



# Great Harvest Bread Co. BREAD NUTRITION

*A warm fresh slice of the good life*

Note: 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		Honey Whole Wheat Bread	130	0.5g	0	380mg	28g	4g	6g	4g	x	x				
	X	Bee-Hive White Bread	140	0g	0	290mg	30g	1g	5g	4g	x	x				
X		High 5 Fiber	140	3g	0	240mg	25g	5g	5g	5g	x	x				
	X	American Rye	120	0g	0	360mg	25g	2g	3g	3g	x	x				
X		Cinnamon Raisin Walnut	140	2g	0	280mg	28g	4g	8g	4g	x	x	x			
X	X	Cranberry Orange	140	0g	0	250mg	32g	3g	9g	3g	x	x				
	X	Focaccia	140	2.5g	0	250mg	26g	1g	2g	4g	x					x
X		Hearty Grain (9-Grain)	130	0.5g	0	270mg	28g	4g	5g	4g	x					
	X	Marble Rye	120	0g	0	350mg	26g	2g	3g	3g	x	x				
X	X	Oregon Herb	130	0.5g	0	290mg	28g	3g	6g	4g	x					
	X	Parmesan Basil Sourdough	130	1.5g	5mg	360mg	25g	1g	0g	5g	x	x				x
X	X	Pecan Cinnamon Swirl	170	4g	0	220mg	31g	2g	13g	3g	x	x	x			x
	X	Potato Dill	140	0g	0	260mg	32g	1g	15g	3g	x					
	X	Russel's Rye	120	0g	0	350mg	26g	2g	4g	3g	x	x				
	X	Three Cheese Sourdough	110	2g	5mg	460mg	18g	1g	0g	4g	x					x

