



**BREADSMITH**  
HAND MADE. HEARTH BAKED.™

	NET WT (oz)	Serving Size	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>BREADS</b>														
100% Whole Wheat	29	1/2" slice	46	100	0	0	0	0	0	190	20	3	4	4
Anise Sweet Bread	28	1/2" slice	40	120	35	4	2.5	0	15	140	18	1	3	3
Apple Pie Bread	27	1/2" slice	43	100	20	2	1	0	5	100	20	1	10	2
Austrian Pumpernickel	29	1/2" slice	46	90	5	0.5	0	0	0	115	19	4	0	3
Beer Bread	28	1/2" slice	44	100	0	0.5	0	0	0	160	20	1	1	3
Beer Cheese Bread	20	1/2" slice	33	80	10	1.5	0.5	0	5	130	13	1	1	3
Blueberry Cornbread	28	1/2" slice	44	110	0	0	0	0	0	220	24	1	3	3
Blueberry Lemon Bread	28	1/2" slice	44	90	0	0	0	0	0	160	20	1	3	3
Blueberry Pie Bread	27	1/2" slice	43	100	20	2	1	0	5	100	19	1	8	2
Brioche	24	1/2" slice	38	140	70	8	4.5	0	55	150	15	0	2	3
Cheddar Jalapeño Sourdough	20	1/2" slice	33	100	15	1.5	1	0	5	180	17	1	0	4
Cheddar Sourdough	20	1/2" slice	33	80	10	1.5	0.5	0	5	160	15	0	0	3
Cherry Cordial	21	1/2" slice	33	100	25	3	1.5	0	5	115	16	1	4	2
Cherry Pie Bread	27	1/2" slice	43	100	20	2	1	0	5	100	19	0	9	2
Cherry Walnut	28	1/2" slice	40	90	10	1	0	0	0	140	18	1	2	3
Chocolate Babka	26	1/2" slice	49	150	45	5	3	0	15	150	24	1	8	4
Chocolate Bread	28	1/2" slice	40	100	15	2	1	0	0	135	19	1	4	3
Chocolate Cherry Bread	28	1/2" slice	40	100	15	1.5	1	0	0	130	19	1	4	3
Ciabatta	27	1/2" slice	38	80	0	0	0	0	0	170	16	1	0	3
Cinnamon Spice	28	1/2" slice	40	100	0	0	0	0	0	135	21	1	6	3
Cinnamon Swirl	28	1/2" slice	44	130	30	3.5	2	0	10	180	21	1	5	3
Cornbread	29	1/2" slice	46	100	0	0	0	0	0	210	22	1	3	3
Country Buttermilk	29	1/2" slice	41	110	20	2	1	0	10	180	19	1	3	3
Country Sourdough	29	1/2" slice	46	100	0	0	0	0	0	220	19	1	0	3
Cranberry Cornbread	29	1/2" slice	46	110	0	0	0	0	0	200	23	1	4	3
Cranberry Orange	28	1/2" slice	40	90	0	0	0	0	0	150	19	1	4	3
Cranberry Sourdough Whole Grain	29	1/2" slice	46	100	0	0.5	0	0	0	150	20	3	4	3
Cranberry Walnut Sourdough	28	1/2" slice	44	130	15	2	0	0	0	210	24	1	2	5
Dark Rye	28	1/2" slice	40	80	0	0	0	0	0	160	17	1	0	3
Dark Rye with Golden Raisins	29	1/2" slice	40	100	0	0	0	0	0	180	21	1	2	3
Deli Rye	28	1/2" slice	44	90	0	0	0	0	0	160	19	1	1	3
Egg Bread	28	1/2" slice	40	130	25	3	0	0	15	55	21	1	3	4
English Muffin Bread	21	1/2" slice	33	70	10	1.5	0	0	0	135	13	0	0	2
Farmer's Wheat	29	1/2" slice	46	110	20	2	0	0	0	130	19	3	2	4
