



SEATTLE

Product Information Sheet

Almond Bearclaw

Ingredients:

All natural danish mix (unbleached enriched wheat flour (wheat flour, malted barley flour, enriched with niacin, iron, thiamine mononitrate, riboflavin, folic acid), dextrose, soybean, oil, sugar, emulsifiers (mono- & diglycerides, polyglycerol esters of fatty acids, rice starch), salt, dry whey (milk), leavening (sodium acid pyrophosphate, sodium bicarbonate), defatted soy flour, natural flavors, soybean lecithin, annatto (color), water, unsalted butter (milk), sliced almonds, dates, water, eggs (pasteurized), trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, eggs (pasteurized), white string icing (sugar, water, corn starch, mono- & diglycerides, potassium sorbate (preservative), titanium dioxide (color), dextrose, agar agar, propylene glycol, citric acid, locust bean gum, natural and artificial flavors, heliotropine, hydrochloric acid sugar, yeast, sorbititan monostearate, ascorbic acid, salt, yellow Prussiate of Soda.

Allergens: Contains milk, egg, tree nuts (almonds), wheat, soy.

Almond Bearclaw

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 71 g (2.5 oz)		Total Fat 3.5g	5%	Total Carb. 35g	12%
Serv. Per Cont. 2		Sat. Fat 0.5g	3%	Fiber 2g	7%
Calories 190		Trans Fat 0g		Sugars 12g	
Fat Cal. 30		Cholest. 15mg	6%	Protein 5g	
		Sodium 190mg	8%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0%	Vitamin C 0%	Calcium 2%	Iron 50%

CONTAINS: Eggs, Milk, Nuts, Soy, Wheat

Almond Croissants

Ingredients:

Wheat Flour, water, butter (milk), sugar, yeast, wheat gluten, emulsifier (mono- & diglycerides), dough conditioner (ascorbic acid), enzymes, sugar, almond paste (blanched almonds, sugar, water, potassium sorbate (preservative), natural flavoring), trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), water, eggs (pasteurized), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), powdered sugar (sugar, cornstarch), sliced almonds.

Allergens: Contains milk, egg, tree nuts (almonds), wheat, soy.

Almond Croissants

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serving Size about 5oz (141g)		Total Fat 26g	40%	Total Carb. 53g	18%
Servings Per Container 1		Sat. Fat 9g	43%	Fiber 1g	5%
Amount Per Serving		Trans Fat 0g		Sugars 16g	
Calories 509	Calories from Fat 235	Cholest. 0mg	0%	Protein 5g	
		Sodium 180mg	7%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0%	Vitamin C 0%	Calcium 2%	Iron 15%

Almond Poppyseed Muffin

Ingredients:

Crème cake mix (sugar, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, soybean oil, whey (milk), leavening (sodium aluminum phosphate, sodium bicarbonate), vital wheat gluten, salt, emulsifiers (Propylene glycol, mono- & diglycerides of fats and fatty acids, mono- & diglycerides, sodium stearoyl lactylate, ascorbic acid), artificial flavor, water, eggs (pasteurized), canola oil, sliced almonds, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), poppy seeds, almond emulsion (water, propylene glycol, artificial flavor, xanthan

OrdersSEA@marseebaking.com
www.marseebaking.com

(800) 691-0706
19249 84th Avenue S., Kent, WA 98032

gum, propylene glycol alginate, guar gum, mono- & diglycerides, preservatives (propyl gallate, citric acid), sodium bicarbonate.

Allergens: Contains milk, egg, tree nuts (almonds), wheat, soy.

Almond Poppyseed Muffin

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serving Size about 2.5oz (71g)		Total Fat 14g	22%	Total Carb. 35g	12%
Servings Per Container 2		Sat. Fat 2g	8%	Fiber 2g	7%
Amount Per Serving		Trans Fat 0g		Sugars 12g	
Calories 266	Calories from Fat 130	Cholesterol 48mg	16%	Protein 5g	
		Sodium 228mg	10%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0%	Vitamin C 0%	Calcium 2%	Iron 50%

Apple Fritter

Ingredients:

Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), bleached enriched wheat flour (wheat flour, malted barley flour, enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, dextrose, dried whey (milk), sugar, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), dough conditioners (sodium stearoyl lactylate, (ADA)), defatted soy flour (contains soy lecithin), cellulose gum, nonfat dry milk, soy protein concentrate, lactic acid, enzymes, natural flavors, potato flour, guar gum, dried egg yolks, beta carotene (color), water, sugar, water, maltodextrin, agar, cellulose gum, potassium sorbate (preservative), citric acid, mono- & diglycerides, apple filling (water, high fructose corn syrup, evaporated apples (with sodium bisulfate), corn syrup, modified food starch, citric acid, sodium benzoate, sodium propionate, potassium sorbate and sodium metabisulfate (preservatives), natural flavor (milk), lemon juice concentrate, salt, spice, agar, sodium citrate), palm oil, partially hydrogenated soybean oil and hydrogenated cottonseed oil with TBHQ and citric acid, yeast, sorbititan monostearate, ascorbic acid, cinnamon.

Allergens: Contains milk, egg, wheat, soy.

Apple Fritter

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serving Size 4 oz (113 g/4 oz)		Total Fat 17g	26%	Total Carb. 53g	18%
Serv. Per Cont. 1		Sat. Fat 9g	43%	Fiber 1g	5%
Calories 380		Trans Fat 0g		Sugars 16g	
Fat Cal. 150		Cholest. 0mg	0%	Protein 5g	
		Sodium 180mg	7%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0%	Vitamin C 0%	Calcium 2%	Iron 15%

CONTAINS: Eggs, Milk, Soy, Wheat

Apple Mascarpone French Toast Roll

Ingredients:

All natural danish mix (unbleached enriched wheat flour (wheat flour, malted barley flour, enriched with niacin, iron, thiamine mononitrate, riboflavin, folic acid), dextrose, soybean, oil, sugar, emulsifiers (mono- & diglycerides, polyglycerol esters of fatty acids, rice starch), salt, dry whey (milk), leavening (sodium acid pyrophosphate, sodium bicarbonate), defatted soy flour, natural flavors, soybean lecithin, annatto (color), water, unsalted butter (milk), apples (erythorbic acid, citric acid, salt as preservatives), trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum) eggs (pasteurized), brown sugar (sugar, invert sugar and cane molasses), Mascarpone Cheese (pasteurized milk and cream, citric acid sugar, yeast, sorbititan monostearate, ascorbic acid, cinnamon, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), lemon juice.

