

BREADS	Serving Size	Calories	Total Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
Apple Cin. Walnut	1 slice	150	5g	5mg	220mg	23g	3g	8g	4g
Anadama	1 slice	130	1.5g	5mg	260mg	26g	2g	4g	4g
Apple Crunch	1 slice	130	2g	20 mg	310mg	22g	3g	7g	4g
Asiago Pesto	1 slice	160	6g	10mg	450mg	20g	3g	2g	6g
Bacon Cheddar Beer	1 slice	150	4g	20mg	320mg	21g	3g	5g	7g
Blended Wheat	1 slice	130	1g	15mg	270mg	26g	3g	5g	5g
Breakfast Blast	1 slice	140	1.5g	0mg	210mg	26g	4g	9g	5g
Butterscotch Pecan	1 slice	170	5g	0mg	230mg	28g	3g	11g	4g
Caraway Rye	1 slice	130	0.5g	0mg	300mg	25g	5g	5g	5g
Cheddar Garlic	1 slice	150	4.5 g	15 mg	410 mg	21g	1g	4g	6g
Cherry Walnut	1 slice	140	2g	0	290mg	26g	3g	11g	4g
Cherry Apple Berry	1 slice	130	0g	19 mg	300mg	27g	3g	8g	4g
Cinnamon Chip	1 slice	150	0g	0	370 mg	28g	1g	11g	3g
Cinnamon Raisin	1 slice	120	0g	18 mg	350mg	26g	3g	9g	4g
Choc. Babka Bread	1 slice	180	7g	20mg	170mg	27g	2g	11g	3g
Choc. Cherry Bread	1 slice	150	2g	0mg	130mg	34g	3g	20g	3g
Choc. Cherry Swirl	1 slice	150	2.5g	5mg	240mg	31g	1g	8g	3g
Cobbler Swirl Bread	1 slice	140	4g	20mg	290mg	24g	1g	10g	3g
Cracked Pepper Parm	1 slice	140	3 g	5 mg	430 mg	20g	3g	4g	7g
Cracked Pepper Swiss	1 slice	140	3g	10mg	280mg	22g	4g	4g	7g
Cranberry Orange	1 slice	120	0g	17 mg	290mg	26g	3g	13g	4g
Cranberry Walnut	1 slice	170	4g	15mg	80mg	26g	3g	11g	5g
Dakota	1 slice	150	4.5g	0	290 mg	22g	4g	6g	6g
Everything	1 slice	140	1g	0	350 mg	29g	3g	6g	5g
Gouda & Stout	1 slice	150	3g	20mg	170mg	22g	3g	5g	7g
Four-Cheese Focaccia									
Gluten X Cin Chip	1 slice	170	7g	20mg	140mg	25g	2g	7g	3g
Gluten X Dakota	1 slice	170	8g	20mg	135mg	23g	3g	4g	4g
Gluten X Honey Flax	1 slice	150	5g	25mg	150mg	24g	3g	4g	3g
Health Nut	1 slice	140	2.5g	0mg	240mg	23g	4g	4g	5g
High 5 Fiber	1 slice	140	3.5g	0	260 mg	23g	5g	5g	5g
Honey White	1 slice	130	0g	0	440 mg	27g	1g	5g	3g
Honey Whole Wheat	1 slice	120	0g	0	350 mg	24g	3g	7g	5g
Hot Cross Buns	1 bun	260	3.5g	25mg	540mg	52g	4g	24g	7g
Irish Soda Bread	1 slice	130	.5g	0mg	200mg	27g	2g	9g	4g
Jalapeno Ched Sourdough	1 slice	200	1g	5mg	300mg	40g	4g	0g	7g
K'wood Blended Wheat	1 slice	170	1g	25mg	340	33g	3g	6g	6g
Low Carb Crunch	1 slice	120	3.5g	0mg	260mg	16g	4g	4g	7g
Mediterranean Olive	1 slicd	130	2g	0	530mg	23g	2g	3g	4g
Nine Grain	1 slice	120	.5g	0	320 mg	23g	4g	6g	5g
Oatmeal Raisin	1 slice	130	1g	5mg	290mg	26g	3g	7g	5g
Olive Bread	1 slice	140	4g	10 mg	400 mg	23g	1g	4g	4g
Onion Dill Rye	1 slice	120	0.5g	0	340 mg	25g	3g	7g	4g
Irish Potato Bread	1 slice	130	2g	5mg	360mg	23g	1g	4g	3g

Parmesan Sourdough	1 roll	210	1.5g	5mg	600mg	39g	4g	0g	8g
potato fennel	1 slice	160	3.5g	10mg	310 mg	25g	4	6g	5g
Pizza Bread	1 slice	140	4.5 g	15 mg	470 mg	18g	2 g	4g	7g