Flax Seed	28	1/2" slice	40	90	10	1	0	0	0	190	17	1	0	3
Freedom Bread	28	1/2" slice	40	90	0	0	0	0	0	140	19	1	4	3
French Baguette	16	1" slice	17	40	0	0	0	0	0	90	8	0	0	1
French Bread	28	1/2" slice	44	100	0	0	0	0	0	230	21	1	0	4
French Peasant	29	1/2" slice	46	100	0	0	0	0	0	210	20	1	0	4
Frontier Bread	28	1/2" slice	40	90	0	0	0	0	0	150	19	2	3	3
Fruit Bread	28	1/2" slice	44	100	10	1.5	0	0	0	150	20	2	5	3
Garlic Onion	28	1/2" slice	44	90	0	0	0	0	0	180	19	1	1	3
Garlic Onion Parmesan	20	1/2" slice	33	80	10	1	0	0	0	160	14	1	0	3
Gluten Free	28	1/2" slice	44	100	20	2.5	0	0	25	190	17	1	3	3
Granola Bread	29	1/2" slice	40	100	20	2	0	0	0	140	17	1	2	3
Greek Olive	28	1/2" slice	40	80	5	0.5	0	0	0	95	16	1	0	3
Greek Olive Ciabatta	25	1/2" slice	35	70	0	0.5	0	0	0	170	13	1	0	2
Honey Cake	15	1/2" slice	27	90	25	3	0	0	0	110	16	1	10	1
Honey Challah	28	1/2" slice	40	90	0	0	0	0	0	140	19	1	3	3
Honey Oat Bran	29	1/2" slice	46	100	5	0.5	0	0	0	160	21	1	3	4
Honey Oat Bran with Blueberries	29	1/2" slice	46	110	5	0.5	0	0	0	180	23	2	4	4
Honey Oat Bran with Cranberries	29	1/2" slice	46	110	5	0.5	0	0	0	150	22	2	5	3
Honey Raisin	28	1/2" slice	40	90	0	0	0	0	0	150	20	1	6	3
Honey Raisin Challah	24	1/2" slice	40	90	0	0	0	0	0	150	20	1	6	3
Honey Raisin Pecan	28	1/2" slice	40	110	20	2.5	0	0	0	140	19	1	5	3
Honey Stoneground Wheat	29	1/2" slice	46	100	5	0.5	0	0	0	200	20	2	3	3
Honey Sunflower Whole Wheat	29	1/2" slice	46	110	20	2	0	0	0	180	19	3	3	4
Honey Wheat	29	1/2" slice	46	100	5	0.5	0	0	0	170	21	2	3	4
Honey Wheat with Blueberries	29	1/2" slice	46	110	5	0.5	0	0	0	180	23	2	4	4
Honey Wheat with Cranberries	29	1/2" slice	46	110	5	0.5	0	0	0	150	22	2	5	3
Honey White	29	1/2" slice	41	90	0	0	0	0	0	150	19	1	3	3
Honey Whole Wheat	29	1/2" slice	46	100	0	0	0	0	0	190	20	3	3	4
Icelandic Brown Bread	29	1/2" slice	46	140	20	2.5	1	0	5	110	25	1	3	4
Irish Oat Bran	29	1/2" slice	51	110	5	0.5	0	0	0	240	21	2	1	4
Irish Soda Bread	29	1/2" slice	51	150	35	4	2	0	10	160	25	2	7	4
Jalapeño Cheddar Cornbread	20	1/2" slice	31	80	10	1.5	0.5	0	5	150	14	1	2	2
Jalapeño Cornbread	29	1/2" slice	46	100	0	0	0	0	0	200	22	1	3	3
Maple Walnut Bread	28	1/2" slice	40	100	20	2	0	0	0	140	18	1	3	3
Marathon Multigrain	29	1/2" slice	46	100	15	2	0	0	0	150	18	2	0	4
Marble Rye	28	1/2" slice	40	80	0	0	0	0	0	150	17	1	0	3



