blue Agave Nectar), Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
Panza Bread (56g)	150	30	3	1	0	5	590	25	2	5	3	6	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Kalamata Olives (Kalamata Olives Pitted, Water, Salt, Vinegar, Olive Oil), Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Honey, Sun Dried Tomatoes (Sun-Dried Tomatoes, Salt, Sulfer Dioxide (as a preservative), Glucose, Citric Acid), Yeast, Salt, Eggs, Oregano, Basil, Black Pepper CONTAINS: WHEAT, MILK, EGG
Peanut Butter Chocolate Chip Bread (56g)	190	60	6	2	0	0	310	28	2	8	7	5	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Peanut Butter (Peanuts, Cane Sugar, Palm Fruit Oil, Salt), Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Honey, Yeast, Salt, Eggs CONTAINS: WHEAT, PEANUT, EGG
Pecan Swirl Bread (56g)	180	50	6	1	0	5	250	26	4	8	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Pecans, Honey, Brown Sugar, Butter, Yeast, Salt, Eggs, Ground Cinnamon CONTAINS: WHEAT, PECAN, MILK, EGG
Pizza Bread (56g)	150	45	4.5	2	0	15	480	21	2	4	4	7	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Mozzarella Cheese (Cultured Pasteurized Part Skim Milk, Skim Milk, Salt, Enzymes), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Pepperoni (Pork and Beef, Salt, Water, Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin of Paprika, Garlic Powder, Sodium Nitrite, BHA, BHT, Citric Acid (BHA, BHT, Citric Acid added to protect flavor)), Honey, Yeast, Salt, Eggs, Dried Onion, Oregano, Basil, Parsley CONTAINS: WHEAT, MILK, EGG
Popeye Golden Wheat Bread (56g)	140	15	1.5	0.5	0	5	430	26	3	5	4	7	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Spinach, Roasted Red Peppers (Red Peppers, Water, Salt, Citric Acid), Yeast, Salt, Eggs, Dried Onion, Dried Garlic CONTAINS: WHEAT, MILK, EGG
Popeye Bread (56g)	140	10	1.5	0.5	0	5	430	27	2	4	4	5	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Honey, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Spinach, Roasted Red Peppers (Red Peppers, Water, Salt, Citric Acid), Yeast, Salt, Eggs, Dried Onion, Dried Garlic CONTAINS: WHEAT, MILK, EGG
Potato Cheddar Chive Bread (56g)	170	50	6	3	0	20	410	24	1	4	4	6	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Honey, Dehydrated Potatoes, Butter, Yeast, Salt, Eggs, Dried Garlic, Black Pepper, Chives CONTAINS: WHEAT, MILK, EGG
Potato Chive Bread (56g)	140	15	2	1	0	5	380	27	1	5	4	3	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Dehydrated Potatoes, Butter, Yeast, Roasted Garlic, Salt, Eggs, Canola Oil, Black Pepper, Chives CONTAINS: WHEAT, MILK, EGG

Bread, Rolls, Buns, etc.	Calories	Calroies from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Potato Fennel Thyme Bread (56g)	160	35	3.5	2	0	10	310	25	4	6	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Butter, Yeast, Dehydrated Potatoes, Salt, Eggs, Poppy Seeds, Thyme, Fennel Seed, Dried Garlic, Black Pepper CONTAINS: WHEAT, MILK, EGG
Pumpernickel Rye Bread (56g)	130	5	1	0	0	0	350	25	5	2	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Dark Rye Pumpernickel Meal, Molasses, Yeast, Caramel Color, Caraway Seeds, Salt, Eggs CONTAINS: WHEAT, EGG, SOY
Pumpkin Nut and Spice Bread (56g)	150	20	2	0	0	0	270	29	2	9	6	3	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Pumpkin, Honey, Dates, Water, Walnuts, Yeast, Salt, Eggs, Pumpkin Pie Spice (Spices) CONTAINS: WHEAT, WALNUT, EGG
Pumpkin Swirl Bread (56g)	150	15	1.5	0.5	0	5	220	30	2	10	10	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Pumpkin, Fresh Ground 100% Whole Wheat Flour, Brown Sugar, Honey, Yeast, Walnuts, Butter, Eggs, Salt, Pumpkin Pie Spice (Spices) CONTAINS: WHEAT, MILK, WALNUTS, EGG