Popeye	1 slice	110	1g	5 mg	390 mg	21g	2g	4g	4g
Pumpnickel Rye	1 slice	120	.5g	0mg	330mg	23g	5g	2g	5g
Pumpkin Choc Spice	1 slice	120	1.5g	0mg	210mg	24g	3g	7g	3g
Pumpkin Swirl Bread	1 slice	140	2g	5mg	190mg	29g	2g	12g	3g
Rosemary Garlic	1 slice	130	.5g	0	320 mg	24g	4g	6g	5g
Sonoma Bread	1 slice	160	4g	20mg	135mg	26g	3g	11g	5g
Sourddough	1 slice	130	0g	0mg	190mg	26g	2g	0g	5g
Star Spangle Swirl	1 slice	150	1g	0mg	250mg	31g	4g	14g	4g
Spinach Feta	1 slice	120	3.5g	16 mg	420mg	18g	2g	4g	5g
Stuffing Bread	1 slice	100	0g	0mg	250mg	20g	3g	4g	4g
Sundried Tomato Pesto	1 slice	140	2.5g	5mg	340mg	25g	2g	4g	5g
Sunflower	1 slice	140	2.5g	0	320 mg	23g	4g	6g	5g
Swedish Rye	1 slice	130	.5g	0	410 mg	26g	3g	8g	4g
Swiss Popeye	1 slice	120	1.5g	5mg	320mg	22g	2g	4g	5g
Virginia Rolls - White	1 roll	240	8g	35mg	660mg	36g	2g	6g	5g
Virginia Rolls - Blend	1 roll	230	8g	35mg	560mg	33g	4g	8g	6g
White Choc. Cherry	1 slice	150	2.5g	5 mg	260mg	30g	1g	9g	3g
Whole Grain Cin Chip	1 slice	150	3g	5mg	280mg	27g	3g	10g	4g
X-treme Cinn. Swirl	1 slice	160	2.5	5mg	230mg	32g	1g	14g	3g

SWEETS	Serving Size	Calories	Total Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
Café Mocha Biscotti	1 piece	240	0	35mg	90mg	33g	1g	18g	3g
Apple Streusel Coff. Cake	1 slice	160	6g	25mg	120mg	24g	1g	15g	2g
Apple Spice Muffin	1/2 muffin	300	17g	80mg	85mg	33g	3g	23g	5g
Apple Spice Tea Cake	1/13 slice	190	11g	50mg	55mg	21g	2g	15g	3g
Apple Cinnamon Scone									
Applesauce Raisin Bar	1 bar	390	15g	60mg	320mg	62g	2g	48g	4g
Choc. Candy Cane Crunch	1/2 cookie	250	10g	25mg	110mg	36g	3g	18g	3g
Choc. Cherry Cookie	1/2 cookie	250	11g	30mg	125mg	35g	2g	23g	4g
Cinn. Chip Bread Pudding	1 piece	160	7g	35mg	160mg	23g	0	15g	2g
Choc. Mint Cookie	1/2 cookie	270	13g	45mg	200mg	35g	1g	21g	3g
Bacon Cheddar Scone	1 scone	470	28	70mg	890mg	42g	2g	3g	14g
Balana Walnut Muffin	1/2 muffin	160	7g	25mg	110mg	22g	2g	12g	3g
Blarney Scone	1/2 scone	310	11g	40mg	290mg	48g	2g	22g	6g
Blonde Brownie	1/2 bar	530	27g	55mg	500mg	71g	5g	48g	6g
Berry cream ch. Scone	1/2 scone	290	12g	45mg	300mg	41g	1g	17g	5g
Big Kahuna Bar	1/2 bar	820	35g	65mg	290mg	119g	7g	85g	10g
Blu. Lemon Poppyseed	1/2 muffin	240	8g	40mg	200mg	37g	4g	21g	6g
Blu. Lemon Poppyseed	1 slice	150	4.5g	25mg	125mg	23g	2g	13g	4g
Carrot Cake Muffin	1/2 muffin	280	15g	45mg	260mg	33g	2g	23g	4g
Cherry Oat Jumble	1/2 cookie	190	11g	25mg	170mg	22g	2g	14g	3g
Cherry Oat Scone									
Choc cherry cookie	1/2 cookie	250	11g	30mg	125mg	35g	2g	23g	4g
Choc. Bliss Cookie	1 cookie	290	15g	55mg	80mg	41g	3g	35g	4g
Choc. Brownie Batter Bd.	1 slice	180	7g	0mg	150mg	29g	1g	19g	2g
Choc. Brownie Muffin	1/2 muffin	210	8g	0mg	180mg	34g	1g	22g	2g
