


|  <b>Great Harvest Bread Co.</b><br>Ingredients/Nutrition for Federal<br>Way Gluten-Free Breads only |                       | <h2 style="text-align: center;">GLUTEN-FREE BREADS &amp; SWEETS</h2> <p style="text-align: center;">Our Gluten-free ingredients come from Bob's Red Mill.</p> |             |        |               |       |        |         |  |  |  |
|--|-----------------------|---|-------------|--------|---------------|-------|--------|---------|--|--|--|
| SERVING SIZE: 1 slice (1/14th loaf or approx. 56g or 2 oz) approx. 14 slices per loaf  | NUTRITION INFORMATION |   |             |        |               |       |        |         | INGREDIENTS  |  |  |
|  | Calories              | Total Fat   | Cholesterol | Sodium | Carbohydrates | Fiber | Sugars | Protein | These freshly baked gluten-free products are made in our bakery where we use: <b>WHEAT, EGGS, MILK, SOY, PEANUTS &amp; TREE NUTS</b>   |  |  |
| <b>BROWN RICE Gluten-free</b>  | 120                   | 4g  | 45mg        | 105    | 17g           | 1g    | 4g     | 3g      | water, brown rice flour, eggs, butter, non-fat milk, tapioca flour, potato starch, sugar, yeast, xanthan gum, apple cider vinegar, salt. <b>Contains: egg, milk</b>  |  |  |
| <b>BROWN RICE CINNAMON CHIP Gluten-Free</b>  | 140                   | 4.5g  | 35mg        | 80mg   | 22g           | 1g    | 5g     | 3g      | water, brown rice flour, eggs, cinnamon chips(sugar, palm oil, cinnamon, non-fat dry milk, soy lecithin), butter, non-fat milk, tapioca flour, potato starch, sugar, yeast, xanthan gum, apple cider vinegar, salt. <b>Contains: egg, milk, soy</b>  |  |  |
| <b>BUCKWHEAT Gluten-Free</b>   | 140                   | 4.5g  | 25mg        | 85mg   | 24g           | 2g    | 6g     | 3g      | water, buttermilk, tapioca flour, honey, brown rice flour, eggs, buckwheat, flax meal, cornstarch, butter, yeast, xanthan gum, apple cider vinegar, salt. <b>Contains: milk, egg</b>   |  |  |
| <b>BUCKWHEAT DAKOTA Gluten-Free</b>  | 150                   | 5g  | 25mg        | 80mg   | 23g           | 2g    | 6g     | 3g      | water, buttermilk, tapioca flour, honey, brown rice flour, eggs, buckwheat, flax meal, millet, sesame seeds, cornstarch, butter, yeast, cinnamon, xanthan gum, apple cider vinegar, salt. <b>Contains: egg, milk</b>   |  |  |
| <b>BANANA DESSERT LOAF Gluten-Free</b>   | 150                   | 6g  | 30mg        | 75mg   | 23g           | 1g    | 14g    | 2g      | banana puree, cane sugar, garbanzo bean flour, potato starch, tapioca flour, whole grain sweet white sorghum flour, fava bean flour, eggs, canola oil, baking soda, baking powder, xanthan gum, salt. <b>Contains: egg</b>   |  |  |
| <b>BANANA WALNUT Gluten-Free</b>   | 155                   | 6g  | 30mg        | 75mg   | 22g           | 1g    | 14g    | 2g      | banana puree, cane sugar, garbanzo bean flour, potato starch, tapioca flour, whole grain sweet white sorghum flour, fava bean flour, walnuts, eggs, canola oil, baking soda, baking powder, xanthan gum, salt. <b>Contains: egg, walnuts (tree nuts)</b>   |  |  |
| <b>PUMPKIN DESSERT LOAF Gluten-Free</b>  | 180                   | 8g  | 20mg        | 100mg  | 25g           | 2g    | 14g    | 2g      | pumpkin, cane sugar, garbanzo bean flour, potato starch, tapioca flour, whole grain sweet white sorghum flour, fava bean flour, eggs, canola oil, pumpkin pie spice, baking soda, baking powder, xanthan gum, salt. <b>Contains: egg</b>   |  |  |
