

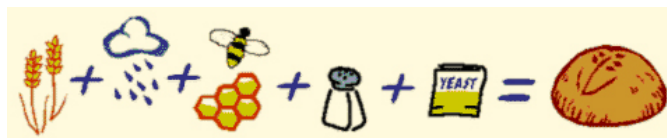


Great Harvest Bread Co. **BREAD NUTRITION**

B R E A D	Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Fat Calories
Apple Scrapple	2g/3%	0mg/0%	290mg/12%	23g/8%	3g/11%	6g	3g	100	0
Caramel Apple	1g/2%	0mg/0%	230mg/12%	26g/9%	2g/10%	11g	3g	110	10
Challah	1g/2%	20mg/7%	200mg/8%	25g/8%	1g/4%	5g	3g	120	5
Cheddar Garlic	4g/6%	10mg/4%	350mg/14%	21g/7%	3g/12%	4g	6g	140	35
Cherry Walnut	2g/3%	0mg/0%	240mg/11%	24g/8%	3g/10%	9g	5g	120	15
Cinnamon Chip	2.5g/4%	0mg/0%	250mg/10%	25g/8%	3g/11%	9g	3g	130	25
Cinnamon Raisin Walnut	2g/3%	0mg/0%	280mg/12%	24g/8%	3g/12%	7g	4g	120	15
Cinnamon Swirl	2g/3%	5mg/2%	200mg/8%	25g/8%	3g/12%	3g	3g	130	20
Cracked Pepper Parmesan	2.5g/4%	5mg/2%	350mg/15%	21g/7%	3g/12%	4g	6g	120	25
Cranberry Orange	0g/0%	0mg/0%	260mg/8%	25g/8%	3g/12%	11g	3g	110	5
Corn Bread	2g/3%	5mg/2%	280mg/11%	24g/8%	2g/8%	4g	3g	120	20
Dakota	3.5g/5%	0mg/0%	240mg/10%	21g/7%	3g/13%	5g	5g	130	30
Golden Wheat	0g/1%	0mg/0%	290mg/12%	24g/8%	3g/12%	6g	4g	110	5
Gouda & Stout	2.5g/4%	10mg/3%	170mg/7%	21g/7%	2g/8%	3g	5g	130	25
Herbaceous Parmesan	1g/1%	0mg/0%	300mg/13%	23g/8%	2g/9%	5g	4g	100	10
High 5 Fiber	3.5g/5%	0mg/0%	220mg/9%	22g/7%	5g/20%	4g	5g	120	30
Honey Whole Wheat	0g/0%	0mg/0%	290mg/12%	23g/8%	3g/11%	6g	3g	100	0
Iditarod	1.5g/2%	0mg/0%	270mg/11%	24g/8%	3g/12%	8g	3g	110	15
Michigan Herb	0g/0%	0mg/0%	280mg/12%	23g/8%	3g/10%	6g	3g	130	15
Mushroom Swiss	14g/6%	10mg/3%	300mg/12%	19g/6%	2g/7%	2g	6g	130	35
Nine Grain	0.5g/1%	0mg/0%	250mg/10%	23g/8%	3g/12%	5g	4g	100	5
Oatmeal Poppyseed	1g/2%	0mg/0%	290mg/12%	23g/8%	3g/12%	6g	4g	110	10
Orange Pecan	2.5g/4%	0mg/0%	330mg/14%	23g/8%	3g/13%	7g	4g	120	20
Pizza Swirl	3.5g/5%	10mg/4%	440mg/18%	16g/5%	2g/7%	3g	5g	120	30
Pumpkin Swirl	1.5g/4%	10mg/1%	180mg/9%	26g/9%	3g/12%	10g	3g	130	15
Raspberry White Chocolate Swirl	2.5g/4%	5mg/2%	230mg/10%	27g/9%	1g/4%	8g	2	140	25
Red, White & Blueberry	0g/0%	0mg/0%	180mg/8%	30g/10%	1g/5%	6g	3g	140	8
Retro White	0g/0%	0mg/0%	390mg/16%	24g/8%	1g/4%	5g	3g	110	0
Spinach Feta	3/4%	10mg/4%	350mg/15%	17g/6%	2g/6%	4g	6g	110	25
Swedish Rye	0g/1%	0mg/0%	370mg/12%	24g/8%	3g/11%	6g	3g	110	5
Zesty Sunflower	3g/5%	0mg/0%	95mg/4%	19g/6%	3g/11%	5g	4g	110	25

Notes: Serving size 50 grams (1.75 ounces or roughly one $\frac{1}{2}$ inch slice of bread). There are 20 servings in a 2.2 pound (one kilogram) loaf of Honey Whole Wheat. Listed **percentages** represent the percent of the recommended daily allowance based on a 2000 calorie diet. **Nutritional values** for breads which may have fillings or toppings such as nuts, grains, egg wash, or cheese are approximate. Products are produced in a facility that uses Wheat, Eggs, Peanuts, Tree Nuts, Milk and Soy.