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<b>BREADS</b>														
Mediterranean Herb	28	1/2" slice	40	80	0	0	0	0	0	210	17	1	0	3
Multigrain	29	1/2" slice	46	110	15	1.5	0	0	0	200	21	2	0	4
Multigrain Sandwich Bread	29	1/2" slice	41	90	10	1	0	0	0	150	18	1	0	3
Multigrain Whole Wheat	29	1/2" slice	46	120	10	1.5	0	0	0	180	22	4	3	4
Norwegian Rye	28	1/2" slice	44	90	0	0.5	0	0	0	170	19	3	1	3
Onion Poppyseed	24	1/2" slice	38	110	15	2	0	0	0	190	20	1	2	3
Onion Rye	28	1/2" slice	40	80	0	0	0	0	0	160	17	1	1	3
Pain au Chocolat	21	1/2" slice	33	100	25	3	2	0	5	125	16	1	5	2
Panettone	28	1/2" slice	44	110	20	2.5	1	0	10	80	20	1	7	3
Pecan Sourdough Whole Grain	29	1/2" slice	46	100	20	2.5	0	0	0	160	17	3	1	4
Peppercorn Swiss	28	1/2" slice	44	110	20	2.5	1.5	0	5	190	16	1	0	5
Pepperoni Bread	22	1/2" slice	35	90	15	2	1	0	5	220	14	1	1	4
Poppyseed Babka	26	1/2" slice	46	140	40	4.5	2	0	10	130	20	1	7	4
Portuguese Sweet Bread	28	1/2" slice	40	120	35	4	2.5	0	15	140	18	1	3	3
Potato Cheddar Chive	21	1/2" slice	37	80	10	1	0.5	0	5	135	14	1	1	3
Potato Flake	29	1/2" slice	46	90	0	0	0	0	0	160	19	1	1	3
Pretzel Bread	21	1/2" slice	33	90	15	2	0	0	0	95	15	0	2	2
Pumpnickel Brick	29	1/2" slice	46	100	15	1.5	0	0	0	210	19	4	0	4
Raisin Cinnamon	29	1/2" slice	46	100	0	0	0	0	0	160	22	1	4	3
Raisin Cinnamon Walnut	29	1/2" slice	46	110	20	2.5	0	0	0	160	20	2	4	4
Raisin Cinnamon Whole Wheat	29	1/2" slice	46	110	0	0.5	0	0	0	190	24	3	6	4
Raisin Sunflower	28	1/2" slice	44	120	20	2	0	0	0	180	23	2	5	4
Raisin Walnut	29	1/2" slice	46	120	20	2.5	0	0	0	170	21	2	4	4
Reduced Carb Multigrain	21	1/2" slice	33	70	20	2	0	0	0	10	10	3	0	4
Reduced Carb Raisin Cinnamon	21	1/2" slice	33	60	5	0.5	0	0	0	15	13	3	2	4
Reduced Carb Wheat	21	1/2" slice	33	60	5	1	0	0	0	15	11	3	0	5
Reduced Carb White	21	1/2" slice	33	60	5	1	0	0	0	15	11	3	0	5
Rosemary Country Bread	28	1/2" slice	44	100	0	0	0	0	0	210	19	1	0	4
Rosemary Fougasse	20	1/2" slice	41	90	10	1	0	0	0	180	17	1	0	3
Rosemary Garlic Ciabatta	25	1/2" slice	35	70	0	0	0	0	0	150	14	1	0	3
Rosemary Multigrain Sandwich Bread	29	1/2" slice	41	90	10	1	0	0	0	150	18	1	0	3
Rum Raisin Babka	26	1/2" slice	46	130	25	3	1.5	0	15	135	23	1	8	4
Russian Rye	28	1/2" slice	40	90	10	1	0	0	0	115	18	1	2	3
Rustic Italian	28	1/2" slice	40	140	5	0.5	0	0	0	260	28	1	1	5
Semolina Bread	28	1/2" slice	40	90	0	0	0	0	0	160	17	1	0	3