Raisin Bread (56g)	140	5	0.5	0	0	0	330	29	4	10	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Molasses, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
Raisin Cinnamon Chip Bread (56g)	160	25	2.5	1.5	0	0	260	30	4	12	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Honey, Yeast, Salt, Eggs CONTAINS: WHEAT, MILK, SOY, EGG
Red, White, & Blueberry Bread (56g)	150	5	0	0	0	5	390	32	1	9	5	3	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Dried Cherries (Cherries, Sugar, and Sunflower Oil), Dried Blueberries, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
Rosemary Bleu Bread (56g)	160	40	4.5	1.5	0	10	340	23	4	6	4	6	Fresh Ground 100% Whole Wheat Flour, Water, Blue Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose to Prevent Caking, Natamycin to Protect Flavor), Honey, Walnuts, Raisins, Yeast, Molasses, Eggs, Salt, Rosemary CONTAINS: WHEAT, MILK, WALNUTS, EGG
Rosemary Garlic Bread (56g)	130	5	0.5	0	0	0	330	25	4	6	6	5	Water, Fresh Ground 100% Whole Wheat Flour, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Honey, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Renne), Rosemary, Parsley CONTAINS: EGG, MILK, WHEAT
Sonoma Bread (56g)	170	40	4.5	1.5	0	20	140	28	4	11	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Golden Raisins (Golden Raisins, Sulfer Dioxide (as a preservative)), Pumpkin Seeds, Butter, Sunflower Seeds, Yeast, Raw Sugar, Salt, Orange, Lemon, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives) CONTAINS: WHEAT, EGG, MILK
Spinach Feta Bread (56g)	140	30	3.5	2.5	0	15	410	22	2	5	4	6	Feta Cheese (Pasteurized Milk, Salt, Cheese Culture, Enzymes, Potato Starch), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Honey, Spinach, Yeast, Salt, Eggs, Dried Garlic, Oregano, Black Pepper CONTAINS: MILK, WHEAT, EGG
Sprouted Wheat Bread (56g)	150	5	0.5	0	0	0	320	27	5	3	3	6	Fresh Ground 100% Whole Wheat Flour, Water, Molasses, Sprouted Wheat, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
Star Spangled Swirl Bread (56g)	160	10	1.5	0.5	0	5	240	32	3	13	5	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Blueberries, Dried Cherries (Cherries, Sugar, and Sunflower Oil), Honey, Dried Apples, Brown Sugar, Yeast, Butter, Blueberries, Eggs, Salt CONTAINS: WHEAT, MILK, EGG

Bread, Rolls, Buns, etc.	Calories	Calroies from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Stuffing Bread (56g)	110	5	0.5	0	0	5	270	21	4	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Onion, Celery, Honey, Yeast, Eggs, Salt, Thyme, Black Pepper, Sage, Parsley CONTAINS: WHEAT, EGG
Sundried Tomato Spinach Bread (56g)	130	5	0	0	0	0	400	27	3	7	5	4	Water, Fresh Ground 100% Whole Wheat Flour, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Spinach, Honey, Sun-Dried Tomatoes (Sun-Dried Tomatoes, Salt, Sulfer Dioxide (as a preservative), Glucose, Citric Acid), Yeast, Salt, Eggs, Dried Garlic, Black Pepper CONTAINS: WHEAT, EGG
Sundried Tomato Swiss Bread (56g)	160	20	2	1	0	10	290	29	1	4	3	5	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Honey, Sun-Dried Tomatoes (Sun-Dried Tomatoes, Salt, Sulfer Dioxide (as a preservative), Glucose, Citric Acid), Yeast, Cayenne Pepper Hot Sauce, Eggs, Salt, Black Pepper, Dried Onion, Oregano, Basil, Dried Garlic CONTAINS: WHEAT, MILK, EGG
Sunflower Bread (56g)	150	25	2.5	0	0	0	310	25	4	6	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, EGG
Sunflower Millet Bread (56g)	150	15	2	0	0	0	310	26	4	6	6	6	Fres Ground 100% Whole Wheat Flour, Water, Honey, Millet, Sunflower Seeds, Yeast, Salt, Eggs, Millet CONTAINS: WHEAT, EGG
