



Ingredients & nutrition information is for Federal Way
Great Harvest only.

COOKIES, SCONES, DESSERT LOAVES & OTHER SWEETS

For more information go to: WWW.GreatHarvestFederalWay.com

Serving size: 1 each Weights Vary	Nutrition Information								These freshly baked sweets are made in our bakery where we use: WHEAT, EGGS, MILK, SOY, PEANUTS & TREE NUTS
	Calories	Total Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	
CINNAMON ROLL	370	6g	45mg	310mg	74g	4g	40g	8g	unbleached white wheat flour, fresh stone-ground whole wheat, brown sugar, water, corn sweetener, eggs, butter (milk), corn sweetener, yeast, salt. Contains: wheat, milk, egg
FRUIT BAR	250	7g	22g	90mg	40g	4g	29g	4g	fresh stone-ground whole wheat, brown sugar, rolled oats, Marionberries and/or blueberries, and/or apples, and/or raspberries, coconut, butter, eggs, water, salt. Contains: wheat, milk, egg, coconut
WALNUT COFFEE CAKE	290	11g	40mg	150mg	45g	3g	20g	7g	spelt flour, brown sugar, milk, eggs, walnuts, canola oil, butter (milk), baking powder, cinnamon, salt. Contains: spelt, egg, milk, walnuts
SCONES									
BLUEBERRY CREAM CHEESE	290	12g	45mg	290mg	41g	1g	17g	5g	unbleached white wheat flour, brown sugar, cream cheese, blueberries, butter (milk), buttermilk, eggs, baking powder, baking soda, salt. Contains: wheat, milk, egg.
CINNAMON CHIP CREAM CHEESE	350	16g	45mg	290mg	45g	1g	20	5g	unbleached white wheat flour, brown sugar, cream cheese, butter (milk), buttermilk, cinnamon chips (sugar, palm oil, cinnamon, non-fat dry milk, soy lecithin), eggs, baking powder, baking soda, salt. Contains: wheat, milk, egg, soy
MARIONBERRY CREAM CHEESE	280	12g	45mg	290mg	40g	1g	16g	5g	unbleached white wheat flour, brown sugar, cream cheese, Marionberries, butter (milk), buttermilk, eggs, baking powder, baking soda, salt. Contains: wheat, milk, egg
RASPBERRY CREAM CHEESE	280	12g	45mg	290mg	40g	1g	16g	5g	unbleached white wheat flour, brown sugar, cream cheese, raspberries, butter (milk), buttermilk, eggs, baking powder, baking soda, salt. Contains: wheat, milk, egg.
COOKIES serving size 1									
OATMEAL CHOC CHIP WALNUT	509	27g	49mg	241mg	63g	5g	38g	9g	Fresh-ground 100% whole wheat, rolled oats, brown sugar, butter (milk), chocolate chips(sugar, choc. liquor, cocoa butter, soy lecithin, ground vanilla beans), walnuts, eggs, water, salt, baking soda, baking powder. Contains: wheat, milk, egg, soy, walnuts
OATMEAL CHOC CHIP	491	23g	54mg	241mg	68g	5g	41g	8g	Fresh-ground 100% whole wheat, rolled oats, brown sugar, butter (milk), chocolate chips(sugar, choc. liquor, cocoa butter, soy lecithin, ground vanilla beans), eggs, water, salt, baking soda, baking powder. Contains: wheat, milk, egg, soy
CRANBERRY WHITE CHOCOLATE	464	23g	54mg	241mg	65g	4g	43g	7g	Fresh-ground 100% whole wheat, rolled oats, brown sugar, butter (milk), dried cranberries, white chocolate chunks(sugar, cocoa butter, whole milk powder, non-fat dry milk, soy lecithin, vanilla extract), eggs, water, baking soda, baking powder, salt. Contains: wheat, milk, egg, soy