Allergens: Contains milk, egg, wheat, soy.

REV: 01-2019
Page 1 of 21



SEATTLE

Product Information Sheet

Apple Mascarpone French Toast Roll

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 10g	15%	Total Carb. 25g	8%
Sat. Fat 5g	25%	Fiber 1g	5%
Trans Fat 0g		Sugars 7g	
Cholest. 20mg	6%	Protein 3g	
Sodium 210mg	9%		
Vitamin A 0%	Vitamin C 0%	Calcium 2%	Iron 15%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Banana Bran Muffin

Ingredients:

Banana puree (100% banana), Flour (**wheat** flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Sugar, Canola oil, **Wheat** bran, Eggs (pasteurized), Buttermilk (cultured lowfat **milk**, fat free **milk** solids, sodium citrate, salt, vitamin A Palmitate and Vitamin D3), Trans fat free shortening (palm oil), Banana Emulsion (water, propylene glycol, xanthan gum, artificial flavors and FD&C Yellow #5), Sea Salt, Sodium bicarbonate, Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Cinnamon.

Allergens: Contains milk, egg, tree nuts, wheat, peanut, soy.

Banana Bran Muffin

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 13g	19%	Total Carb. 31g	10%
Sat. Fat 2g	10%	Fiber 3g	11%
Trans Fat 0g		Sugars 16g	
Cholest. 15mg	5%	Protein 3g	
Sodium 220mg	9%		
Vitamin A 0%	Vitamin C 0%	Calcium 2%	Iron 8%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Wheat

Banquet Croissant

Ingredients:

Enriched bleached **wheat** flour (reduced iron, thiamine, riboflavin, folic acid, ascorbic acid), water, vegetable shortening (partially hydrogenated **soybean** oil, natural colors), fresh yeast, butter, sugar, dextrose, salt, dry **milk**, dough conditioner (flour, diacetylartiac acid of esters of mono- & diglycerides (datem), dextrose, vegetable oil (**soybean** and/or sunflower), enzymes, ascorbic acid, azodicarbonamide (ada), and L-Cysteine Hydrochloride), **eggs** (pasteurized).

Allergens: Contains milk, egg, wheat, soy.

Banquet Croissant

Nutrition Facts			
Serving Size about 1.6oz (45g)		Serving Size about 1.6oz (45g)	
Serving Size about 1.6oz (45g)			
Serving Size about 1.6oz (45g)			
Serving Size about 1.6oz (45g)			
Amount Per Serving			
Calories 149		Calories from Fat 72	
% Daily Value*			
Total Fat 8g	12%	Total Carb. 32g	11%
Saturated Fat 8g	12%	Fiber 1g	3%
Trans Fat 0g		Sugars 15g	
Cholesterol 24mg	8%	Cholest. 10mg	3%
Sodium 149mg	6%	Sodium 200mg	9%
Total Carbohydrate 19g	6%	Vitamin A 0%	Vitamin C 2%
Dietary Fiber 2g	8%	Calcium 8%	Iron 6%
Sugars 3g			
Protein 3g			
Vitamin A 4%	Vitamin C 4%		
Calcium 0%	Iron 6%		

*Percent Daily Values are based on a 2,000 calorie diet.

Blackberry Cobbler Muffin

Ingredients:

Crème cake mix (sugar, enriched bleached flour (bleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, **soybean** oil, **wehy** (**milk**), leavening (sodium aluminum phosphate, sodium bicarbonate), vital **wheat** gluten, salt, emulsifiers (Propylene glycol mono- & diglycerides of fats and fatty acids, mono- & diglycerides, sodium

OrdersSEA@marseebaking.com
www.marseebaking.com

(800) 691-0706
19249 84th Avenue S., Kent, WA 98032

REV: 01-2019
Page 2 of 21

stearoyl lactylate, ascorbic acid), artificial flavor, marionberries, water, **eggs** (pasteurized), canola oil, Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid, sodium bicarbonate, cinnamon.

Allergens: Contains milk, egg, wheat, soy.

Blackberry Cobbler Muffin

Nutrition Facts			
Serving Size about 2.5oz (71g)		Serving Size about 2.5oz (71g)	
Serving Size about 2.5oz (71g)			
Amount Per Serving			
Calories 227		Calories from Fat 94	
% Daily Value*			
Total Fat 11g	16%	Total Carb. 32g	11%
Saturated Fat 2g	9%	Fiber 1g	3%
Trans Fat 0g		Sugars 15g	
Cholesterol 44mg	15%	Cholest. 10mg	3%
Sodium 194mg	8%	Sodium 200mg	9%
Total Carbohydrate 30g	10%	Vitamin A 0%	Vitamin C 2%
Dietary Fiber 1g	3%	Calcium 8%	Iron 6%
Sugars 12g			
Protein 4g			
Vitamin A 2%	Vitamin C 1%		
Calcium 2%	Iron 7%		

*Percent Daily Values are based on a 2,000 calorie diet.

Blackberry Scone with Lemon Glaze

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), marionberries, **buttermilk** (cultured lowfat **milk**, fat free **milk** solids, sodium citrate, salt, vitamin A Palmitate and Vitamin D3), white glaze (sugar, water, corn syrup, stearic acid, agar, salt, potassium sorbate (preservative), guar gum, pectin, dextrose, citric acid, sodium hexametaphosphate, natural and artificial flavors, sugar, trans fat free margarine (palm oil, water, **soybean** oil, salt, vegetable mono- & diglycerides, **soy** lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, unsalted butter (**milk**), powdered sugar (sugar, cornstarch) water, aluminum free baking powder (sodium acid pyrophosphate, bicarbonate soda, corn starch, monocalcium phosphate), lemon juice, salt, yellow Prussiate of Soda, lemon zest.

