

Bread (serving size, 1 slice = 56g or 2oz)	Nutritional Information								Allergens			
	Calories	Protein	Carbohydrates	Fat	Cholesterol	Fiber	Sodium	Sugar	Wheat	Eggs	Tree Nuts	Milk
Multi Grain Bread*	120	4	27	1	0	4	320	5	X			
Honey Whole Wheat*	117	4	26	0	0	3	352	7	X			
Brain Bread*	124	4	27	1	0	3	332	6	X			
Great White Bread	130	3	28	0	0	1	369	4	X			
9 Grain Whole Wheat*	125	4	28	1	0	4	319	6	X			
nola*	135	4	26	3	0	4	319	6	X		X	
Jack Pot*	131	4	27	2	0	4	304	7	X		X	
Seedy Delight*	127	4	26	2	0	3	331	6	X			
Sour Dough	116	4	24	0	0	1	325	0	X			
Cheddar Garlic	152	6	23	4	13	1	416	4	X			X
Spinach Feta Bread	118	4	19	3	10	1	390	4	X	X		X
Ultra Grain Bread*	117	4	26	1	0	3	352	7	X			
Sunflower Flax Seed Bread	141	3	24	4	0	2	262	6	X			
Challah	136	3	26	2	0	1	353	1	X	X		
Steel Cut Oat Bread*	118	4	26	1	0	4	349	5	X			

* 100% whole grain flour