Superfood Bread (56g)	140	20	2	0	0	0	290	24	4	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Quinoa, Yeast, Oat Bran, Olive Oil, Flax Seeds, Salt, Eggs, Hemp Seeds CONTAINS: WHEAT, EGG
Swedish Rye Bread (56g)	130	10	1	0	0	0	380	27	3	7	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid) Rye Flour, Yeast, Oranges, Salt, Sesame Seeds, Eggs, Caraway Rye Seeds, Anise Seed CONTAINS: EGG, WHEAT
Trail Bread (56g)	150	20	2	0	0	0	310	27	4	9	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Sunflower Seeds, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
Tuscan Herb Bread (56g)	130	5	0.5	0	0	0	260	25	4	5	5	5	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Honey, Water, Yeast, Salt, Eggs, Dried Garlic, Dried Onion, Basil, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Oregano, Rosemary, Parsley CONTAINS: WHEAT, EGG, MILK
Vegan Whole Wheat Bread (56g)	140	5	0.5	0	0	0	320	27	4	6	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Agave Nectar (), Yeast, Salt CONTAINS: WHEAT
White Bread (56g)	140	5	0	0	0	0	420	31	1	5	5	4	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs CONTAINS: WHEAT, EGG
White Chocolate Cherry Swirl Bread (56g)	160	25	2.5	1.5	0	5	250	32	1	14	6	3	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Dried Cherries (Cherries, Sugar, and Sunflower Oil), Honey, White Chocolate Chips (Sugar, Non Fat Milk, Partially Hydrogenated Vegetable Oils (Palm Kernel Oil and Palm Oil), Refined Palm Kernel Oil, Cornstarch, Artificial Flavor, Salt and Soy Lecithin), Brown Sugar, Butter, Yeast, Eggs, Salt, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives)

Bread, Rolls, Buns, etc.	Calories	Calroies from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT CONTAINS: WHEAT, SOY, MILK, EGG
Whole Grain Goodness Bread (56g)	150	30	3	0	0	0	260	24	4	4	4	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Millet, Barley, Sunflower Seeds, Flax Seeds, Pecans, Yeast, Oat Bran, Salt, Almonds, Eggs CONTAINS: WHEAT, PECAN, ALMOND, EGG
Rolls, Buns, Biscuits													
Anadama Burger Buns (113 g)	370	35	4	1.5	0	15	700	71	5	11	9	11	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Cornmeal (Degerminated Yellow Corn Meal, Niacin*, Reduced Iron, Thiamin Mononitrate*, Riboflavin, Folicacid* (*One Of The B Vitamins)), Honey, Molasses, Yeast, Butter, Salt, Eggs CONTAINS: WHEAT, MILK, EGG
Bacon Cheddar Beer Burger Buns (113 g)	420	100	11	5	0	35	720	59	9	15	14	19	Fresh Ground 100% Whole Wheat Flour, Beer (Water, Malted Barley, Barley, Hops, Yeast), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Honey, Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Yeast, Eggs, Kosher Salt, Salt, Dried Onion, Dried Garlic, Black Pepper, Chives CONTAINS: WHEAT, MILK, EGG
Cheddar Garlic Burger Buns (113 g)	430	100	12	6	0	40	1020	64	2	10	10	15	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Honey, Yeast, Salt, Eggs, Dried Onion, Sesame Seeds, Dried Garlic, Parsley CONTAINS: WHEAT, MILK, EGG
Cheddar Garlic Jalapeno Burger Buns (113 g bun)	400	100	11	6	0	35	1010	61	3	10	9	14	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Honey, Jalapenos (Jalapeño Peppers, Water, Distilled Vinegar, Salt, Calcium Chloride and Garlic Powder), Yeast, Salt, Eggs, Dried Onion, Sesame Seeds, Dried Garlic, Parsley CONTAINS: WHEAT, MILK, EGG
Cinnamon Roll without Frosting (264 g)	790	100	11	6	0	60	870	158	9	80	80	17	Brown Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Honey, Eggs, Butter, Yeast, Salt, Ground Cinnamon CONTAINS: WHEAT, EGG, MILK
