

Bakery Nutrition Facts



White Bread	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 slice (g)			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	1
Pane Italian Bread	57 (2 slices)	130	15	1.5	2	0	0	0	0	0	270	11	26	9	1	4	1	4	0	0	0	4	-
Pain De Campagne Round Bread	57 (2 slices)	130	15	2	3	0	0	0	0	0	250	10	25	8	1	4	1	4	0	4	0	8	-
Batard Bread	57 (2 slices)	160	5	0	0	0	0	0	0	0	340	14	34	11	1	4	1	6	0	6	2	10	-
Tuscan Bread	57	150	35	4	6	0.5	3	0	0	0	300	13	24	8	1	4	0	4	0	0	0	8	-
Garlic Tuscan Bread	57	150	35	4	6	0	0	0	0	0	300	13	23	8	1	4	1	4	0	0	0	8	-
EPI Bread	57	120	0	0	0	0	0	0	0	0	290	12	25	8	1	4	1	5	0	0	0	8	-
Ciabatta Baguette	57	150	0	0.5	1	0	0	0	0	0	330	14	30	10	1	4	0	5	0	2	0	10	-
Vive Baguette Bread	57 (4 slices)	140	5	0.5	1	0	0	0	0	0	280	12	28	9	1	4	0	5	0	0	0	10	-
Ciabatta Bread	56 (2 slices)	140	5	0.5	1	0	0	0	0	0	290	13	28	10	1	4	1	5	0	0	0	10	-
Small Ciabatta	57	140	5	0.5	1	0	0	0	0	0	320	13	30	10	1	4	0	5	0	0	0	10	-
Organic White Flute, Local	57 (3 slices)	130	0	0	0	0	0	0	0	0	300	13	28	9	<1	4	1	4	0	2	2	10	-
Scratch Marco Polo Bread	57	140	10	1	2	0	0	0	0	0	410	17	27	9	1	5	1	5	0	0	0	8	-
Marco Polo Bread	54	130	15	1.5	2	0	0	0	0	0	260	11	24	8	1	4	1	4	0	2	0	8	-
Scratch Organic Marco Polo Bread	62	150	10	1.5	2	0	0	0	0	0	310	13	30	10	1	4	1	4	0	0	0	10	-
Organic Sourdough Bread	60	150	0	0	0	0	0	0	0	0	280	12	29	10	1	4	1	6	0	0	0	6	-
Sourdough Boule	57	90	0	0	0	0	0	0	0	0	300	13	18	6	0	0	0	3	0	0	0	6	-
Organic Rosemary Olive Oil Loaf	57	150	5	0.5	1	0	0	0	0	0	410	17	28	9	0.5	0	0	5	0	0	0	6	-
Scratch Round Single Italian Bread	57	130	10	1	2	0	0	0	0	0	290	12	27	9	1	4	1	5	0	4	2	8	-
Scratch Signature Italian Bread	57	130	10	1	1	0	0	0	0	0	330	14	26	9	1	5	1	5	0	0	0	10	-
Signature Italian Bread	57	140	15	1.5	2	0	0	0	0	0	270	11	26	9	1	4	1	5	0	0	0	10	-
Scratch Farmstyle Bread	57	120	5	1	2	0	0	0	0	0	280	12	25	8	1	4	1	5	0	0	0	8	-
Farmstyle Bread	57	140	15	1.5	2	0	0	0	0	0	270	11	26	9	1	4	1	5	0	0	0	10	-
Semolina Bread	52	130	10	1.5	2	0	0	0	0	0	300	13	24	8	1	4	1	4	0	0	0	15	-
Soft Sided Italian	50	120	15	2	3	0	1	0	0	0	230	9	23	8	1	3	1	4	0	0	2	8	-
Scall Bread	50	120	15	2	3	0	1	0	0	0	230	9	23	8	1	3	1	4	0	0	2	8	-
Pane Piccolo Bread	66	160	10	1.5	2	0	0	0	0	0	340	14	32	11	1	4	0	5	0	4	0	10	-
Round San Francisco Sourdough	62	150	0	0	0	0	0	0	0	0	360	15	30	10	1	4	1	4	0	0	0	10	-
Scratch Sicilian Twist	53	120	10	1	2	1	1	0	0	0	270	11	24	8	1	4	1	5	0	0	2	8	-
Sicilian Twist	53	130	15	1.5	2	0	0	0	0	0	250	10	25	8	1	4	1	5	0	8	0	8	-