Allergens: Contains milk, wheat, soy.

Blackberry Scone with Lemon Glaze

Nutrition Facts			
Serving Size 64 g (2.3 oz)		Serving Size 64 g (2.3 oz)	
Serving Size 64 g (2.3 oz)			
Amount/serving			
Total Fat 6g		Total Carb. 32g	
Sat. Fat 3g	16%	Fiber 1g	3%
Trans Fat 0g		Sugars 15g	
Cholest. 10mg	3%	Cholest. 10mg	3%
Sodium 200mg	9%	Sodium 200mg	9%
Vitamin A 0%	Vitamin C 2%	Calcium 8%	Iron 6%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Milk, Soy, Wheat

Blueberry Bran Fruit-Sweetened Muffin

Ingredients:

Organic brown rice syrup, Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Pineapple, pineapple juice, Blueberries, Canola oil, Oat bran, **Wheat** bran, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Sodium bicarbonate, Natural vanilla flavor (natural flavors, water, alcohol, glycerine), Salt, yellow Prussiate of Soda, Rolled oats, Cinnamon.

Allergens: Contains wheat.



SEATTLE

Product Information Sheet

Blueberry Bran Fruit-Sweetened Muffin

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 6g	9%	Total Carb. 31g	10%
Sat. Fat 0g	0%	Fiber 3g	12%
Trans Fat 0g		Sugars 3g	
Cholest. 0mg	0%	Protein 4g	
Sodium 420mg	17%		
Vitamin A 0% • Vitamin C 2% • Calcium 6% • Iron 35%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Wheat

Blueberry Cream Cheese Danish

Ingredients:

Blueberries, Wheat Flour (Unbleached wheat flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), Pastry Flour (unbleached **wheat** flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Cream cheese (pasteurized **milk** and **cream**, cheese culture, salt, carob bean gum, guar gum), **Milk** (with vitamin A Palmitate and Vitamin d3), Powdered sugar (sugar, cornstarch), Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Margarine (palm oil, water, salt, mono- & diglycerides, **soy** lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added), Sugar, Water, Unsalted butter (**milk**), **Eggs** (pasteurized), Glaze (water, sugar, corn syrup, pectin, citric acid, potassium sorbate (preservative), artificial flavor, carrageenan, sodium phosphate, sodium meta-bisulfite (preservative), paprika (color)), Trans fat free margarine (palm oil, water, **soybean** oil, salt, vegetable mono- & diglycerides, **soy** lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Shortening (vegetable gums (guar, arabic), **wheat** flour, **soybean** oil, enzymes), Yeast, sorbitan monostearate, ascorbic acid, Sugar (numoline), Salt, yellow Prussiate of Soda, Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Lemon juice, Conditioner (**Wheat** flour, datem, dextrose, **soybean** oil, ascorbic acid, enzyme), Cinnamon. **Contains Sulfites.**

Allergens: Contains eggs, milk, soy, wheat.

Blueberry Cream Cheese Danish

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 7g	11%	Total Carb. 22g	7%
Sat. Fat 4g	19%	Fiber 1g	3%
Trans Fat 0g		Sugars 9g	
Cholest. 15mg	4%	Protein 3g	
Sodium 150mg	6%		
Vitamin A 0% • Vitamin C 2% • Calcium 2% • Iron 10%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Blueberry Cream Cheese Muffin

Ingredients:

Crème cake mix (sugar, enriched bleached flour (bleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, **soybean** oil, **whey(milk)**, leavening (sodium aluminum phosphate, sodium bicarbonate), vital **wheat** gluten, salt, emulsifiers (Propylene glycol mono- & diglycerides of fats and fatty acids, mono- & diglycerides, sodium stearoyl lactylate, ascorbic acid), artificial flavor, water, **eggs** (pasteurized), canola oil, Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), blueberries, cream cheese (pasteurized **milk** and **cream**, cheese culture, salt, carob bean gum, guar gum) powdered sugar (sugar, cornstarch) trans fat free margarine (palm oil, water, **soybean** oil, salt, vegetable mono- & diglycerides, **soy** lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, natural vanilla flavor (natural flavors, water, alcohol, glycerin), sodium bicarbonate, lemon juice.

Allergens: Contains milk, egg, wheat, soy.

Blueberry Cream Cheese Muffin

Nutrition Facts	
Serving Size about 2.5oz	(71g)
Servings Per Container	
Amount Per Serving 2	
Calories 230	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	17%
Trans Fat 0g	
Cholesterol 46mg	15%
Sodium 232mg	10%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	2%
Sugars 16g	
Protein 3g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Blueberry Fritter

Ingredients:

Blueberry filling (high fructose corn syrup, apples with sodium bisulfite for freshness) (evaporated reconstituted) water, blueberries, modified food starch, natural and artificial flavor, lemon juice, salt, citric acid, preservatives (sodium benzoate, sodium propionate) red #3, blue #1, red #40, Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Mix (Bleached enriched **wheat** flour (**wheat** flour, malted barley flour, enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), **soybean** oil, dextrose, dried **whey (milk)**, sugar, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), dough conditioners (sodium stearoyl lactylate, (ADA)), defatted **soy** flour (contains **soy** lecithin), cellulose gum, nonfat dry **milk**, **soy** protein concentrate, lactic acid, enzymes, natural flavors, potato flour, guar gum, dried **egg** yolks, beta carotene (color)), Water, Sugar, water, maltodextrin, agar, cellulose gum, potassium sorbate (preservative), citric acid, mono and diglycerides, Palm oil, partially hydrogenated **soybean** oil and hydrogenated cottonseed oil with TBHQ and citric acid, Yeast, sorbitan monostearate, ascorbic acid.

Allergens: Contains milk, egg, wheat, soy.

