

NUTRITION FACTS: 50g PORTIONS

In addition to being delicious, our breads are an excellent choice for anyone seeking good nutrition. Our ingredients are basic, whole, and unprocessed, and we are famous for our freshly ground whole grain flours, made every day in our store! These contain the natural bran and vitamin-E rich wheat germ for a difference you can smell, taste, and see.

For comparison's sake, the nutrition facts on this page are for portions mostly weighing 50-56 grams. These facts will allow you to compare nutrition facts of each bread side-by-side. However, please keep in mind that some of the slices of our pre-sliced loaves weigh approximately 62 grams.



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Great Harvest Bread Co.®

BREAD	CALORIES	TOT.FAT	SAT.FAT	CHOLEST.	SODIUM	TOT. CARB	PROTEIN	SUGARS	FIBER
Monkey (96g)	310	7g	3g	10mg	470mg	56g	4g	26g	2g
Cheddar Garlic (56g)	150	4g	0g	15mg	390mg	24g	6g	4g	1g
Popeye (56 g)	140	1.5g	.5g	5mg	430mg	27g	5g	4g	2g
Asiago Pesto (56 g)	160	6g	1.5g	5mg	490mg	23g	4g	3g	1g
Beer Bread (50 g)	112	.5g	0g	0mg	253mg	24g	4g	3.5g	4g
Organic Bellingham Rye (50 g)	111	.5g	0g	0mg	366mg	24g	4g	2g	4g
Challah Braid (56 g)	140	1g	0g	10g	260mg	28g	5g	5g	3g
Cinnamon Raisin (50 g)	112	.5g	0g	0mg	261mg	26g	4g	8g	3g
Cinnamon Raisin Swirl (56 g)	140	1g	0g	5mg	310mg	30g	4g	9g	3g
Cinn. Raisin Walnut (50 g)	132	2g	0g	0mg	285mg	27g	4g	8g	3g
Cinnamon Chip (50 g)	166	3g	1.5g	3mg	289mg	32g	3g	12g	1g
Cranberry Orange (56 g)	140	.5g	0g	0mg	290mg	31g	4g	12g	3g
Dakota Seed Bread (50 g)	143	4g	0g	0mg	272mg	24g	5g	5g	4g
Garlic Cheese Loaf (50 g)	148	5.5g	4g	19mg	157mg	18g	7g	3g	1g
Great Harvest White (50 g)	132	0g	0g	0mg	389mg	29g	3g	4g	1g
High Country Crunch (50 g)	134	4.5g	.5g	0mg	231mg	21g	5g	3g	4g
50/50 Honey Wheat (50 g)	116	0g	0g	0mg	277mg	23g	4g	5g	3g

BREAD	CALORIES	TOT.FAT	SAT.FAT	CHOLEST.	SODIUM	TOT. CARB	PROTEIN	SUGARS	FIBER
<i>Honey Whole Wheat (50 g)</i>	117	.5g	0g	0mg	306mg	25g	4.5g	5g	4g
<i>Organic Heirloom Kamut (50 g)</i>	125	1g	0g	0mg	277mg	25g	5g	5g	4g
<i>Molasses Wheat (50 g)</i>	111	.5g	0g	0mg	356mg	24g	4g	2.5g	3.5g
<i>Oatmeal Walnut (50 g)</i>	107	2g	0g	0mg	259mg	19g	4g	2g	3g
<i>Cinnamon Swirl (56g)</i>	150	1.5g	.5g	5mg	290mg	28g	5g	9g	4g
<i>Organic Heirloom Spelt (50 g)</i>	136	1g	0g	0mg	318mg	28g	6g	4g	4.5g
<i>Whole Grain Sourdough (56g)</i>	110	.5g	0g	0mg	270mg	20g	5g	0g	4g
<i>Rosemary Potato Rolls (1 roll 76 g)</i>	220	7	4g	15mg	590mg	36g	5g	5g	2g
<i>Swiss Dill (50 g)</i>	139	3g	1.5g	8g	261mg	24g	5g	3g	1g
<i>Sourdough (56g) TBD</i>									
<i>Asiago Sourdough (56g) TBD</i>									
<i>Non-Glut. Fant. Flax & Grain (50g)</i>	90	2g	0g	30mg	160mg	15g	3g	2g	2g
<i>Non-Glut. Seeded Flax & Grain (50g)</i>	110	3.5g	0.5g	30mg	140mg	16g	4g	2g	3g

SWEETS & EXTRAS

ITEM & SERVING SIZE	CAL.	TOT.FAT	SAT.FAT	CHOLES.	SODIUM	CARB	PROTEIN	SUGAR	FIBER
<i>Berry Breakfast Scone (1 mini; 1/2 scone)</i>	285	10g	6g	45mg	320mg	51g	6g	17g	2g
<i>Blueberry Oat Bran Muffin (1 muffin)</i>	750	23g	17g	5mg	1100mg	129g	23g	57g	17g
<i>Choc. Chip Walnut Cookie (1/2 cookie)</i>	255	12g	7g	28mg	172mg	33g	3.5g	20g	1.5g
<i>Cinnamon Roll, applesauce (1 mini; 1/2 roll)</i>	328	2g	.5g	36mg	689mg	92g	10g	38.5g	6.5g
<i>Cinnamon Roll, butter (1/2 roll)</i>	373	8.5g	4.5g	53mg	736mg	91g	10g	37.5g	6.5g
<i>Cinnamon Roll, NON-GLUTEN (1 roll)</i>	550	13g	3.5g	55mg	250mg	101g	10g	30g	6g
<i>Coconut Lemon Bar, NON-GLUTEN (1 bar)</i>	710	32g	19g	230mg	110mg	103g	9g	67g	2g
<i>Energy Bar (46 g; 1/4 of bar)</i>	178	7g	1g	0mg	27mg	27g	5g	14.5g	4g
<i>Garlic Cheese Stick (50g; 1/6 of stick)</i>	162	6g	4g	20mg	170mg	19g	7g	3g	4.5g
<i>Cranberry Almond Oatmeal (32g; 1/2 c dry)</i>	130	3g	0g	0mg	40mg	21g	4g	10g	3g
<i>Oatmeal Raisin Cookie (1/2 cookie)</i>	216	10g	6g	35mg	172mg	30g	4g	15g	1g
<i>Shuksan Granola (1/2 cup or 2 ounces)</i>	240	10g	1.5g	0mg	0mg	34g	6g	15g	4g
<i>Groovy Granola (1/2 cup)</i>	280	9g	0g	0mg	65mg	46g	7g	21g	5g