Organic Sicilian Twist	57	150	25	2.5	4	0	0	0	0	0	270	11	27	9	1	4	1	5	0	0	4	10	-
Scratch English Muffin Bread	57	130	10	1	2	0	0	0	0	0	390	16	25	8	1	4	0	4	0	2	0	2	-
English Muffin Bread	57	140	15	1.5	2	0	0	0	0	0	260	11	27	9	1	4	1	5	0	0	0	8	-
Hoboken Bread	57	150	30	3.5	5	1	1	0	0	0	260	11	25	8	2	7	1	5	0	4	6	10	-
White Bread (continued)	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 slice (g)			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	1
Organic Sixseed Bread	53	130	40	4	6	0	0	0	0	0	250	10	23	8	2	8	2	5	0	2	2	10	-
Rye Bread	57	140	10	1	1	0	0	0	0	0	400	17	28	9	2	8	1	6	0	0	0	8	-
Caraway Rye	57	130	10	1	2	0	0	0	0	0	360	15	27	9	3	12	1	5	0	4	2	8	-

Marble Rye Bread	57	140	10	1	2	0	0	0	0	0	360	15	27	9	2	8	0	5	0	0	4	8	-
Cross Rye Bread	57	140	10	1	2	0	0	0	0	0	380	16	28	9	2	8	1	6	0	0	2	8	-
Limpa Rye Bread	57	210	30	3	5	1.5	8	0	0	0	240	10	40	13	2	8	7	5	0	0	2	4	-
Corn Skillet Bread	57	140	35	4	6	2.5	11	0	30	10	240	10	22	7	0	0	6	3	4	0	2	4	0.5
Jalapeno Corn Skillet Bread	57	130	35	4	6	2	11	0	30	11	230	10	21	7	0	0	6	3	4	0	2	2	0.5
Southern Corn Bread	57	160	40	4.5	7	2.5	13	0	30	10	160	7	27	9	1	4	14	3	4	0	8	4	-
Hatch Chile Corn Bread	57	130	35	4	6	2	11	0	30	11	210	9	20	7	0	0	6	3	4	0	2	4	0.5
Scratch Cheese Bread	57	150	45	5	8	2.5	13	0	30	10	300	12	18	6	1	3	1	7	4	2	10	6	-
Scratch Bacon Cheese Bread	57	160	60	6	9	3	15	0	35	11	360	16	17	6	1	3	0	8	4	2	10	2	-
Scratch Cheese Bread with Hatch Chiles	57	140	45	5	8	2.5	13	0	30	10	290	12	17	6	1	3	1	7	4	2	10	6	-
Scratch Jalapeno Cheese Bread	57	150	45	5	8	2.5	13	0	30	11	350	15	18	6	1	3	0	7	4	2	10	6	-
Scratch Pepperoni Cheese Bread	57	160	50	6	9	3	14	0	30	10	320	13	17	6	1	3	0	7	4	2	10	2	-
Bacon Cheese Bread	57	160	60	7	11	3	15	0	40	13	360	15	16	5	1	4	1	9	4	0	10	6	-
Cheese Bread	57	150	50	6	9	3	15	0	30	10	300	13	17	6	1	4	1	7	4	4	10	6	-
Jalapeno Cheese Bread	57	150	50	6	9	2.5	13	0	35	12	340	14	17	6	1	4	1	7	4	0	10	6	-
Pepperoni Cheese Bread	57	160	60	7	11	3	15	0	35	12	330	14	17	6	1	4	1	8	4	0	10	6	-
Garlic Bread	57	140	40	4.5	7	1.5	8	0	5	2	240	10	21	7	1	4	1	3	4	0	0	8	-
Apple Fritter Bread	52	120	5	1	2	0	0	0	0	0	140	6	26	9	1	4	11	2	0	6	2	6	-
Hatch Chile Cheese Bread	57	150	50	6	9	2.5	13	0	35	12	290	12	17	6	1	4	1	7	4	0	10	6	-

Crostini	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 slice (g)			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	-
Garlic Crostini	16 (2 slices)	40	5	1	2	0	0	0	0	0	75	3	7	2	0	0	0	1	0	0	0	2	-
Garlic Tuscan Crostini	16 (4 slices)	50	20	2	3	0	0	0	0	0	160	7	6	2	0	0	0	1	0	0	0	2	-