ENERGY	438	23g	45mg	232mg	54g	5g	27g	9g	Fresh-ground 100% whole wheat, rolled oats, brown sugar, butter (milk), chocolate chips(sugar, choc. liquor, cocoa butter, soy lecithin, ground vanilla beans), sunflower seeds, almonds, flax seeds, eggs, water, baking soda, baking powder, salt. Contains, wheat, milk, egg, soy, almonds.
MOLASSES GINGER	446	20g	26mg	250mg	58g	5g	28g	8g	Fresh-ground 100% whole wheat, brown sugar, canola oil, molasses, eggs, water, cinnamon, nutmeg, ginger, cloves, baking soda, salt. Contains: wheat, egg
OATMEAL RAISIN	455	23g	54mg	241mg	71g	5g	42g	7g	Fresh-ground 100% whole wheat, rolled oats, brown sugar, butter (milk), raisins, eggs, water, cinnamon, nutmeg, baking soda, baking powder, salt. Contains: wheat, milk, egg
SUGAR	134	7g	22mg	115mg	18g	0g	7g	2g	Unbleached white wheat flour, butter (milk), cane sugar, eggs, baking powder, salt. Contains: wheat, milk, egg
SNICKERDOODLE	424	22g	55mg	200mg	50g	1g	35g	5g	Unbleached white wheat flour, cane sugar, butter (milk), eggs, baking soda, cream of tartar, cinnamon, salt. Contains: wheat, milk, egg
PEANUT BUTTER	455	22g	50mg	241mg	50g	4g	32g	12g	Fresh-ground 100% whole wheat flour, non-hydrogenated peanut butter, brown sugar, butter (milk), eggs, baking soda, baking powder, salt. Contains: wheat, peanuts, milk, egg
DESSERT LOAVES approx servings per loaf: 13									
BANANA	150	6g	30mg	75mg	23g	1g	14g	2g	Bananas, unbleached white wheat flour, buttermilk, cane sugar, eggs, canola oil, baking soda, baking powder, salt. Contains: wheat, milk, egg
BANANA WALNUT	150	6g	30mg	75mg	22g	1g	14g	2g	Bananas, unbleached white wheat flour, buttermilk, cane sugar, eggs, canola oil, walnuts, baking soda, baking powder, salt. Contains: wheat, milk, egg, walnuts
COCONUT	200	9g	30mg	100mg	27g	1g	17g	3g	unbleached white wheat flour, cane sugar, buttermilk, eggs, canola oil, coconut, coconut emulsion, baking soda, baking powder, salt. Contains: wheat, milk, egg.
LEMON MARIONBERRY	190	8g	40mg	100mg	27g	1g	16g	3g	unbleached white wheat flour, cane sugar, buttermilk, marionberries, eggs, canola oil, lemon emulsion, baking soda, baking powder, salt. Contains: wheat, milk, egg
PUMPKIN	180	8g	25mg	100mg	24g	1g	14g	2g	pumpkin, unbleached white wheat flour, cane sugar, canola oil, eggs, pumpkin pie spice, baking powder, baking soda, salt. Contains: wheat, egg.
PUMPKIN CHOC CHIP	180	9g	25mg	100mg	25g	1g	15g	2g	pumpkin, unbleached white wheat flour, cane sugar, canola oil, eggs, chocolate chips(sugar, choc. liquor, cocoa butter, soy lecithin, ground vanilla beans), pumpkin pie spice, baking powder, baking soda, salt. Contains: wheat, egg, soy
LEMON POPPYSEED	180	8g	40mg	100mg	27g	1g	16g	3g	unbleached white wheat flour, cane sugar, buttermilk, eggs, canola oil, poppyseeds, lemon emulsion, baking soda, cream of tartar, cinnamon, salt. Contains: wheat, milk, egg
CRANBERRY ALMOND GRANOLA (serving size 2 oz or 1/2 cup)	220	7g	0mg	0mg	36g	5g	11g	8g	Roller Oats, honey, sunflower seeds, dried cranberries (sugar, sunflower oil), almonds, molasses, cinnamon. Contains: almonds