Sourdough	28	1/2" slice	44	110	0	0.5	0	0	0	200	21	1	1	4
Sourdough Rye	29	1/2" slice	46	100	0	0.5	0	0	0	200	21	2	1	3
Sourdough Whole Grain	29	1/2" slice	46	90	0	0	0	0	0	170	18	3	1	3
Stollen	29	1/2" slice	41	120	35	3.5	1.5	0	10	45	18	1	6	3
Stoneground Wheat	29	1/2" slice	46	100	5	0.5	0	0	0	210	19	2	0	4
Swedish Limpa Rye	29	1/2" slice	46	110	0	0	0	0	0	200	23	2	4	3
Sweet Bellagio	24	1/2" slice	34	70	5	0.5	0	0	0	130	15	0	2	2
Toasted Onion Sourdough Whole Grain	28	1/2" slice	44	100	0	0	0	0	0	200	19	3	1	4
Tomato Basil	28	1/2" slice	40	90	0	0	0	0	0	180	18	1	1	3
Traditional Rye	28	1/2" slice	40	80	0	0	0	0	0	160	17	1	0	3
Tuscan Herb Formaggio	21	1/2" slice	33	80	5	0.5	0	0	0	170	15	1	0	3
Tuscan Rustica	29	1/2" slice	46	100	0	0	0	0	0	200	20	1	0	3
Vanilla Egg	29	1/2" slice	41	110	25	2.5	0	0	15	50	19	1	3	3
Walnut Babka	26	1/2" slice	46	140	50	6	2	0	15	130	19	1	6	4
Wheat Flax Seed	28	1/2" slice	40	90	10	1	0	0	0	190	16	2	0	3
<b>BUNS</b>														
Hamburger Bun	3.5	1 bun	99	240	40	4.5	0	0	5	430	43	2	4	7
Hot Dog Bun	3.5	1 bun	99	240	40	4.5	0	0	5	430	43	2	4	7
Potato Flake Roll	3.5	1 roll	99	190	5	1	0	0	0	350	41	2	2	6
Soft Bun	3.5	1 bun	99	240	40	4.5	0	0	5	430	43	2	4	7
Soft Onion Bun	3.5	1 bun	99	240	40	4	0	0	5	410	42	2	5	7
Soft Rye Bun	3.5	1 bun	99	270	45	5	0	0	10	480	48	4	5	9
Soft Tomato Basil Bun	3.5	1 bun	99	230	35	4	0	0	5	410	41	2	4	7
Soft Wheat Bun	3.5	1 bun	99	240	45	5	0.5	0	5	410	41	3	4	8
<b>DESSERT BREADS</b>														
Apple Cinnamon Walnut Dessert Bread	30	1/2" slice	47	160	70	8	0.5	0	25	50	21	1	12	3
Banana Chocolate Chip Dessert Bread	30	1/2" slice	47	140	45	5	3	0	25	160	22	1	13	2
Banana Dessert Bread	30	1/2" slice	47	130	40	4.5	2.5	0	30	180	21	1	12	2
Banana Walnut Chocolate Chip Dessert Bread	30	1/2" slice	47	150	60	7	3	0	25	150	21	1	12	3
Banana Walnut Dessert Bread	30	1/2" slice	47	140	50	6	2.5	0	25	160	20	1	11	3
Blueberry Corn Dessert Bread	30	1/2" slice	47	130	40	4.5	2.5	0	20	135	20	1	7	3
Blueberry Lemon Dessert Bread	30	1/2" slice	47	140	40	4.5	2.5	0	25	200	23	1	12	2
Chocolate Dessert Bread	30	1/2" slice	47	160	60	7	4	0	20	95	24	1	14	3
Cranberry Orange Dessert Bread	30	1/2" slice	47	130	35	4	2.5	0	20	100	22	1	11	2
Lemon Poppyseed Dessert Bread	30	1/2" slice	47	150	50	6	2	0	35	140	23	0	12	3
Pumpkin Chocolate Chip Dessert Bread	30	1/2" slice	47	150	50	6	1	0	10	180	23	1	15	2