| <b>PUMPKIN CHOC LOAF DESSERT LOAF Gluten-Free</b>  | 180                   | 8g  | 20mg        | 100mg  | 25g           | 2g    | 15g    | 2g      | pumpkin, cane sugar, garbanzo bean flour, potato starch, tapioca flour, whole grain sweet white sorghum flour, fava bean flour, eggs, chocolate chips(sugar, choc. liquor, cocoa butter, soy lecithin, ground vanilla beans) canola oil, pumpkin pie spice, baking soda, baking powder, xanthan gum, salt. <b>Contains: egg, soy</b>   |  |  |
| <b>BROWNIES (one) Gluten-Free</b>  | 266                   | 11g   | 27g         | 185mg  | 45g           | 2g    | 20g    | 2.5g    | evaporated cane juice, Ghirardelli cocoa, potato starch, whole grain sorghum flour, tapioca flour, whole grain corn flour, canola oil, eggs, water, sea salt, baking powder, xanthan gum. <b>Contains: egg</b>   |  |  |
| <b>CHOCOLATE CHIP COOKIES (one) Gluten-Free</b>  | 140                   | 5g  | 30mg        | 100mg  | 21g           | 1g    | 12g    | 2g      | brown sugar, evaporated cane juice, garbanzo bean flour, potato starch, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla), tapioca starch, whole grain sorghum flour, fructose, fava bean flour, eggs, canola oil, water, xanthan gum, baking soda, sea salt, natural vanilla powder. <b>Contains: egg, soy</b>                         |  |  |
| <b>PEANUT BUTTER-CHOCOLATE CHIP COOKIES (one) Gluten-Free</b>  | 150                   | 7g  | 10mg        | 160mg  | 22g           | 2g    | 13g    | 2g      | brown sugar, evaporated cane juice, garbanzo bean flour, potato starch, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla), tapioca starch, whole grain sorghum flour, fructose, fava bean flour, peanut butter, eggs, canola oil, water, xanthan gum, baking soda, sea salt, natural vanilla powder. <b>Contains: egg, peanuts, soy</b> |  |  |
| <b>CHOCOLATE CUPCAKES (one) Gluten-Free</b>  | 184                   | 8.5g  | 22mg        | 99mg   | 25g           | 2g    | 13g    | 3g      | Evaporated Cane Juice, unsweetened Cocoa, Garbanzo Bean Flour, Potato Starch, Tapioca Flour, Whole Grain Sorghum Flour, Fava Bean Flour, canola oil, milk, eggs, apple cider vinegar, water, Baking Soda, Xanthan Gum, Sea Salt, Cream of Tartar. <b>Contains: milk, egg</b>   |  |  |
| <b>VANILLA CUPCAKES (one) Gluten-Free</b>  | 193                   | 8g  | 33mg        | 191mg  | 26g           | 0mg   | 16g    | 1g      | sugar, potato starch, tapioca flour, whole grain sorghum flour, water, eggs, canola oil, baking powder, sea salt, xanthan gum, natural vanilla powder. <b>Contains: egg</b>  |  |  |
| <b>CHOCOLATE/VANILLA MARBLED CUPCAKES (one) Gluten-Free</b>  | 188                   | 8g  | 28mg        | 145mg  | 25g           | 1g    | 14.5g  | 2g      | evaporated cane juice, cane sugar, garbanzo bean flour, tapioca flour, whole grain sorghum flour, milk, water, potato starch, fava bean flour, canola oil, eggs, unsweetened cocoa, apple cider vinegar, water, natural vanilla powder, baking powder, baking soda, cream of tartar, xanthan gum, sea salt. <b>Contains: milk, egg</b>   |  |  |
| <b>GLUTEN-FREE CRANBERRY ALMOND GRANOLA</b><br>Serving: 2oz or 1/2 cup   | 220                   | 7g  | 0mg         | 0mg    | 36g           | 5g    | 11g    | 8g      | Gluten-free rolled oats, honey, sunflower seeds, dried cranberries (sugar, sunflower oil), almonds, molasses, cinnamon. <b>Contains: almonds</b>   |  |  |