



Great Harvest Bread Co.

Bread. The way it ought to be.™

Breads Serving Size: 1 slice (56 grams)	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (g)	Sodium (g)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
<i>Cheddar Garlic Bread</i>	170	40	4.5	2.5	0	15	400	25	1	4	6
<i>Cinnamon Chip White Bread</i>	160	25	2.5	1.5	0	0	350	31	1	9	3
<i>Cinnamon Raisin Bread</i>	140	10	1	0.5	0	5	310	30	3	9	4
<i>Cranberry Orange Bread</i>	140	5	0.5	0	0	0	290	31	3	12	4
<i>Dakota Bread</i>	170	45	5	0.5	0	0	280	24	4	5	7
<i>Honey Whole Wheat Bread</i>	140	5	0.5	0	0	0	320	27	4	6	6
<i>Popeye Bread</i>	140	10	1.5	0.5	0	5	420	27	2	5	5
<i>White Bread</i>	140	5	0	0	0	0	420	31	1	5	4

Burger Buns & Biscuits Serving Size: 1 bun or 1 biscuit	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (g)	Sodium (g)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
<i>Cheddar Garlic Hamburger Bun</i>	290	80	8	4.5	0	25	750	47	2	7	12
<i>Popeye Hamburger Bun</i>	300	35	4	2	0	15	900	52	4	9	12
<i>Cheddar Bacon Biscuit</i>	380	190	21	12	0.5	55	730	36	2	3	12
<i>Cheddar Garlic Biscuit</i>	360	170	19	12	0.5	55	630	36	2	3	11
<i>Cheddar Ham Biscuit</i>	360	160	19	11	0.5	55	660	36	2	3	11
<i>Parmesan Black Pepper Biscuits</i>	340	150	17	10	0.5	45	700	36	2	3	11
<i>Pesto Parmesan Biscuit</i>	370	180	21	10	0.5	45	670	36	3	3	10

Cinnamon Rolls Serving Size: 1 cinnamon roll	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (g)	Sodium (g)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
<i>Cinnamon Roll without Frosting</i>	790	100	11	6	0	60	870	158	9	80	17
<i>Cinnamon Roll w/ Cream Cheese Frosting</i>	960	200	22	13	0.5	95	920	173	9	94	18

Muffins Serving Size: 1 muffin	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (g)	Sodium (g)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
<i>Lemon Blueberry Ginger Muffin</i>	480	180	20	9	0.5	75	370	68	6	41	10
<i>Rhubarb Streusel Muffin</i>	480	210	23	13	1	145	160	61	4	34	9

Scones Serving Size: 1 scone	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (g)	Sodium (g)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
<i>Apple Cream Cheese Scone</i>	610	220	25	15	1	100	630	87	2	37	10

Scones Serving Size: 1 scone	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (g)	Sodium (g)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
<i>Blueberry Cream Cheese Scone</i>	610	220	25	14	1	100	630	87	2	36	10
<i>Cherry Cream Cheese Scone</i>	610	220	25	14	1	100	630	86	2	36	10
<i>Marionberry Cream Cheese Scone</i>	610	220	25	14	1	100	630	87	3	36	10
<i>Mixed Berry Cream Cheese Scone</i>	600	220	25	14	1	100	630	86	2	36	10
<i>Peach Cream Cheese Scone</i>	600	220	25	14	1	100	630	86	2	36	10
<i>Raspberry Cream Cheese Scone</i>	600	220	25	14	1	100	630	86	2	35	10
<i>Rhubarb Cream Cheese Scone</i>	600	220	25	14	1	100	630	85	2	34	10

Bars Serving Size: 1 bar	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (g)	Sodium (g)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
<i>Harvest Bar</i>	260	90	11	1.5	0	0	75	39	5	21	6
<i>Lemon Bar</i>	430	150	16	9	0.5	115	240	67	1	39	6
<i>Blueberry Savannah Bar</i>	530	160	18	11	0.5	55	220	86	7	57	8
<i>Mixed Berry Savannah Bar</i>	520	160	18	11	0.5	55	220	86	7	55	8
<i>Blueberry Peach Raspberry Savannah Bar</i>	520	160	18	11	0.5	55	220	85	7	55	8
<i>Blueberry Peach Strawberry Savannah Bar</i>	520	160	18	11	0.5	55	220	85	6	56	8
<i>Blueberry Peach Savannah Bar</i>	520	160	18	11	0.5	55	220	86	6	56	8
<i>Strawberry Rhubarb Savannah Bar</i>	510	160	17	11	0.5	55	220	83	6	53	8
<i>Salted Caramel Brownie</i>	730	360	40	24	1	150	310	89	6	67	9
<i>Caramel Brownie</i>	730	360	40	24	1	150	160	89	6	67	9
<i>Chocolate Chip Brownie</i>	740	380	43	26	1	145	115	86	7	64	9
<i>Chocolate Chip Walnut Brownie</i>	730	390	44	24	1	145	115	82	7	60	10
<i>Chocolate White Chocolate Chip Brownie</i>	740	380	43	25	1	120	120	86	6	64	10
<i>Powdered Sugar Brownie</i>	680	340	39	23	1	145	115	80	6	58	9
<i>Turtle Brownie</i>	740	380	43	24	1	120	130	85	6	62	10
<i>Walnut Brownie</i>	720	390	44	23	1	145	115	78	6	56	10