Italian Bread Olive Oil Crostini	16 (3 slices)	40	5	0	0	0	0	0	0	0	80	3	7	2	0	0	0	1	0	2	0	2	0.5
Olive Oil Crostini	15 (6 slices)	40	5	0.5	1%	0	0	0	0	0	75	3	7	2	0	0	0	1	0	0	0	2	-
Olive Oil Crostini	15 (6 slices)	40	5	0.5	1%	0	0	0	0	0	80	3	7	2	0	0	0	1	0	0	0	2	-
Seven Grain Olive Oil Crostini	15 (2 slices)	45	5	0.5	1	0	0	0	0	0	135	6	9	3	1	4	1	2	0	0	0	2	-
Multigrain Olive Oil Crostini	16 (5 slices)	35	5	0	0	0	0	0	0	0	170	7	7	2	0	0	1	1	0	0	0	2	0.5
Whole Grain Bread	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 slice (g)			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	1
Multigrain Crostini	57 (3 slices)	140	20	2.5	4	0	0	0	0	0	360	15	26	9	0	0	2	5	0	0	0	8	0.5
Rosemary Olive Oil Crostini	15 (7 slices)	40	5	0	0	0	0	0	0	0	270	11	7	2	0	0	0	1	0	0	0	2	-
Cranberry Orange Crostini	16	50	10	1	2	0.5	3	0	0	0	40	2	9	3	0	0	4	1	0	0	0	2	-
Organic Artisan Miche Bread	59	130	5	1	1	0	1	0	0	0	270	11	27	9	2	8	1	5	0	0	2	8	0.5
Organic Multigrain Baguette	57 (3 slices)	140	10	1	2	0	0	0	0	0	300	13	28	9	2	8	2	5	0	0	0	8	0.5
Twisted Root Baguette	57	110	5	0	1	0	0	0	0	0	280	12	22	7	1	4	1	4	0	6	0	8	-
Sprouted Grain Bread	56	140	20	2	3	0	0	0	0	0	290	12	26	9	3	12	1	5	0	2	2	10	1
Einkorn Rye Bread	45	110	30	3	5	0	0	0	0	0	190	8	18	6	3	12	3	4	0	0	2	6	2
Multigrain Sourdough	57	120	10	1.5	0	0	0	0	0	0	180	8	23	8	2	8	1	4	0	0	0	8	-
Marathon Bread made with Organic Flour	57	160	50	6	9	1	4	0	0	0	220	9	22	7	4	15	2	6	2	2	2	10	-
Marathon Bread with Dried Cranberries	57	150	45	5	8	1	4	0	0	0	190	8	23	8	4	14	4	5	2	2	2	10	-
Multigrain Bread made with Organic Flour	57	140	15	1.5	2	0	0	0	0	0	190	8	27	9	3	12	3	4	0	0	2	8	1

Multigrain Bread with Currants	57	140	15	1.5	2	0	0	0	0	0	170	7	29	10	3	12	7	4	0	0	2	8	1
Soft Crusted Multigrain Bread	57	150	25	2.5	4	0	0	0	0	0	230	10	26	9	3	12	4	6	0	6	6	8	0.5
100% Whole Wheat Raisin Walnut Bread	57	170	60	6	9	0	0	0	0	0	150	6	25	8	3	12	11	6	0	0	2	8	2
Walnut Raisin Bread	53	160	60	6	9	0.5	3	0	0	0	160	7	24	8	2	8	6	4	0	0	2	6	
Cherry Pecan Bread	60	190	70	7	11	0.5	3	0	0	0	170	7	28	9	4	16	11	5	2	0	2	6	1
Oatmeal Cinnamon Raisin Bread	60	220	80	9	14	4	20	0	5	2	320	13	34	11	2	8	23	1	0	0	8	2	-
Pumpernickel Bread	57	130	10	1	2	0	0	0	0	0	390	16	26	9	2	8	0	5	0	0	4	8	0.5
Round Pumpernickel Bread	57	130	10	1	2	0	0	0	0	0	390	16	26	9	2	8	0	5	0	0	4	8	0.5
Organic White Sourdough	57	130	5	0	0	0	0	0	0	0	270	11	27	9	1	4	1	4	0	8	0	8	
7 Grain Sourdough Loaf	57	170	20	2	3	0	0	0	0	0	290	12	34	11	4	16	3	6	0	2	2	10	0.5