Blueberry Fritter

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 16g	24%	Total Carb. 52g	17%
Sat. Fat 8g	40%	Fiber 1g	4%
Trans Fat 0g		Sugars 20g	
Cholest. 0mg	0%	Protein 5g	
Sodium 190mg	8%		
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 10%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Butter Croissant

Ingredients:

Wheat Flour, water, butter (**milk**), sugar, yeast, **wheat** gluten, emulsifier (mono- & diglycerides), dough conditioner (ascorbic acid), enzymes, **eggs** (pasteurized).

Allergens: Contains milk, egg, wheat.



SEATTLE

Product Information Sheet

Butter Croissant

Nutrition Facts	
Serving Size about 2.8oz (79g)	
Servings Per Container 1	
Amount Per Serving	
Calories 272	Calories from Fat 132
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 10g	48%
Trans Fat 0g	
Cholesterol 52mg	17%
Sodium 300mg	13%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 5g	
Vitamin A 6%	Vitamin C 0%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Caramel Apple Fritter

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Donut mix (Enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), **soybean** oil, dextrose, salt, leavening (sodium acid pyrophosphate, baking soda), **soy** flour, mono- & diglycerides, **whey**, sodium stearoyl lactylate, maltodextrin, natural and artificial flavor, corn syrup solids, **eggs**, guar gum, acacia gum, food starch-modified, beta carotene (as color), water, polysorbate 80, ascorbic acid (dough conditioner), alpha tocopherols as preservative), Water, Glaze (Sugar, water, maltodextrin, agar, cellulose gum, potassium sorbate (preservative), citric acid, mono- & diglycerides), Apple filling (water, high fructose corn syrup, evaporated apples (with sodium bisulfate), corn syrup, modified food starch, citric acid, sodium benzoate, sodium propionate, potassium sorbate and sodium metabisulfate (preservatives), natural flavor (**milk**), lemon juice concentrate, salt, spice, agar, sodium citrate), Donut Frying Shortening (palm oil, cottonseed oil), Maple glaze (sugar, water, corn syrup, corn starch, caramel color, stearic acid, propylene glycol, potassium sorbate (preservative), salt, artificial flavor, citric acid, pectin, guar gum, sodium hexametaphosphate, yellow #6), Yeast, sorbitan monostearate, ascorbic acid, Cinnamon.

Allergens: Contains milk, egg, wheat, soy.

Caramel Apple Fritter

Nutrition Facts			
Serv. Size 4 oz (113 g/4 oz)			
Serv. Per Cont. 1			
Calories 380			
Fat Cal. 140			
Amount/serving		%DV*	
Total Fat 16g	25%	Total Carb. 53g	18%
Sat. Fat 8g	42%	Fiber 1g	5%
Trans Fat 0g		Sugars 18g	
Cholest. 0mg	0%	Protein 5g	
Sodium 170mg	7%		
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 15%	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Carrot Zucchini Breakfast Bread

Ingredients:

Flour (**wheat** flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Carrot, Canola oil, Sugar, **Eggs** (pasteurized), Brown sugar (sugar, invert sugar and cane molasses), Raisins, **Nuts (walnuts and/or pecans)**, Zucchini, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Sodium bicarbonate, Sea Salt, Cinnamon.

Allergens: Contains egg, tree nuts , wheat.

Carrot Zucchini Breakfast Bread

Nutrition Facts			
Serv. Size 85 g (3 oz)			
Serv. Per Cont. 1			
Calories 300			
Fat Cal. 130			
Amount/serving		%DV*	
Total Fat 15g	23%	Total Carb. 36g	12%
Sat. Fat 1g	5%	Fiber 1g	3%
Trans Fat 0g		Sugars 21g	
Cholest. 35mg	11%	Protein 4g	
Sodium 200mg	8%		
Vitamin A 60%		Vitamin C 2%	
Calcium 4%		Iron 6%	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Nuts, Wheat

Carrot Zucchini Muffin

Ingredients:

Sugar, Flour (**wheat** flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Carrot, Brown sugar (sugar, invert sugar and cane molasses), Canola oil, **Eggs** (pasteurized), Raisins, **Nuts (walnuts and/or pecans)**, Zucchini, Cinnamon, Sodium bicarbonate, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Sea Salt.

Allergens: Contains egg, tree nuts , wheat.

Carrot Zucchini Muffin

Nutrition Facts			
Serv. Size 71 g (2.5 oz)			
Serv. Per Cont. 2			
Calories 250			
Fat Cal. 90			
Amount/serving		%DV*	
Total Fat 11g	16%	Total Carb. 36g	12%
Sat. Fat 0.5g	4%	Fiber 1g	3%
Trans Fat 0g		Sugars 25g	
Cholest. 25mg	8%	Protein 3g	
Sodium 150mg	6%		
Vitamin A 40%		Vitamin C 2%	
Calcium 2%		Iron 6%	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Nuts, Wheat

Cherry Filled Raised Donut

Ingredients:

Cherry filling (cherries, sugar, high fructose corn syrup, water, food starch-modified, corn syrup, sodium benzoate, sodium propionate and potassium sorbate (as preservatives), salt, calcium chloride, natural and artificial flavors (**wheat**), citric acid, red #40), Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Donut mix (Enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), **soybean** oil, dextrose, salt, leavening (sodium acid pyrophosphate, baking soda), **soy** flour, mono- & diglycerides, **whey**, sodium stearoyl lactylate, maltodextrin, natural and artificial flavor, corn syrup solids, **eggs**, guar gum, acacia gum, food starch-modified, beta carotene (as color), water, polysorbate 80, ascorbic acid (dough conditioner), alpha tocopherols as preservative), Water, Donut Frying Shortening (palm oil, cottonseed oil), Glaze (Sugar, water, maltodextrin, agar, cellulose gum, potassium sorbate (preservative), citric acid, mono- & diglycerides), Yeast, sorbitan monostearate, ascorbic acid.

Allergens: Contains milk, egg, wheat, soy.