Cookies Serving Size: 1 cookie	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (g)	Sodium (g)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
<i>Dillon Cookie</i>	510	240	27	13	0.5	55	240	64	5	39	7
<i>Salted Caramel Cookie</i>	490	180	20	12	0.5	55	300	72	4	48	6
<i>Snickerdoodle Cookie</i>	460	170	19	12	0.5	75	200	68	1	38	5

Salads Serving Size: 1 salad	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (g)	Sodium (g)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
<i>Cobb Salad with Dressing</i>	460	280	31	7	0	165	1200	21	4	6	25
<i>Cobb Salad without Dressing</i>	320	150	17	6	0	165	1070	17	4	5	24

Sandwiches Serving Size: 1 sandwich	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (g)	Sodium (g)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
<i>Classic Ham Cheddar Sandwich on Honey Whole Wheat</i>	650	230	26	11	0.5	100	1830	61	10	17	39
<i>Classic Ham Cheddar Sandwich on White</i>	660	230	25	11	0.5	100	2030	68	4	15	36
<i>Classic Ham Pepper Jack Sandwich on Dakota</i>	690	300	33	12	0	95	1760	56	10	13	41
<i>Classic Ham Pepper Jack Sandwich on Honey Whole Wheat</i>	640	220	24	11	0	100	1850	61	10	17	39
<i>Classic Ham Pepper Jack Sandwich on White</i>	640	210	24	11	0	100	2050	68	4	15	35
<i>Classic Ham Provolone Sandwich on Dakota</i>	680	290	32	11	0	85	1780	57	10	17	41
<i>Classic Ham Provolone Sandwich on Honey Whole Wheat</i>	620	210	23	9	0	90	1860	62	10	18	39
<i>Classic Ham Provolone Sandwich on White</i>	630	200	23	9	0	90	2060	69	4	16	35
<i>Classic Ham Swiss Sandwich on Dakota</i>	690	290	32	11	0	90	1570	58	10	16	43
<i>Classic Ham Swiss Sandwich on Honey Whole Wheat</i>	630	210	24	10	0	95	1650	63	10	17	41
<i>Classic Ham Swiss Sandwich on White</i>	640	210	23	10	0	95	1850	70	4	15	37
<i>Classic Turkey Cheddar Sandwich on Dakota</i>	670	280	31	10	0.5	85	1690	53	10	13	45
<i>Classic Turkey Cheddar Sandwich on Honey Whole Wheat</i>	620	200	22	9	0.5	85	1770	58	10	14	43
<i>Classic Turkey Cheddar Sandwich on White</i>	620	200	22	9	0.5	85	1680	65	4	12	39
<i>Classic Turkey Pepper Jack Sandwich on Dakota</i>	660	270	30	10	0	80	1710	53	10	13	44
<i>Classic Turkey Pepper Jack Sandwich on Honey Whole Wheat</i>	600	190	21	9	0	85	1790	58	10	14	42
<i>Classic Turkey Pepper Jack Sandwich on White</i>	610	180	20	9	0	85	1990	65	4	13	38
<i>Classic Turkey Provolone Sandwich on Dakota</i>	640	260	28	9	0	75	1720	54	10	14	44
<i>Classic Turkey Provolone Sandwich on Honey Whole Wheat</i>	580	180	20	8	0	80	1800	59	10	15	42
<i>Classic Turkey Provolone Sandwich on White</i>	590	170	19	8	0	80	2010	66	4	13	39
<i>Classic Turkey Swiss Sandwich on Dakota</i>	650	260	29	10	0	80	1510	55	10	13	46
<i>Classic Turkey Swiss Sandwich on Honey Whole Wheat</i>	600	180	20	9	0	85	1590	60	10	14	44
<i>Classic Turkey Swiss Sandwich on White</i>	600	180	20	9	0	85	1800	67	4	12	41
<i>Classic Roast Beef Cheddar Sandwich on Dakota</i>	700	310	34	13	0.5	100	1120	53	10	13	46
<i>Classic Roast Beef Cheddar Sandwich on Honey Whole Wheat</i>	650	230	25	11	0.5	100	1200	59	10	15	44
<i>Classic Roast Beef Cheddar Sandwich on White</i>	650	220	25	11	0.5	100	1410	66	4	13	41
<i>Classic Roast Beef Pepper Jack Sandwich on Dakota</i>	690	290	33	12	0.5	95	1140	53	10	13	46
<i>Classic Roast Beef Pepper Jack Sandwich on Honey Whole Wheat</i>	630	220	24	11	0.5	100	1220	59	10	15	43
<i>Classic Roast Beef Pepper Jack Sandwich on White</i>	640	210	23	11	0.5	100	1420	66	4	13	40