Cinnamon Roll with Cream Cheese Frosting (301 g)	960	200	22	13	0.5	95	920	173	9	94	93	18	Brown Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Honey, Butter, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Confectioners Sugar, Eggs, Yeast, Salt, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Ground Cinnamon CONTAINS: WHEAT, MILK, EGG
Popeye / Spinach Formaggio Burger Buns (140 g)	360	30	3.5	1.5	0	10	1070	67	5	11	10	14	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Spinach, Fresh Ground 100% Whole Wheat Flour, Honey, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Red Peppers (Red Peppers, Water, Salt, Citric Acid), Yeast, Salt, Eggs, Dried Onion, Dried Garlic CONTAINS: WHEAT, MILK, EGG

Bread, Rolls, Buns, etc.	Calories	Calroies from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Plain Biscuit (101 g)	300	120	14	9	0.5	40	530	35	2	3	1	7	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Fresh Ground 100% Whole Wheat Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda CONTAINS: MILK, WHEAT
Cheddar Bacon Biscuit (120 g)	380	180	21	12	0.5	55	740	36	2	3	1	12	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives CONTAINS: MILK, WHEAT
Cheddar Garlic Biscuit (117 g)	360	170	20	12	0.5	55	640	36	2	3	1	11	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Butter, Fresh Ground 100% Whole Wheat Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Dried Garlic, Sugar, Baking Soda, Chives CONTAINS: MILK, WHEAT
Cheddar Ham Biscuit (119 g)	360	160	19	11	0.5	55	690	36	2	3	1	11	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives CONTAINS: MILK, WHEAT
Parmesan Black Pepper Biscuits (113 g)	350	160	17	10	0.5	50	750	37	2	3	1	10	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Fresh Ground 100% Whole Wheat Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Black Pepper CONTAINS: MILK, WHEAT
Pesto Parmesan Biscuit (123 g)	370	180	21	10	0.5	45	710	37	3	3	1	10	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Fresh Ground 100% Whole Wheat Flour, Pesto (Olive Oil, Walnuts, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes), Basil, Parsley, Garlic, Salt, Black Pepper), Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda CONTAINS: MILK, WHEAT, WALNUTS, AND SOY.

Bread, Rolls, Buns, etc.	Calories	Calroies from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Sonoma Rolls (84g)	260	60	7	2	0	30	210	42	6	16	10	9	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Golden Raisins (Golden Raisins, Sulfer Dioxide (as a preservative)), Pumpkin Seeds, Butter, Sunflower Seeds, Yeast, Raw Sugar, Salt, Orange, Lemon, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives)) CONTAINS: WHEAT, EGG, MILK
Virginia Rolls Blended Flour (83 g)	250	60	7	4	0	20	420	39	3	7	7	6	Water, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Fresh Ground 100% Whole Wheat Flour, Honey, Butter, Yeast, Dehydrated Potatoes, Salt, Eggs CONTAINS: WHEAT, MILK, EGG
Virginia Rolls Blended Flour Burger Buns (113 g)	420	100	12	7	0	35	730	68	5	12	12	11	Water, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Fresh Ground 100% Whole Wheat Flour, Honey, Butter, Yeast, Dehydrated Potatoes, Salt, Eggs CONTAINS: WHEAT, MILK, EGG
Virginia Rolls Whole Wheat (83 g)	250	60	7	4	0	20	420	37	6	7	7	8	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Butter, Yeast, Dehydrated Potatoes, Salt, Eggs CONTAINS: WHEAT, MILK, EGG
Virginia Rolls White (83 g)	260	60	7	4.5	0	20	510	42	1	5	5	5	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Butter, Honey, Yeast, Salt, Eggs, Dehydrated Potatoes CONTAINS: WHEAT, MILK, EGG
Virginia Rolls White Burger Buns (113 g)	440	110	12	7	0	35	880	72	2	9	9	9	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Butter, Honey, Yeast, Salt, Eggs, Dehydrated Potatoes CONTAINS: WHEAT, MILK, EGG