BREADS	INGREDIENTS
Apple Cinnamon Burst	Unbleached Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Filtered Water, Trans-Fat-Free Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, Soy Lecithin), Clover Honey, Dried Apples, Fresh Yeast, Sea Salt, Sugar, Eggs
Apricot Walnut	Unbleached Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Filtered Water, Clover Honey, Dried Apricots, Walnuts, Fresh Yeast, Sea Salt, Eggs
Cinnamon Burst	Unbleached Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Filtered Water, Trans-Fat-Free Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, Soy Lecithin), Clover Honey, Fresh Yeast, Sea Salt, Eggs
Cinnamon Swirl	Unbleached Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Filtered Water, Brown Sugar, Freshly Stone-Ground 100% Whole-Wheat Flour, Clover Honey, Eggs, Fresh Yeast, Sea Salt, Butter (RGBH-Free Sweet Cream, Salt), Ground Cinnamon
Cranberry High 5 Fiber *	Freshly Stone-Ground 100% Whole-Wheat Flour, Filtered Water, Clover Honey, Flax Seeds, Dried Cranberries, Millet, Oat Bran, Wheat Bran, Fresh Yeast, Sunflower Seeds, Sea Salt
Cranberry Orange	Unbleached Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Filtered Water, Clover Honey, Dried Cranberries, RGBH-Free Milk, Eggs, Butter (RGBH-Free Sweet Cream, Salt), Fresh Yeast, Pureed Fresh Whole Oranges, Sea Salt
Dakota Whole Wheat *	Freshly Stone-Ground 100% Whole-Wheat Flour, Filtered Water, Clover Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Fresh Yeast, Sesame Seeds, Sea Salt, Poppy Seeds
Ezekiel Whole Wheat *	Freshly Stone-Ground 100% Whole-Wheat Flour, Filtered Water, Clover Honey, Freshly Stone-Ground 100% Whole-Spelt Flour, Freshly-Ground Lentils, Freshly-Ground Barley, Millet, Freshly-Ground Black Beans, Fresh Yeast, Sea Salt
Garlic Tillamook Cheddar	Unbleached Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Filtered Water, Tillamook Medium Cheddar Cheese (Milk, Salt, Enzymes, Annatto Color), Clover Honey, Crushed Fresh Garlic, Fresh Yeast, Sea Salt
Harvest White	Unbleached Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Filtered Water, Clover Honey, Fresh Yeast, Sea Salt
Hawaiian Sweet Bread	Unbleached Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Clover Honey, Filtered Water, RGBH-Free Milk, Butter (RGBH-Free Sweet Cream, Salt), Eggs, Fresh Yeast, Sea Salt, Pure Natural Vanilla Extract
High 5 Fiber *	Freshly Stone-Ground 100% Whole-Wheat Flour, Filtered Water, Clover Honey, Flax Seeds, Millet, Oat Bran, Sunflower Seeds, Wheat Bran, Fresh Yeast, Sea Salt
Honey Whole Wheat *	Freshly Stone-Ground 100% Whole-Wheat Flour, Filtered Water, Clover Honey, Fresh Yeast, Sea Salt
Jalapeño Jack Cornbread	Unbleached Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Monterey Jack Cheese (Milk, Salt, Enzymes), Cornmeal (Whole-Grain Yellow Corn), Filtered Water, Green Jalapeños, (Sliced Jalapeño Peppers, Water, Vinegar, Salt, Trace of Calcium Chloride), Red Peppers (Sweet Peppers, Water, Citric Acid), Clover Honey, Butter (RGBH-Free Sweet Cream, Salt), Eggs, Freshly Stone-Ground 100% Whole-Wheat Flour, Fresh Yeast, Sea Salt
Pumpkin Swirl	Unbleached Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Freshly Stone-Ground 100% Whole-Wheat Flour, Filtered Water, Clover Honey, Eggs, Fresh Yeast, Butter (RGBH-Free Sweet Cream, Salt), Sea Salt, Pumpkin Pie Spice
Raisin Cinnamon Swirl	Unbleached Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Filtered Water, Brown Sugar, Freshly Stone-Ground 100% Whole-Wheat Flour, Clover Honey, Raisins, Eggs, Fresh Yeast, Sea Salt, Butter (RGBH-Free Sweet Cream, Salt), Ground Cinnamon
Red, White & Blueberry	Unbleached Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Filtered Water, Dried Cranberries, Clover Honey, RGBH-Free Milk, White Chocolate Chips (Sugar, Cocoa Butter, Milk, Soy Lecithin (Emulsifier), Pure Natural Vanilla Extract), Blueberry Bits (Sugar, Wheat Flour, Soybean Oil, Wheat Starch, Dexrtrose, Citric Acid, Natural and Artificial Flavor, Dried Blueberries, Red 40 and Blue 2), Butter (RGBH-Free Sweet Cream, Salt), Eggs, Fresh Yeast, Sea Salt, Pure Natural Vanilla Extract
Spinach Feta	Unbleached Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Freshly Stone-Ground 100% Whole-Wheat Flour, Filtered Water, Chopped Spinach, Clover Honey, Feta Cheese (Milk, Salt, Cheese Cultures, Enzymes), Fresh Yeast, Sea Salt, Crushed Fresh Garlic, Oregano, Dried Onion, Black Pepper, Dill, Eggs
Sweet Wheat 'N' Oat *	Freshly Stone-Ground 100% Whole-Wheat Flour, Filtered Water, Clover Honey, Unsulphured Molasses, Rolled Oats, Fresh Yeast, Sea Salt, Caramel Color
White Choc. Cranberry Swirl	Unbleached Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Filtered Water, Dried Cranberries, Clover Honey, RGBH-Free Milk, White Chocolate Chips (Sugar, Cocoa Butter, Milk, Soy Lecithin (Emulsifier), Pure Natural Vanilla Extract), Brown Sugar, Butter (RGBH-Free Sweet Cream, Salt), Eggs, Fresh Yeast, Sea Salt, Pure Natural Vanilla Extract
Whole Grain Gusto *	Freshly Stone-Ground 100% Whole-Wheat Flour, Filtered Water, Clover Honey, Millet, Barley, Fresh Yeast, Flax Seeds, Sunflower Seeds, Sea Salt, Oat Bran

^{* 100%} Freshly Ground Whole Wheat. We mill premium wheat right here in the bakery on our stone mill! Fresh, Healthy & Tasty!