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<b>DESSERT BREADS</b>														
Pumpkin Chocolate Chip Walnut Dessert Bread	30	1/2" slice	47	160	60	7	1	0	10	190	24	1	15	3
Pumpkin Cranberry Dessert Bread	30	1/2" slice	47	150	45	5	0	0	10	200	26	1	16	2
Pumpkin Cranberry Walnut Dessert Bread	30	1/2" slice	47	150	60	6	0.5	0	10	190	22	1	13	2
Pumpkin Dessert Bread	30	1/2" slice	47	140	45	5	0	0	10	200	23	1	14	2
Pumpkin Raisin Dessert Bread	30	1/2" slice	47	150	45	5	0	0	10	200	25	1	16	2
Pumpkin Raisin Walnut Dessert Bread	30	1/2" slice	47	160	60	6	0.5	0	10	190	24	1	15	3
Pumpkin Walnut Dessert Bread	30	1/2" slice	47	150	60	6	0.5	0	10	190	22	1	13	2
Zucchini Dessert Bread	30	1/2" slice	47	170	70	8	0.5	0	20	110	23	1	13	3
<b>MUFFINS</b>														
Apple Cinnamon Walnut Muffin	5	1 muffin	142	480	200	23	2	0	70	140	63	2	35	8
Banana Chocolate Chip Muffin	5	1 muffin	142	420	140	15	9	0	80	490	67	3	38	6
Banana Muffin	5	1 muffin	142	400	120	14	8	0	85	530	65	2	35	6
Banana Walnut Chocolate Chip Muffin	5	1 muffin	142	450	170	20	9	0	75	460	63	3	36	8
Banana Walnut Muffin	5	1 muffin	142	430	160	18	8	0	80	490	61	3	33	8
Blueberry Corn Muffin	5.5	1 muffin	156	440	130	15	9	0	70	440	67	4	23	9
Blueberry Lemon Muffin	5	1 muffin	142	410	110	13	7	0	70	620	69	2	36	7
Chocolate Muffin	5.5	1 muffin	156	520	200	22	14	0	70	320	78	3	46	9
Cranberry Orange Muffin	5.5	1 muffin	156	430	120	14	8	0	70	330	72	2	36	7
Lemon Poppyseed Muffin	5.5	1 muffin	156	500	160	18	7	0	125	470	75	1	41	9
Pumpkin Chocolate Chip Muffin	5.5	1 muffin	156	480	160	18	3.5	0	30	610	78	3	49	6
Pumpkin Chocolate Chip Walnut Muffin	5.5	1 muffin	156	550	210	24	3.5	0	30	620	79	3	50	9
Pumpkin Cranberry Muffin	5.5	1 muffin	156	500	150	17	1.5	0	30	650	85	3	53	6
Pumpkin Cranberry Walnut Muffin	5.5	1 muffin	156	500	190	21	1.5	0	30	620	74	3	44	8
Pumpkin Muffin	6	1 muffin	170	510	160	18	1.5	0	35	710	83	2	51	7
Pumpkin Raisin Muffin	5.5	1 muffin	156	500	150	17	1.5	0	30	660	84	3	53	7
Pumpkin Raisin Walnut Muffin	5.5	1 muffin	156	530	190	21	1.5	0	30	620	81	3	50	8
Pumpkin Walnut Muffin	6	1 muffin	170	540	200	23	2	0	30	670	79	3	48	9
Raisin Bran Muffin	6	1 muffin	170	380	50	6	1	0	25	350	76	9	35	9
Sunrise Sensation Muffin	5.5	1 muffin	156	570	280	32	2.5	0	55	460	65	2	33	8
Zucchini Muffin	5.5	1 muffin	156	570	240	27	2.5	0	70	370	75	2	43	10