Sandwiches Serving Size: 1 sandwich	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (g)	Sodium (g)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
<i>Classic Roast Beef Provolone Sandwich on Dakota</i>	670	280	32	11	0.5	90	1150	54	10	14	46
<i>Classic Roast Beef Provolone Sandwich on Honey Whole Wheat</i>	620	210	23	10	0.5	95	1230	59	10	15	44
<i>Classic Roast Beef Provolone Sandwich on White</i>	620	200	22	10	0.5	95	1140	66	4	13	40
<i>Classic Roast Beef Swiss Sandwich on Dakota</i>	680	290	32	12	0	95	940	55	10	13	48
<i>Classic Roast Beef Swiss Sandwich on Honey Whole Wheat</i>	630	210	24	11	0	100	1020	60	10	15	46
<i>Classic Roast Beef Swiss Sandwich on White</i>	630	210	23	11	0	100	1230	67	4	13	42
<i>Baja Chipotle Turkey Sandwich on Honey Whole Wheat</i>	620	180	20	9	0	80	1840	67	12	20	43
<i>Louisville Chicken Salad Sandwich on Dakota</i>	740	410	45	7	0	70	1560	56	10	15	31
<i>Louisville Chicken Salad Sandwich on Honey Whole Wheat</i>	690	330	36	6	0	75	164	61	10	17	29
<i>Louisville Chicken Salad Sandwich on White</i>	690	320	36	6	0	75	1840	68	4	15	25
<i>California Cobb Sandwich on Honey Whole Wheat</i>	550	140	16	4.5	0	65	2020	62	12	16	40
<i>Peanut Butter Jelly Sandwich on Dakota</i>	710	290	32	6	0	0	760	88	11	36	23
<i>Peanut Butter Jelly Sandwich on Honey Whole Wheat</i>	650	210	23	4.5	0	5	840	93	11	37	21
<i>Peanut Butter Jelly Sandwich on White</i>	660	200	23	4.5	0	5	1040	100	5	38	17
<i>Turkey Chile Cheddar Melt on Dakota</i>	690	300	34	11	0.5	85	1770	53	10	13	45
<i>Turkey Chile Cheddar Melt on Honey Whole Wheat</i>	640	230	25	10	0.5	90	1850	58	10	14	43
<i>Turkey Chile Cheddar Melt on White</i>	640	220	25	10	0.5	90	2050	65	4	13	39
<i>Veggie Baja Sandwich on Honey Whole Wheat</i>	580	210	23	9	0	45	1240	69	14	20	24

Breakfast Sandwiches Serving Size: 1 sandwich	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (g)	Sodium (g)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
<i>Bacon Cheddar Breakfast Sandwich on Dakota</i>	710	370	42	16	0.5	250	1330	50	9	11	34
<i>Bacon Cheddar Breakfast Sandwich on Honey Whole Wheat</i>	660	300	33	15	0.5	255	1410	55	9	13	32
<i>Bacon Cheddar Breakfast Sandwich on White</i>	660	290	32	15	0.5	255	1610	62	2	11	28
<i>Bacon Cheddar Breakfast Sandwich on Cheddar Bacon Biscuit</i>	760	470	53	26	1.5	310	1500	36	2	4	32
<i>Bacon Cheddar Breakfast Sandwich on Cheddar Garlic Biscuit</i>	740	460	51	26	1.5	305	1400	37	3	3	32
<i>Bacon Cheddar Breakfast Sandwich on Cheddar Ham Biscuit</i>	730	450	50	26	1.5	305	1430	37	2	4	32
<i>Bacon Cheddar Breakfast Sandwich on Peppered Parmesan Biscuit</i>	720	440	49	25	1.5	300	1460	37	2	4	32

