



A warm fresh slice of the good life

BATTER 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 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		Apple Cream Cheese Cake Bread	190	11	50	55	21	2	15	3	X	X	X			X
	W	Apple Spice Cake Bread	170	9	30	120	23	1	15	2	X	X	X			X
X		Banana Chocolate Chip Bread	160	7	25	115	25	2	15	3	X	X			X	X
X		Banana Walnut Bread	160	6	25	120	23	2	13	3	X	X	X			X
X		Carrot Bread	190	10	30	180	23	20	16	3	X	X	X			
	W	Chocolate Brownie Bread	180	7	0	150	29	1	19	2	X				X	X
X		Chocolate Cherry Bread	190	8	50	120	27	2	17	4	X	X			X	X
	W	Pumpkin Chocolate Chip Bread	180	9	25	125	25	1	15	2	X	X			X	X
X		Zucchini Bread	130	3.5	15	105	23	2	13	3	X	X				

W-Enriched White Flour

B-Contains a blend of Fresh Ground 100% Whole Wheat Flour and Enriched White Flour.



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MUFFIN NUTRITION

Nutrition information can vary bakery to bakery, please check with your local bakery for the most accurate nutrition information.

Type of Flour		MUFFINS	Serving Size 1/2 Muffin	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		Apple Cream Cheese Muffins	89 g	308	17	80	85	33	3	23	5	X	X	X			X
	W	Blackberry Bran Muffin	57 g	130	1	15	260	29	40	12	4	X	X				X
	B	Cappuccino Chocolate Muffins	57 g	220	11	70	70	26	1	18	4	X	X			X	X
	W	Cappuccino Chocolate Muffins	60 g	230	12	70	75	28	1	19	4	X	X			X	X
X		Oat Berry Muffins	83 g	1980	6	0	230	33	4	16	5	X	X				
	B	Rhubrab Streusel Muffins	126 g	390	19	120	115	47	3	28	7	X	X				X

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COOKIE NUTRITION

Nutrition information can vary bakery to bakery, please check with your local bakery for the most accurate nutrition information.

Type of Flour		COOKIES	Serving Size 1 Cookie	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		Autumn Spice	113 g	450	18	55	240	69	5	43	7	X	X			X	
X		Chocolate Chip Oatmeal Walnut	114 g	510	27	60	240	63	5	39	8	X	X	X		X	
	W	Chocolate Bliss Cookies	72 g	290	15	55	80	41	3	35	4	X	X			X	
	W	Ginger	99 g	430	19	35	440	59	1	27	5	X	X				
	W	Mint Chocolate Chip Cookie	114 g	510	27	90	240	65	2	42	6	X	X			X	
X		Peanut Butter Chocolate Chip	99 g	460	27	50	310	31	5	36	9	X	X		X	X	
X		Peanut Butter	99 g	460	27	65	390	48	4	30	11	X	X		X	X	
X		Turtle	113 g	510	27	55	240	63	5	39	8	X	X	X		X	
X		Oatmeal Raisin	113 g	460	18	55	240	70	5	44	7	X	X			X	
X		Snickerdoodles	99 g	420	18	75	180	59	40	33	7	X				X	
X		White Chocolate Cherry	113 g	480	22	60	240	67	4	39	7	X	X			X	

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SCONES NUTRITION

Nutrition information can vary bakery to bakery, please check with your local bakery for the most accurate nutrition information.

Type of Flour		SCONES	Serving Size 1/2 Scone	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	
	W	Berry Cream Cheese Scone	91 g	290	12	45	290	41	1	17	5	X	X				X	
X		Golden Berry Cream Cheese Scone	91 g	290	12	45	590	39	3	17	7	X	X				X	
	W	Chocolate Chip Hazelnut Scone	85 g	310	15	45	270	42	1	22	5	X	X	X			X	X
	W	Cinnamon Chip Cream Cheese Scone	92 g	350	16	45	640	48	1	23	5	X	X				X	X
	W	Maple Oatmeal Scone	102 g	350	16	40	250	49	2	25	5	X	X	X			X	X

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MISC. NUTRITION

Nutrition information and serving size can vary bakery to bakery, please check with your local bakery for the most accurate nutrition information.

Type of Flour		PRODUCT	Serving Size 1 piece	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		Apple Strussel Coffee Cake	56 g	160	6	25	12	24	1	15	2	X	X			X	
X		Blueribbon Blueberry Coffee Cake	56 g	170	7	25	130	25	2	18	3	X	X			X	
	B	Breakfast Buns with Frosting	93 g	270	11	20	590	39	3	16	4	X	X			X	
	W	Brownies	85 g	370	22	85	55	41	3	28	6	X	X	X		X	
	W	Chocolate Chocolate Chip Biscotti	56 g	230	11	60	190	30	3	13	7	X	X	X		X	
	B	Cinnamon Roll (1/2 Roll)	148 g	450	11	50	460	81	4	47	8	X	X			X	
		Cupid's Crunch (1/2 cup)	56 g	290	19	0	10	24	4	18	8			X	X	X	
	W	Lemon Cream Roll (1" slice)	88 g	270	12	90	180	36	1	24	5	X	X			X	
		Granola (1/2 cup)	56 g	220	7	0	0	36	3	15	6			X			
X		Kahuna Bars (1/2 bar)	186 g	810	35	65	290	115	7	85	11	X	X	X		X	
X		Mud Bars (1/2 Bar)	85 g	380	21	75	65	46	1	29	4	X	X			X	
	W	Pumpkin Oh's (1" slice)	88 g	260	12	85	220	36	1	28	4	X	X			X	

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Type of Flour		PRODUCT	Serving Size 1 piece	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		Savannah Bars (1/2 bar)	95 g	290	10	30	115	46	4	29	5	X	X	X			X
	B	Savory Breakfast Rolls (1/2 bar)	116 g	170	10	65	560	36	3	8	11	X	X				X
		Trek Bars	89 g	380	18	0	115	49	6	28	12	X			X	X	X
	W	Vanilla Almond Biscotti	56 g	200	7	50	135	29	2	12	6	X	X	X			X
X		Whole Wheat Coffee Cake	85 g	300	15	70	280	38	3	25	6	X	X	X			X

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