<b>COOKIES</b>														
Chocolate Chip	2	1 cookie	57	240	110	12	8	0	40	150	33	1	21	3
Chocolate Chocolate Chip	2	1 cookie	57	230	100	11	7	0	40	75	36	2	29	3
Ginger	2	1 cookie	57	230	100	11	7	0	45	140	32	1	17	3
Lemon Sugar	2	1 cookie	57	230	80	9	5	0	40	100	35	1	20	3
Oatmeal	2	1 cookie	57	280	130	14	8	0	60	135	34	3	15	5
Oatmeal Chocolate Chip	2	1 cookie	57	280	130	15	9	0	45	100	36	3	21	4
Oatmeal Cranberry	2	1 cookie	57	270	110	12	7	0	50	115	37	3	20	4
Oatmeal Raisin	2	1 cookie	57	230	90	10	6	0	45	100	32	2	17	4
Orange Sugar	2	1 cookie	57	230	80	9	5	0	40	100	35	1	20	3
Peanut Butter	2	1 cookie	57	270	140	16	7	0	30	150	28	2	17	6
Sugar	2	1 cookie	57	230	80	9	5	0	40	100	35	1	20	3
Wheat Peanut Butter	2	1 cookie	57	270	140	16	7	0	30	150	28	2	17	6
<b>SCONES</b>														
Apple Cinnamon	4.5	1 scone	128	430	140	15	9	0	65	540	68	3	27	9
Apricot Almond	4.5	1 scone	128	450	140	16	9	0	65	530	72	3	30	10
Blueberry Lemon	4.5	1 scone	128	400	140	15	9	0	65	530	59	2	18	9
Cherry Chocolate Chip	4.5	1 scone	128	460	150	17	10	0	65	530	69	2	19	11
Chocolate Chip	4.5	1 scone	128	460	180	21	13	0	60	440	64	3	28	9
Cranberry Orange	4.5	1 scone	128	470	140	16	9	0	65	530	77	3	33	9
Currant	4.5	1 scone	128	360	120	14	8	0	60	460	52	1	14	8
Maple Walnut	4.5	1 scone	128	530	240	27	10	0	65	530	62	3	20	14
Pecan	4.5	1 scone	128	500	270	30	9	0	60	460	52	3	15	10
Plain	4.5	1 scone	128	420	150	17	10	0	70	570	59	1	17	9
Pumpkin	4.5	1 scone	128	430	120	13	8	0	65	410	69	2	21	10
Pumpkin Chocolate Chip	4.5	1 scone	128	450	140	15	9	0	60	380	71	3	25	10
Pumpkin Cranberry	4.5	1 scone	128	430	110	12	7	0	60	380	73	3	27	10
Pumpkin Walnut	4.5	1 scone	128	470	170	19	7	0	60	380	65	3	20	12
Raisin Cinnamon	4.5	1 scone	128	470	140	16	9	0	65	540	76	2	31	10
Raisin Cinnamon Walnut	4.5	1 scone	128	490	170	19	9	0	65	530	73	3	29	11
<b>OTHER SWEETS</b>														
Anise Citrus Claw	4	1 claw	113	340	100	11	6	0	40	400	52	2	8	9
Babka Roll - Chocolate	6	1/2 roll	85	260	80	9	5	0	25	260	41	2	15	6
Babka Roll - Poppyseed	6	1/2 roll	85	250	80	9	3.5	0	25	240	37	2	13	7
Babka Roll - Rum Raisin	6	1/2 roll	85	240	50	6	3	0	25	250	42	1	14	7
Babka Roll - Walnut	6	1/2 roll	85	260	90	10	3.5	0	25	240	36	1	12	8
Biscotti - Almond	1.1	1 biscotti	32	110	20	2.5	0	0	25	75	20	1	10	3
Biscotti - Chocolate Hazelnut	1.1	1 biscotti	32	110	30	3.5	1	0	20	70	19	1	10	3