Cherry Filled Raised Donut

Nutrition Facts			
Serv. Size 3 1/5 oz (91 g/3.2 oz)			
Serv. Per Cont. 1			
Calories 280			
Fat Cal. 100			
Amount/serving		%DV*	
Total Fat 12g	18%	Total Carb. 39g	13%
Sat. Fat 6g	29%	Fiber 1g	4%
Trans Fat 0g		Sugars 11g	
Cholest. 0mg	0%	Protein 4g	
Sodium 160mg	7%		
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 10%	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Chocolate Bar Donut

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Donut mix (Enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), **soybean** oil, dextrose, salt, leavening (sodium acid pyrophosphate, baking soda), **soy** flour, mono- & diglycerides, **whey**, sodium stearoyl lactylate, maltodextrin, natural and artificial flavor, corn syrup solids, **eggs**, guar gum, acacia gum, food starch-modified, beta carotene (as color), water, polysorbate 80, ascorbic acid (dough conditioner), alpha tocopherols as



SEATTLE

Product Information Sheet

preservative), Liquid sugar, corn syrup, sugar, cocoa, partially hydrogenated soybean and cottonseed oils, soybean oil, water, contains less than 2% salt, soy lecithin, sorbic acid, art flavor, Water, Donut Frying Shortening (palm oil, cottonseed oil), Yeast, sorbititan monostearate, ascorbic acid, Sugar.

Allergens: Contains milk, egg, wheat, soy.

Chocolate Bar Donut

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 15g	23%	Total Carb. 43g	14%
Serv. Size 91 g (3.2 oz)	Sat. Fat 7g	34%	Fiber 1g	5%
Serv. Per Cont. 1	Trans Fat 0g		Sugars 13g	
Calories 320	Cholest. 0mg	0%	Protein 5g	
Fat Cal. 130	Sodium 170mg	7%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 10%				

CONTAINS: Eggs, Milk, Soy, Wheat

Chocolate Bar Donut with Maple Drizzle

Ingredients:

Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Donut mix (Enriched wheat flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, dextrose, salt, leavening (sodium acid pyrophosphate, baking soda), soy flour, mono- & diglycerides, whey, sodium stearoyl lactylate, maltodextrin, natural and artificial flavor, corn syrup solids, eggs, guar gum, acacia gum, food starch-modified, beta carotene (as color), water, polysorbate 80, ascorbic acid (dough conditioner), alpha tocopherols as preservative), Liquid sugar, corn syrup, sugar, cocoa, partially hydrogenated soybean and cottonseed oils, soybean oil, water, contains less than 2% salt, soy lecithin, sorbic acid, art flavor, Water, Maple glaze (sugar, water, corn syrup, corn starch, caramel color, stearic acid, propylene glycol, potassium sorbate (preservative), salt, artificial flavor, citric acid, pectin, guar gum, sodium hexametaphosphate, yellow #6), Donut Frying Shortening (palm oil, cottonseed oil), Yeast, sorbititan monostearate, ascorbic acid, Sugar.

Allergens: Contains milk, egg, wheat, soy.

Chocolate Bar Donut with Maple Drizzle

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 13g	20%	Total Carb. 45g	15%
Serv. Size 91 g (3.2 oz)	Sat. Fat 6g	30%	Fiber 1g	4%
Serv. Per Cont. 1	Trans Fat 0g		Sugars 19g	
Calories 310	Cholest. 0mg	0%	Protein 4g	
Fat Cal. 110	Sodium 160mg	7%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 10%				

CONTAINS: Eggs, Milk, Soy, Wheat

Chocolate Bismarck Donut

Ingredients:

Bavarian crème filling (water, high fructose corn syrup, modified food starch, vegetable shortening (palm oil, mono- & diglycerides, polysorbate 60, citric acid as an antioxidant), soybean oil, salt, sodium benzoate & potassium sorbate (preservative), natural & artificial flavor, phosphoric acid, titanium dioxide (color), yellow #5 & #6), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Donut mix (Enriched wheat flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, dextrose, salt, leavening (sodium acid pyrophosphate, baking soda), soy flour, mono- & diglycerides, whey, sodium stearoyl lactylate, maltodextrin, natural and artificial flavor, corn syrup solids, eggs, guar gum, acacia gum, food starch-modified, beta carotene (as color), water, polysorbate 80, ascorbic acid (dough conditioner), alpha tocopherols as preservative), Water, Liquid sugar, corn syrup, sugar, cocoa, partially hydrogenated soybean and cottonseed oils, soybean oil, water, contains less than 2% salt, soy lecithin, sorbic acid, art flavor, Donut Frying Shortening (palm oil, cottonseed oil), Yeast, sorbititan monostearate, ascorbic acid, Sugar.

Allergens: Contains milk, egg, wheat, soy.

Chocolate Bismarck Donut

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 12g	18%	Total Carb. 39g	13%
Serv. Size 3 1/5 oz (91 g/3.2 oz)	Sat. Fat 1g	6%	Fiber 1g	4%
Serv. Per Cont. 1	Trans Fat 0g		Sugars 15g	
Calories 280	Cholest. 0mg	0%	Protein 4g	
Fat Cal. 100	Sodium 160mg	7%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 8%				

CONTAINS: Eggs, Milk, Soy, Wheat

Chocolate Breakfast Bread

Ingredients:

Chocolate creme cake mix (sugar, bleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, cocoa (processed with alkali), modified food starch, dried whey (milk), leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), emulsifier blend (propylene glycol monoester, mono- & diglycerides, soy lecithin, BHT, citric acid), salt, wheat gluten, wheat starch, artificial flavor, cellulose gum, sodium stearoyl lactylate), Eggs (pasteurized), Water, Canola oil, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Sugar, Semi sweet chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin), Cocoa powder (processed with potassium carbonate), Sodium bicarbonate.

Allergens: Contains egg, milk, soy, wheat.

