



This nutrition & ingredient information is for Great Harvest, Federal Way only.

Every Day we Mill Family Farm-Grown Whole Wheat on our Stone Mill and then our Breads are Hand Crafted in Small Batches!

For more information go to: www.GreatHarvestFederalWay.com

Serving size: 1 slice approx. 50 grams or 1.75 oz 17 slices per loaf *** 100% whole grain * Blend of whole grain & white	NUTRITION INFORMATION								INGREDIENTS
	Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugars	Protein	
									ALLERGEN ADVISORY NOTICE: These freshly baked breads are made in our bakery where we use: Wheat, Eggs, Milk, Soy, Peanuts & Tree Nuts Allergens are printed in bold type
American Rye*	120	0g	0mg	190mg	26g	2g	2g	4g	fresh stone-ground 100% whole wheat , water, rye flour, unbleached white wheat flour , molasses, caraway seeds, yeast, salt
Apple Crunch	130	11.5g	10mg	180mg	22g	1g	6g	2g	unbleached white wheat flour, water, apples, corn sweetener, brown sugar, eggs, butter , yeast, cinnamon, salt
Cinnamon Apple Swirl*	120	.5g	10mg	115mg	23g	2g	12g	3g	water, fresh ground 100% whole wheat , brown sugar, unbleached white wheat flour, apples, corn sweetener, eggs , yeast, cinnamon, salt
Cinnamon Chip	130	2.5g	0mg	160mg	25g	1g	10g	2g	unbleached white wheat flour, water, cinnamon chips(sugar, palm oil, cinnamon, non-fat dry milk, soy lecithin), corn sweetener, yeast salt
Cinnamon Raisin Walnut***	120	2g	0mg	160mg	22g	3g	7g	4g	fresh stone-ground 100% whole wheat , water, raisins, molasses, walnuts , yeast, cinnamon, salt
Cinnamon Swirl*	120	.5g	10mg	115mg	26g	2g	12g	3g	water, fresh stone-ground 100% whole wheat , brown sugar, unbleached white wheat flour, corn sweetener, eggs , yeast, cinnamon, salt
Country French*	100	0mg	0mg	160mg	19g	2g	0	4g	water, unbleached white flour, fresh stone-ground whole wheat , yeast, salt
Cranberry Orange	120	0mg	0mg	160mg	27g	1g	10g	2g	unbleached white wheat flour, water, dried cranberries, corn sweetener, yeast, orange emulsion, salt
Dakota***	120	2.5g	0mg	160mg	21g	3g	5g	5g	fresh stone-ground 100% whole wheat , water, honey, sunflower seeds, millet, yeast, sesame seeds, salt
Ezekiel***	110	.5g	0mg	160mg	23g	3g	6g	5g	water. fresh stone-ground 100% whole wheat , honey, ground spelt grain , lentils, millet & red beans, yeast, salt
Garlic Cheddar	120	2g	5mg	260mg	22g	1g	4g	4g	unbleached white wheat flour, water, cheddar cheese , corn sweetener, garlic, yeast, salt
Harvest White	110	0mg	0mg	160mg	24g	1g	5g	3g	unbleached white wheat flour, water, corn sweetener, yeast, salt
High 5 Fiber***	120	3.5g	0mg	160mg	20g	5g	5g	5g	fresh stone-ground 100% whole wheat , water, honey, flax seeds, millet, wheat bran , sunflower seeds, sesame seeds, yeast, salt
Honey Spelt***	110	1.5g	0mg	160mg	30g	3g	4g	5g	fresh stone-ground spelt flour, water, honey, yeast, salt
Honey Whole Wheat***	110	0mg	0mg	160mg	2g	3g	6g	4g	fresh stone-ground 100% whole wheat , water, honey, yeast, salt
Pesto Parmesan*	150	3g	5mg	290mg	24g	2g	4g	6g	water, stone-ground whole wheat , unbleached white wheat flour, parmesan cheese , pesto (parmesan cheese , fresh basil, extra-virgin olive oil, canola oil pine nuts , fresh garlic, rice vinegar, salt, black pepper), corn sweetener, yeast, salt
Summer Berry Swirl*	120	0g	0mg	115mg	25g	2g	10g	3g	fresh stone-ground whole wheat , unbleached white wheat flour, water, blueberries and/or Marionberries, brown sugar, corn sweetener, yeast, salt