BREAD INGREDIENTS



Apple Scapple	Freshly milled whole grain wheat flour, white flour (enriched, unbleached, unbromated), fresh apples, applesauce, water, eggs, butter, honey, brown sugar, yeast, vanilla, cinnamon, nutmeg, and salt
Caramel Apple	Freshly milled whole grain wheat flour, water, honey, dried apples, caramels, enriched white flour, applesauce, yeast, peanuts, salt, and cinnamon
Challah	Enriched white flour, water, honey, eggs, yeast, salt and egg wash
Cheddar Garlic	Freshly milled whole grain wheat flour, water, cheddar cheese, honey, yeast, salt, garlic and onion
Cherry Walnut	Freshly milled whole grain wheat flour, water, dried cherries, honey, walnuts, yeast, and salt
Cinnamon Chip	Freshly milled whole grain wheat flour, cinnamon chips (sugar, cottonseed and soybean oils, cinnamon, dry milk, soy lecithin), honey, yeast, and salt
Cinnamon Raisin Walnut	Freshly milled whole grain wheat flour, water, raisins, molasses, walnuts, yeast, salt, and cinnamon
Cinnamon Swirl	Freshly milled whole grain wheat flour, water, brown sugar, honey, yeast, butter, salt, and cinnamon
Cracked Pepper Parmesan	Freshly milled whole grain wheat flour, water, parmesan cheese, honey, yeast, salt, basil, oregano, black pepper, and red cayenne pepper
Cranberry Orange	Freshly milled whole grain wheat flour, water, cranberries, honey, yeast, salt, and oranges
Corn Bread	Freshly milled whole grain wheat flour, white flour (enriched, unbleached, unbromated), water, corn flour, honey, buttermilk, butter, yeast, salt
Dakota	Freshly milled whole grain wheat flour, water, honey, sunflower seeds, pumpkin seeds, millet, yeast, sesame seeds, and salt.
Golden Wheat	Freshly milled whole grain wheat flour, water, honey, yeast, and salt
Gouda & Stout	Stout beer, freshly milled whole grain wheat flour, white flour (enriched, unbleached, unbromated), smoked gouda cheese, honey, yeast and salt
Herbaceous Parmesan	Freshly milled whole grain wheat flour, white flour (enriched, unbleached, unbromated), water, honey, rye flour, parmesan cheese, yeast, salt, basil, and oregano
High 5 Fiber	Freshly milled whole grain wheat flour, water, honey, whole flax seeds, millet, oat bran, sunflower seeds, yeast, wheat bran, and salt
Honey Whole Wheat	Freshly milled whole grain wheat flour, water, honey, yeast, and salt.
Iditarod	Freshly milled whole grain wheat flour, water, honey, golden raisins, millet, dates, yeast, sunflower seeds, almonds, and salt
Michigan Herb	Water, freshly milled whole grain wheat flour, honey, rye flour, white flour (enriched, unbleached, unbromated), yeast, salt, onion flakes, dill weed
Mushroom Swiss	Water, Swiss cheese, white flour (enriched, unbleached, unbromated), freshly milled whole grain wheat flour, honey, mushrooms, yeast, salt, olive oil, eggs, oregano, basil, onion, black pepper, and garlic
Nine Grain	Freshly milled whole grain wheat flour, water, honey, 9-grain mix (rye, red wheat, corn grits, brown rice, oat flakes, trit flakes, soy grits, flax seeds, whole barley, whole millet), yeast, and salt
Oatmeal Poppyseed	Freshly milled whole grain wheat flour, water, honey, rolled oats, yeast, poppy seeds, salt
Orange Pecan	Freshly milled whole grain wheat flour, water, honey, pecans, yeast, orange juice, orange puree, salt
Pizza Swirl	White flour (enriched, unbleached, unbromated), tomatoes, mozzarella cheese, water, pepperoni, honey, yeast, salt, onion flakes, basil, and oregano
Pumpkin Swirl	Freshly milled whole grain wheat flour, water, pumpkin, honey, yeast, butter, pumpkin pie spice, salt
Raspberry White Chocolate Swirl	White flour (enriched, unbleached, unbromated), water, raspberries, white chocolate chips, honey, brown sugar, butter, yeast, salt and vanilla
Red, White & Blueberry	Freshly milled whole grain wheat flour, water, honey, cherries, blueberries, yeast, and salt
Retro White	White flour (enriched, unbleached, unbromated), water, honey, yeast, and salt
Spinach Feta	Feta cheese, white flour (enriched, unbleached, unbromated), freshly milled whole grain wheat flour, water, spinach, honey, yeast, salt, garlic, oregano and pepper
Swedish Rye	Freshly milled whole grain wheat flour, water, honey, white flour (enriched, unbleached, unbromated), rye flour, yeast, oranges, salt, caraway seed, and anise seed
Zesty Sunflower	Freshly milled whole grain wheat flour, water, sunflower seeds, honey, molasses, yeast, olive oil, salt, thyme, black pepper and sage