Biscotti - Lemon Anise	1.1	1 biscotti	32	100	10	1	0	0	25	90	21	0	11	3
Bostock	3	1/2 piece	43	140	35	4	2.5	0	30	75	25	0	19	2
Brownie	4	1 brownie	113	460	200	22	14	0	115	55	64	3	46	6



	NET WT (oz)	Serving Size	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>OTHER SWEETS</b>														
Brownie with Walnuts	4	1 brownie	113	490	250	28	12	0	100	45	57	3	40	9
Chocolate Almond Stick	2.5	1/2 stick	35	170	100	11	6	0	50	115	15	1	4	4
Cinnamon Bun with Cream Cheese Icing	5.5	1 bun	156	460	130	15	9	0	70	470	74	2	32	9
Cinnamon Claw	4	1 claw	113	310	50	6	3	0	25	480	57	2	15	8
Citrus Claw	4	1 claw	113	340	100	11	6	0	40	400	52	2	8	9
Coffee Cake - Apple	24	1/8 cake	85	240	50	5	1.5	0	5	120	47	1	35	2
Coffee Cake - Apple (individual)	6.5	1/2 cake	92	270	50	6	1.5	0	5	130	53	1	40	3
Coffee Cake - Blueberry	24	1/8 cake	85	240	50	6	1.5	0	5	120	45	1	32	3
Coffee Cake - Blueberry (individual)	6.5	1/2 cake	92	270	60	6	1.5	0	5	130	52	1	37	3
Coffee Cake - Cherry	24	1/8 cake	85	230	45	5	1.5	0	5	115	45	1	32	3
Coffee Cake - Cherry (individual)	6.5	1/2 cake	92	260	50	6	1.5	0	5	125	51	1	38	3
Coffee Cake - Original	24	1/8 cake	85	340	110	12	1	0	0	210	53	1	36	6
Coffee Cake - Original (individual)	6.5	1/2 cake	92	360	120	13	1	0	0	230	58	1	39	6
Granola Bar	6.6	1/2 bar	94	400	150	17	8	0	25	100	57	5	35	9
Hot Cross Bun	4.5	1 bun	128	300	10	1	0	0	0	360	67	2	21	8
Mini Pie Bread - Apple	5	1/2 mini pie	71	170	30	3.5	2	0	10	160	33	1	17	3
Mini Pie Bread - Blueberry	5	1/2 mini pie	71	170	30	3.5	2	0	10	160	31	1	13	3
Mini Pie Bread - Cherry	5	1/2 mini pie	71	170	30	3.5	2	0	10	160	32	1	15	3
Nutty Pumpkin Harvest Bar	5	1/2 bar	71	250	90	10	1.5	0	10	170	38	3	21	4
Pumpkin Harvest Bar	5	1/2 bar	71	240	80	9	1.5	0	10	170	39	3	22	4
Sweet Swirl	4.35	1 roll	123	460	150	17	10	0	120	330	73	1	45	7
<b>OTHER ITEMS</b>														
Croutons	8	1/8 package	28	70	15	1.5	0	0	0	250	13	1	0	2
Focaccia (without toppings)	18	1/8 focaccia	64	150	20	2.5	0	0	0	270	27	1	2	5
Granola - Almond Pecan	16	1/2 cup	52	230	110	13	3	0	10	70	26	4	11	6
Granola - Cranberry	16	1/2 cup	52	200	70	8	2.5	0	10	70	31	3	16	5
Granola - Vanilla	16	1/2 cup	52	210	80	9	3	0	10	80	28	3	13	6
Pizza Dough	16	1/8 package	57	140	15	1.5	0	0	0	230	26	1	2	5
Wheat Pizza Dough	16	1/8 package	57	130	15	1.5	0	0	0	220	25	2	2	4