Breakfast Sandwiches Serving Size: 1 sandwich	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (g)	Sodium (g)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
<i>Bacon Cheddar Breakfast Sandwich on Pesto Parmesan Biscuit</i>	750	470	52	25	1.5	295	1430	37	3	4	31
<i>Bacon Pepper Jack Breakfast Sandwich on Dakota</i>	700	360	40	16	0.5	250	1340	50	9	12	33
<i>Bacon Pepper Jack Breakfast Sandwich on Honey Whole Wheat</i>	640	280	32	15	0.5	255	1420	55	9	13	31
<i>Bacon Pepper Jack Breakfast Sandwich on White</i>	650	280	31	14	0.5	255	1630	62	2	11	27
<i>Bacon Pepper Jack Breakfast Sandwich on Cheddar Bacon Biscuit</i>	740	460	51	26	1.5	305	1510	36	2	4	31
<i>Bacon Pepper Jack Breakfast Sandwich on Cheddar Garlic Biscuit</i>	730	440	50	26	1.5	305	1410	37	3	4	31
<i>Bacon Pepper Jack Breakfast Sandwich on Cheddar Ham Biscuit</i>	720	440	49	25	1.5	305	1440	37	2	4	31
<i>Bacon Pepper Jack Breakfast Sandwich on Peppered Parmesan Biscuit</i>	700	420	47	25	1.5	295	1480	37	2	4	31
<i>Bacon Pepper Jack Breakfast Sandwich on Pesto Parmesan Biscuit</i>	730	450	51	25	1.5	295	1450	37	3	4	30
<i>Bacon Provolone Breakfast Sandwich on Dakota</i>	680	350	39	14	0.5	245	1360	51	9	12	33
<i>Bacon Provolone Breakfast Sandwich on Honey Whole Wheat</i>	620	270	30	13	0.5	250	1440	56	9	13	31
<i>Bacon Provolone Breakfast Sandwich on White</i>	630	270	30	13	0.5	250	1640	63	2	11	28
<i>Bacon Provolone Breakfast Sandwich on Cheddar Bacon Biscuit</i>	720	450	50	25	1.5	300	1530	37	2	4	32
<i>Bacon Provolone Breakfast Sandwich on Cheddar Garlic Biscuit</i>	710	430	49	25	1.5	295	1430	38	3	4	31
<i>Bacon Provolone Breakfast Sandwich on Cheddar Ham Biscuit</i>	700	430	48	24	1.5	295	1460	37	2	4	31
<i>Bacon Provolone Breakfast Sandwich on Peppered Parmesan Biscuit</i>	690	410	46	23	1	290	1490	38	3	5	3
<i>Bacon Provolone Breakfast Sandwich on Pesto Parmesan Biscuit</i>	710	440	50	24	1	290	1460	38	3	5	30
<i>Bacon Swiss Breakfast Sandwich on Dakota</i>	690	360	40	15	0	250	1150	51	9	11	35
<i>Bacon Swiss Breakfast Sandwich on Honey Whole Wheat</i>	640	280	31	14	0	255	1230	57	9	13	33
<i>Bacon Swiss Breakfast Sandwich on White</i>	640	280	31	14	0	255	1430	64	2	11	30
<i>Bacon Swiss Breakfast Sandwich on Cheddar Bacon Biscuit</i>	740	450	51	26	1	305	1320	38	2	4	34
<i>Bacon Swiss Breakfast Sandwich on Cheddar Garlic Biscuit</i>	720	440	49	26	1	300	1220	38	3	3	33