Chocolate Breakfast Bread

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 15g	24%	Total Carb. 39g	13%
Serv. Size 85 g (3 oz)	Sat. Fat 2.5g	13%	Fiber 2g	7%
Serv. Per Cont. 1	Trans Fat 0g		Sugars 23g	
Calories 300	Cholest. 40mg	14%	Protein 5g	
Fat Cal. 140	Sodium 210mg	9%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%				

CONTAINS: Eggs, Milk, Soy, Wheat

Chocolate Brownie

Ingredients:

Sugar, eggs (pasteurized), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), unsalted butter (milk), cocoa powder (processed with potassium carbonate), canola oil, natural vanilla flavor (natural flavors, water, alcohol, glycerin), salt, yellow Prussiate of Soda.

Allergens: Contains milk, egg, wheat.

Chocolate Brownie

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 15g	23%	Total Carb. 36g	12%
Serv. Size 71 g (2.5 oz)	Sat. Fat 6g	29%	Fiber 2g	7%
Serv. Per Cont. 2	Trans Fat 0g		Sugars 25g	
Calories 290	Cholest. 70mg	23%	Protein 4g	
Fat Cal. 130	Sodium 105mg	4%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%				

CONTAINS: Eggs, Milk, Wheat

Chocolate Croissant

Ingredients:

Whole wheat flour, water, butter (milk), sweet chocolate (sugar, chocolate liquor, cocoa fat, emulsifier (soy lecithin), sugar, yeast, wheat gluten, salt, emulsifier (mono- & diglycerides, soy lecithin), stabilizer (xanthan gum), dough conditioner (ascorbic acid), enzymes, eggs (pasteurized).

Allergens: Contains milk, egg, wheat, soy. May contain traces of tree nuts.



SEATTLE

Product Information Sheet

Chocolate Croissant

Nutrition Facts	
Serving Size about 2.8oz (79g)	
Servings Per Container 1	
Amount Per Serving	
Calories 282	Calories from Fat 140
% Daily Value*	
Total Fat 16g	24%
Saturated Fat 10g	48%
Trans Fat 0g	
Cholesterol 47mg	16%
Sodium 272mg	11%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 5g	
Vitamin A 6%	Vitamin C 0%
Calcium 2%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 17 g (0.6 oz)		Total Fat 3.5g	5%	Total Carb. 9g	3%
Serv. Per Cont. 9		Sat. Fat 2.5g	13%	Fiber 0g	0%
Calories 70		Trans Fat 0g		Sugars 5g	
Fat Cal. 30		Cholest. 0mg	0%	Protein 1g	
		Sodium 65mg	3%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 71 g (2.5 oz)		Total Fat 13g	19%	Total Carb. 35g	12%
Serv. Per Cont. 1		Sat. Fat 6g	30%	Fiber 1g	3%
Calories 260		Trans Fat 0g		Sugars 20g	
Fat Cal. 110		Cholest. 10mg	4%	Protein 3g	
		Sodium 230mg	10%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 4%

Chocolate Iced Cake Donut

Ingredients:

Donut mix (enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, **soybean** oil, **soy** flour, leavening (sodium acid pyrophosphate, baking soda), nonfat **milk**, dextrose, **egg** yolks, salt, **whey**, **soy** lecithin, spice, yellow 5 lake, yellow 6, yellow 6 lake, yellow 5, natural flavor), Water, Liquid sugar, corn syrup, sugar, cocoa, partially hydrogenated **soybean** and cottonseed oils, **soybean** oil, water, contains less than 2% salt, **soy lecithin**, sorbic acid, art flavor, Donut Frying Shortening (palm oil, cottonseed oil), Sugar.

Allergens: Contains milk, egg, wheat, soy.

Chocolate Iced Cake Donut

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 71 g (2.5 oz)		Total Fat 13g	20%	Total Carb. 32g	11%
Serv. Per Cont. 1		Sat. Fat 6g	32%	Fiber 1g	2%
Calories 260		Trans Fat 0g		Sugars 16g	
Fat Cal. 120		Cholest. 10mg	4%	Protein 3g	
		Sodium 320mg	13%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 6%

Chocolate Iced Raised Donut

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Donut mix (Enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), **soybean** oil, dextrose, salt, leavening (sodium acid pyrophosphate, baking soda), **soy** flour, mono- & diglycerides, **whey**, sodium stearoyl lactylate, maltodextrin, natural and artificial flavor, corn syrup solids, **eggs**, guar gum, acacia gum, food starch-modified, beta carotene (as color), water, polysorbate 80, ascorbic acid (dough conditioner), alpha tocopherols as preservative), Water, Liquid sugar, corn syrup, sugar, cocoa, partially hydrogenated **soybean** and cottonseed oils, **soybean** oil, water, contains less than 2% salt, **soy lecithin**, sorbic acid, art flavor, Donut Frying Shortening (palm oil, cottonseed oil), Yeast, sorbititan monostearate, ascorbic acid, Sugar.

Allergens: Contains milk, egg, wheat, soy.

Chocolate Iced Raised Donut

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 3 1/5 oz (91 g/3.2 oz)		Total Fat 15g	23%	Total Carb. 41g	14%
Serv. Per Cont. 1		Sat. Fat 7g	36%	Fiber 1g	5%
Calories 320		Trans Fat 0g		Sugars 10g	
Fat Cal. 130		Cholest. 0mg	0%	Protein 5g	
		Sodium 180mg	8%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 10%

CONTAINS: Eggs, Milk, Soy, Wheat

Chocolate Iced Donut Hole

Ingredients:

Donut mix (enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, **soybean** oil, **soy** flour, leavening (sodium acid pyrophosphate, baking soda), nonfat **milk**, dextrose, **egg** yolks, salt, **whey**, **soy** lecithin, spice, yellow 5 lake, yellow 6, yellow 6 lake, yellow 5, natural flavor), Chocolate (Sugar, hydrogenated palm kernel oil, cocoa powder, soya lecithin, natural flavor), Water, Donut Frying Shortening (palm oil, cottonseed oil).

Allergens: Contains milk, egg, wheat, soy.