Ancient Grain Bread NGCI	57	150	50	6	9	1	5	0	20	7	260	11	20	7	2	8	5	5	20	2	4	8	1
Oatmeal Bread NGCI	54	120	25	3	5	0	0	0	25	8	250	10	19	6	0	0	4	4	0	2	2	6	1
Seasonal Bread	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 slice (g)			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	-
Panettone	100	370	130	14	22	8	40	0	160	53	140	6	53	18	2	8	35	7	0	0	15	15	-
Chocolate Cherry Bread	53	160	40	4.5	7	2.5	13	0	5	2	110	5	28	9	2	8	11	4	2	0	2	10	-
Herb Focaccia	57	140	35	4	6	0.5	3	0	0	0	1380	58	22	7	1	4	1	3	0	0	0	8	-
Irish Soda Bread	58	170	25	3	5	1.5	8	0	0	0	450	19	33	11	2	8	11	4	0	0	10	10	-
Irish Soda Bread	57	150	35	4	6	2	11	0	10	3	1020	42	25	8	3	10	9	4	2	2	4	8	-
Braided Challah Bread	59	160	25	2.5	4	0	0	0	30	10	240	10	30	10	2	8	4	5	0	0	2	10	-
Round Challah with Raisins	60	190	25	2.5	4	0.5	3	0	25	8	260	11	36	12	1	4	9	6	0	0	2	10	-
Plain Round Challah	57	180	25	3	5	0.5	3	0	25	8	280	12	32	11	1	4	4	6	0	0	2	10	-
Easter Bread	54	130	10	1	2	0	0	0	10	3	140	6	28	9	2	8	8	3	0	0	2	8	-
Paska Bread	61	160	15	1.5	2	0.5	3	0	5	1	200	8	33	11	1	5	8	4	0	0	2	15	-
St. Joseph's Bread	53	120	15	2	3	0.5	3	0	5	2	250	10	23	8	1	4	0	4	0	4	2	2	-
Holiday Bread	57	150	10	1	2	0	0	0	0	0	230	9	30	10	1	5	7	4	0	0	2	2	-
Red, White and Blue Bread	57	170	35	3.5	5	2	10	0	10	3	140	6	30	10	2	8	11	4	2	2	0	6	-
Olive Bread	57	140	25	3	5	0	0	0	0	0	330	14	26	9	1	4	0	4	0	0	0	8	-
Spinach Parmesan Fougasse	57 (2 slices)	140	30	3.5	5	1	4	0	5	1	320	13	21	7	1	4	1	6	10	4	6	8	-
Apple Cider Golden Raisin Bread	57	130	5	0	1	0	0	0	0	0	180	7	27	9	1	5	8	4	0	0	2	8	-
Pretzel Bite Tub, 6 Bites	51	140	20	2.5	4	0	0	0	0	0	150	6	25	8	1	4	2	3	0	6	0	6	-
Pretzel Bite with Salt, 6 Bites	51	140	20	2.5	4	0	0	0	0	0	390	17	25	8	1	4	2	3	0	6	0	6	-
Pretzel Twist, Large	50	130	20	2	3	0	0	0	0	0	230	10	24	8	1	4	0	5	0	0	4	2	-
Pretzel Twist, Small	72	180	25	2.5	4	0	0	0	0	0	320	13	33	11	1	4	1	6	0	0	6	2	-
Stollen Bread	85	370	160	18	28	6	30	0	20	7	240	10	48	16	3	12	27	6	4	0	6	10	-
Cranberry Orange Bread	61	190	35	4	6	2	11	0	10	3	160	7	34	11	1	5	14	4	2	0	0	6	-
Miscellaneous	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrate		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron	Whole Grain Equiv
	1 Tortilla (g)			g	%DV	g	%DV	g	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	-
Corn Flour Hybrid Tortillas - 8 pk	62 (2 Tortillas)	130	30	3.5	5	1.5	8	0	0	0	270	11	23	8	1	4	0	3	0	0	2	4	
Southwest Tortillas - 8pk	39	110	30	3	5	1.5	8	0	0	0	260	11	17	6	1	4	1	2	0	0	0	2	