Breakfast Sandwiches Serving Size: 1 sandwich	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (g)	Sodium (g)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
<i>Bacon Swiss Breakfast Sandwich on Cheddar Ham Biscuit</i>	710	430	48	25	1	300	1250	38	2	4	34
<i>Bacon Swiss Breakfast Sandwich on Peppered Parmesan Biscuit</i>	700	420	47	24	1	295	1280	38	2	4	33
<i>Bacon Swiss Breakfast Sandwich on Pesto Parmesan Biscuit</i>	730	450	50	25	1	295	1250	38	3	4	32
<i>Bacon Cheddar Breakfast Sandwich on Dakota</i>	710	340	38	15	0.5	265	1410	51	9	13	39
<i>Ham Cheddar Breakfast Sandwich on Honey Whole Wheat</i>	650	270	30	14	0.5	270	1500	56	9	14	37
<i>Ham Cheddar Breakfast Sandwich on White</i>	660	260	29	13	0.5	270	1700	63	2	12	33
<i>Ham Cheddar Breakfast Sandwich on Cheddar Bacon Biscuit</i>	750	440	49	25	1.5	320	1580	38	2	5	37
<i>Ham Cheddar Breakfast Sandwich on Cheddar Garlic Biscuit</i>	740	430	48	25	1.5	320	1480	38	2	5	37
<i>Ham Cheddar Breakfast Sandwich on Cheddar Ham Biscuit</i>	730	420	47	24	1.5	320	1510	38	2	5	37
<i>Ham Cheddar Breakfast Sandwich on Peppered Parmesan Biscuit</i>	720	410	46	24	1.5	310	1550	38	2	5	37
<i>Ham Cheddar Breakfast Sandwich on Pesto Parmesan Biscuit</i>	750	440	49	24	1.5	310	1520	38	3	5	36
<i>Ham Pepper Jack Breakfast Sandwich on Dakota</i>	700	330	37	14	0.5	265	1430	51	9	13	38
<i>Ham Pepper Jack Breakfast Sandwich on Honey Whole Wheat</i>	640	250	28	13	0.5	265	1510	56	9	14	36
<i>Ham Pepper Jack Breakfast Sandwich on White</i>	640	250	28	13	0.5	265	1710	63	2	12	33
<i>Ham Pepper Jack Breakfast Sandwich on Cheddar Bacon Biscuit</i>	740	430	48	25	1.5	320	1600	38	2	5	37
<i>Ham Pepper Jack Breakfast Sandwich on Cheddar Garlic Biscuit</i>	720	420	47	25	1.5	315	1500	38	2	5	36
<i>Ham Pepper Jack Breakfast Sandwich on Cheddar Ham Biscuit</i>	720	410	46	24	1.5	315	1530	38	2	5	36
<i>Ham Pepper Jack Breakfast Sandwich on Peppered Parmesan Biscuit</i>	700	400	44	23	1.5	310	1560	38	2	5	36
<i>Ham Pepper Jack Breakfast Sandwich on Pesto Parmesan Biscuit</i>	730	430	48	24	1.5	305	1530	38	3	5	35
<i>Ham Provolone Breakfast Sandwich on Dakota</i>	680	320	36	13	0.5	255	1440	52	9	13	38
<i>Ham Provolone Breakfast Sandwich on Honey Whole Wheat</i>	620	240	27	12	0.5	260	1520	57	9	15	36

Breakfast Sandwiches Serving Size: 1 sandwich	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (g)	Sodium (g)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
<i>Ham Provolone Breakfast Sandwich on White</i>	630	240	27	12	0.5	260	1730	64	2	13	33
<i>Ham Provolone Breakfast Sandwich on Cheddar Bacon Biscuit</i>	720	420	47	24	1.5	310	1610	39	2	6	37
<i>Ham Provolone Breakfast Sandwich on Cheddar Garlic Biscuit</i>	710	410	45	23	1.5	310	1510	39	3	5	36
<i>Ham Provolone Breakfast Sandwich on Cheddar Ham Biscuit</i>	700	400	45	23	1.5	310	1540	39	2	6	37
<i>Ham Provolone Breakfast Sandwich on Peppered Parmesan Biscuit</i>	690	390	43	22	1	300	1580	39	3	6	36
<i>Ham Provolone Breakfast Sandwich on Pesto Parmesan Biscuit</i>	710	420	47	22	1	300	1550	39	3	6	35
<i>Ham Swiss Breakfast Sandwich on Dakota</i>	690	330	37	14	0	260	1230	53	9	13	41
<i>Ham Swiss Breakfast Sandwich on Honey Whole Wheat</i>	630	250	28	13	0	265	1310	58	9	14	38
<i>Ham Swiss Breakfast Sandwich on White</i>	640	250	27	13	0	265	1520	65	2	12	35
<i>Ham Swiss Breakfast Sandwich on Cheddar Bacon Biscuit</i>	730	430	48	25	1	315	1400	39	2	5	39
<i>Ham Swiss Breakfast Sandwich on Cheddar Garlic Biscuit</i>	720	410	46	24	1	315	1300	40	2	5	38
<i>Ham Swiss Breakfast Sandwich on Cheddar Ham Biscuit</i>	710	400	45	24	1	315	1330	39	2	5	39
<i>Ham Swiss Breakfast Sandwich on Peppered Parmesan Biscuit</i>	700	390	44	23	1	305	1370	40	2	5	38
<i>Ham Swiss Breakfast Sandwich on Pesto Parmesan Biscuit</i>	730	420	47	23	1	305	1340	40	3	5	38