Chocolate Iced Donut Hole

Chocolate Iced Old Fashioned Donut

Ingredients:

Donut mix (enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, dextrose, **soybean** oil, **soy** flour, **egg** yolk, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), salt, nonfat **milk**, **wheat** starch, artificial flavor, **soy** lecithin, mono- & diglycerides, maltodextrin, food starch-modified, azodiocarbamide (dough conditioner)), Liquid sugar, corn syrup, sugar, cocoa, partially hydrogenated **soybean** and cottonseed oils, **soybean** oil, water, contains less than 2% salt, **soy lecithin**, sorbic acid, art flavor, Water, Donut Frying Shortening (palm oil, cottonseed oil), Sugar.

Allergens: Contains milk, egg, wheat, soy.

Chocolate Iced Old Fashioned Donut



SEATTLE

Product Information Sheet

Chocolate Iced Sprinkle Raised Donut

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Total Fat		15g	24%	Total Carb.	44g 15%
Sat. Fat		7g	36%	Fiber	1g 4%
Trans Fat		1g		Sugars	13g
Cholest.		0mg	0%	Protein	4g
Sodium		170mg	7%		
Vitamin A		0%		Vitamin C	0%
Calcium		0%		Iron	10%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Chocolate Muffin

Ingredients:

Chocolate cream cake mix (sugar, bleached enriched **wheat** flour (**wheat** flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), **soybean** oil, cocoa (processed with alkali), modified food starch, dried whey (**milk**), leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), emulsifier blend (propylene glycol monoester, mono- & diglycerides, **soy** lecithin, BHT, citric acid), salt, **wheat** gluten, **wheat** starch, artificial flavor, cellulose gum, sodium stearoyl lactylate), Water, **Eggs** (pasteurized), Canola oil, Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Semi sweet chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin), Sodium bicarbonate.

Allergens: Contains milk, egg, wheat, soy.

Chocolate Muffin

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Total Fat		3g	21%	Total Carb	30g 10%
Sat. Fat		5g	8%	Fiber	0g 0%
Trans Fat		0g		Sugars	16g
Cholest.		40mg	13%	Protein	3g
Sodium		250mg	10%		
Vitamin A		0%		Vitamin C	0%
Calcium		0%		Iron	2%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Cinnamon Cake Donut

Ingredients:

Donut mix (enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, **soybean** oil, **soy** flour, leavening (sodium acid pyrophosphate, baking soda), nonfat **milk**, dextrose, **egg** yolks, salt, **wey**, **soy** lecithin, spice, yellow 5 lake, yellow 6, yellow 5, natural flavor), Water, Donut Frying Shortening (palm oil, cottonseed oil), Sugar, Cinnamon.

Allergens: Contains milk, egg, wheat, soy.

Cinnamon Cake Donut

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Total Fat		14g	21%	Total Carb.	32g 11%
Sat. Fat		7g	35%	Fiber	1g 3%
Trans Fat		0g		Sugars	15g
Cholest.		15mg	4%	Protein	3g
Sodium		350mg	15%		
Vitamin A		0%		Vitamin C	0%
Calcium		2%		Iron	8%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Cinnamon Nut Butterhorn

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), unsalted butter (**milk**), sour **cream**, (cultured **milk & cream**, **wey**, modified food starch, sodium phosphate, guar gum, carageenan, calcium sulphate and locust bean gum), sugar, powdered sugar (sugar, cornstarch), nuts (**walnuts** and/or **pecans**), sugared **egg** yolks (egg yolks, sugar), lemon juice, cinnamon, water, canola oil.

Allergens: Contains milk, egg, tree nuts (walnuts/pecans), wheat.

Cinnamon Nut Butterhorn

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Total Fat		10g	15%	Total Carb.	24g 8%
Sat. Fat		6g	31%	Fiber	1g 3%
Trans Fat		0g		Sugars	10g
Cholest.		35mg	12%	Protein	3g
Sodium		15mg	1%		
Vitamin A		0%		Vitamin C	0%
Calcium		2%		Iron	6%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Nuts, Wheat

Cinnamon Roll

Ingredients:

Trans fat free mix (unbleached enriched **wheat** flour (**wheat** flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, **soybean** oil, nonfat dry **milk**, dextrose, dried **egg** yolks, defatted **soy** flour, salt, mono- & diglycerides, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), vital **wheat** gluten, cellulose gum, beta carotene (color)), Water, White glaze (sugar, maltodextrin), Cream cheese (pasteurized **milk** and **cream**, cheese culture, salt, carob bean gum, guar gum), Trans fat free margarine (palm oil, water, **soybean** oil, salt, vegetable mono- & diglycerides, **soy** lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Yeast, sorbititan monostearate, ascorbic acid, Corn syrup, Lemon juice, Natural & artificial flavors (dextrose, cornstarch, turmeric, apo carotenal, alcohol, vitamin E (contains **milk** ingredients)), Sea Salt, Unsalted butter (**milk**), Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Cinnamon, Brown sugar (sugar, invert sugar and cane molasses).

Allergens: Contains milk, egg, wheat, soy.

Cinnamon Roll

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Total Fat		8g	13%	Total Carb.	35g 12%
Sat. Fat		3g	15%	Fiber	1g 5%
Trans Fat		0g		Sugars	16g
Cholest.		15mg	5%	Protein	4g
Sodium		260mg	11%		
Vitamin A		0%		Vitamin C	0%
Calcium		4%		Iron	10%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Cinnamon Twist Donut

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Donut mix (Enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), **soybean** oil, dextrose, salt, leavening (sodium acid pyrophosphate, baking soda), **soy** flour, mono- & diglycerides, **wey**, sodium stearoyl lactylate, maltodextrin, natural and artificial flavor, corn syrup solids, **eggs**, guar gum, acacia gum, food starch-modified, beta carotene (as color), water, polysorbate 80, ascorbic acid (dough conditioner), alpha tocopherols as preservative), Water, Donut Frying Shortening (palm oil, cottonseed oil), Sugar, Cinnamon, Yeast, sorbititan monostearate, ascorbic acid.