Choc. Choc. Chip Biscotti	1 biscotti	230	11g	60 g	190mg	30g	3g	13g	7g
Chocolate Mocha Scone	1/2 scone	350	17g	50mg	230mg	44g	6g	20g	9g
Cran Flax Cookie	1/2 cookie	130	3g	15 mg	135 mg	24g	2g	14g	3g
Cranberry Orange Scone	1/2 scone	270	11g	25mg	250mg	40g	1g	15g	4g
Cran Orange Nut Loaf	1/7 loaf	160	3.5g	20mg	125mg	30g	2g	14g	3g
Coconut Pecan Loaf	1/14 loaf	200	10g	0mg	95mg	25g	1g	15g	3g
Dillon cookie	1 cookie	510	27g	80mg	240mg	63g	5g	39g	8g
Egg nog scone	1/2 scone	250	8g	40mg	250mg	40g	1g	20g	4g
Ginger Bop Cookie	1 cookie	430	19g	35mg	440mg	59g	1g	27g	5g
Gingerbread	1/10 loaf	180	5g	25mg	135mg	32g	1g	16g	2g
Harvest Bars	1 bar	230	10g	0mg	65mg	34g	4g	17g	6g
Hummingbird Muffin	1 muffin	280	14g	25mg	160mg	36g	2g	22g	4g
Hummingbird Bread	1/12 loaf	180	9g	15mg	110mg	24g	1g	14g	3g
Irish Coffee Cake	1 slice	190	9g	55mg	115mg	25g	1g	14g	3g
Killer Brownies	1/2 bar	370	22g	85mg	55mg	41g	3g	28g	8g
Lemon Blueberry Loaf	1 slice	180	9g	40mg	55mg	22g	1g	11g	2g
Lemon Blue Ginger	1/2 muffin	250	10g	40mg	200mg	36g	3g	21g	5g
Lemon Blue Ginger	1 slice	160	6g	25mg	125mg	22g	2g	13g	3g
Lemon Poppyseed Loaf	1 slice	170	5g	30mg	150mg	26g	3g	14g	4g

Lemon Supreme Loaf	1 slice	180	7g	45mg	85mg	24g	1g	12g	3g
Lime Crunch Cookies	1 cookie	160	6g	30mg	60mg	25g	1g	10g	2g
Lemon-Ohs	1" slice	260	12g	80mg	160mg	36g	1g	24g	4g
Mini Quiche	1 quiche	170	11g	210 mg	260 mg	3g	1g	1g	13g
Maple Pecan Scone	1/2 scone	350	16g	40mg	250mg	49g	2g	25g	5g
Miss. Mud Bars	1/2 bar	380	21g	75mg	65mg	46g	1g	29g	4g
Oat Berry Muffin	1/2 muffin	200	6g	0	240 mg	34g	4g	17g	5g
Oatmeal CC Cookie	1 cookie	510	27g	80mg	240mg	63g	5g	29g	8g
Oatmeal Cookie	1 cookie	460	18g	55mg	240mg	70g	5g	44g	7g
Oatmeal Raisin Cookie	1 cookie	460	18g	55mg	240mg	70g	5g	44g	7g
Peanut Butter Choc. Chip	1 cookie	460	27g	50mg	310mg	52g	5g	36g	9g
Peanut Butter Cookie	1 cookie	460	27g	65mg	390mg	48g	4g	30g	11g
Power Bars	1/2 bar	490	20g	55g	370mg	71g	5g	44g	12g
Pump. CC Muffin	1/2 muffin	210	10g	25mg	140mg	25g	1g	17g	2g
Pump. CC Loaf	2 oz. slice	180	9g	20mg	125mg	25g	1g	15g	2g
Pump. Cream Ch. Scone									
Pumpkin Oh	1" slice	260	12g	85mg	220mg	36g	1g	28g	4g
Pump. White Choc Cookie									
Rasp. Choc. Cake Bread	1/12 loaf	180	8g	40mg	115mg	26g	1g	15g	3g
Rasp. White Choc Scone	1/2 scone	480	25g	55mg	510mg	57g	2g	15g	8g
Savannah Bars	1/2 bar	270	9g	130mg	115mg	45g	4g	29g	4g
Snickerdoodle cookie	1 cookie	480	21g	90mg	210mg	67g	4g	37g	8g
Strawberry Shortcake Br.	1 slice	100	3g	20mg	85mg	17g	1g	9g	2g
Sugar Cookie	1 cookie	480	21g	90mg	210mg	67g	4g	37g	8g
Trail Bars	1/2 bar	430	13g	0mg	180mg	76g	7g	47g	12g
Vanilla Pecan Scone	1/2 scone	510	23g	50mg	270mg	69g	3g	24g	9g
Vanilla Almond Biscotti	1 piece	200	7g	50mg	135mg	29g	2g	12g	6g