Allergens: Contains milk, egg, wheat, soy.

Cinnamon Twist Donut

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Total Fat		9g	14%	Total Carb.	28g 9%
Sat. Fat		4.5g	23%	Fiber	1g 5%
Trans Fat		0g		Sugars	6g
Cholest.		0mg	0%	Protein	3g
Sodium		115mg	5%		
Vitamin A		0%		Vitamin C	0%
Calcium		0%		Iron	10%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Coconut Crunch Donut Hole

Ingredients:

Donut mix (enriched **wheat** flour bleached (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, **soybean** oil, **soy**



SEATTLE

Product Information Sheet

flour, leavening (sodium acid pyrophosphate, baking soda), nonfat dry milk, dextrose, dry egg yolk, salt, dry whey, soy lecithin, spice, maltodextrin, natural flavor, yellow lake 5, yellow lake 6, yellow 5, yellow 6, water, palm oil, partially hydrogenated soybean oil and hydrogenated cottonseed oil with TBHQ and citric acid, sugar, water, maltodextrin, agar, cellulose gum, potassium sorbate (preservative), citric acid, mono- & diglycerides, coconut crunch (sugar, coconut).

Allergens: Contains milk, egg, tree nuts, coconut, wheat, soy.

Coconut Crunch Donut Hole

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serv. Size 1/2 oz (14g) Serv. Per Cont. 5 Calories 45 Fat Cal. 15	Total Fat 1.5g	3%	Total Carb. 7g
	Sat. Fat 1g	4%	Fiber 0g	0%
	Trans Fat 0g		Sugars 3g	
	Cholest. 5mg	1%	Protein 1g	
	Sodium 75mg	3%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
	Vitamin A 0%	Vitamin C 0%	Calcium 0%	Iron 2%

Cranberry Orange Breakfast Bread

Ingredients:

Crème cake mix (sugar, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, soybean oil, whey (milk), leavening (sodium aluminum phosphate, sodium bicarbonate), vital wheat gluten, salt, emulsifiers (Propylene glycol mono- & diglycerides of fats and fatty acids, mono & diglycerides, sodium stearoyl lactylate, ascorbic acid), artificial flavor, Eggs (pasteurized), Water, Canola oil, Dried cranberries (cranberries, sugar, sunflower oil), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Orange compound (sugar, orange juice of concentrate (25%), glucose syrup, modified waxy maize starch, acidifier (citric acid), flavor (blood oranges), thickening agent (locust bean gum, guar gum), color (paprika extract), gelling agent (pectin)).

Allergens: Contains egg, milk, soy, wheat.

Cranberry Orange Breakfast Bread

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serv. Size 85 g (3 oz) Serv. Per Cont. 1 Calories 290 Fat Cal. 100	Total Fat 11g	17%	Total Carb. 42g
	Sat. Fat 1g	5%	Fiber 1g	3%
	Trans Fat 0g		Sugars 22g	
	Cholest. 45mg	15%	Protein 4g	
	Sodium 260mg	11%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
	Vitamin A 0%	Vitamin C 0%	Calcium 2%	Iron 8%

CONTAINS: Eggs, Milk, Soy, Wheat

Cream Cheese Brownie

Ingredients:

Sugar, eggs (pasteurized), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), unsalted butter (milk), cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum) cocoa powder (processed with potassium carbonate), canola oil, powdered sugar (sugar, cornstarch) trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, natural vanilla flavor (natural flavors, water, alcohol, glycerin), salt, yellow Prussiate of Soda lemon juice.

Allergens: Contains milk, egg, wheat, soy.

Cream Cheese Brownie

Nutrition Facts	
Serving Size about 2.5 oz	(71g)
Servings Per Container 2	
Amount Per Serving	
Calories 285	Calories from Fat 137
% Daily Value*	
Total Fat 16g	24%
Saturated Fat 7g	33%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 122mg	5%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	6%
Sugars 26g	
Protein 4g	
Vitamin A 7%	Vitamin C 0%
Calcium 1%	Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet.	

Cream Cheese Danish

Ingredients:

Cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), Wheat Flour (Unbleached wheat flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), Powdered sugar (sugar, cornstarch), Pastry Flour (unbleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Milk (with vitamin A Palmitate and Vitamin D3), Margarine (palm oil, water, salt, mono- & diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added), White string icing (sugar, water, corn starch, mono- & diglycerides, potassium sorbate (preservative), titanium dioxide (color), dextrose, agar agar, propylene glycol, citric acid, locust bean gum, natural and artificial flavors, heliotropine, hydrochloric acid, Water, Sugar, Eggs (pasteurized), Unsalted butter (milk), Glaze (water, sugar, corn syrup, pectin, citric acid, potassium sorbate (preservative), artificial flavor, carrageenan, sodium phosphate, sodium meta-bisulfite (preservative), paprika (color)), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Shortening (vegetable gums (guar, arabic), wheat flour, soybean oil, enzymes), Yeast, sorbitan monostearate, ascorbic acid, Sugar (numoline), Salt, yellow Prussiate of Soda, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Lemon juice, Conditioner (Wheat flour, datem, dextrose, soybean oil, ascorbic acid, enzyme). **Contains Sulfites.**

Allergens: Contains eggs, milk, soy, wheat.

Cream Cheese Danish

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serv. Size 64 g (1.9 oz) Serv. Per Cont 2 Calories 130 Fat Cal. 70	Total Fat 8g	13%	Total Carb. 24g
	Sat. Fat 5g	24%	Fiber 1g	2%
	Trans Fat 0g		Sugars 13g	
	Cholest. 20mg	6%	Protein 3g	
	Sodium 170mg	7%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
	Vitamin A 0%	Vitamin C 0%	Calcium 2%	Iron 8%

CONTAINS: Eggs, Milk, Soy, Wheat

Creamy Pumpkin Muffin

Ingredients:

Crème cake mix (sugar, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, soybean oil, whey (milk), leavening (sodium aluminum phosphate, sodium bicarbonate), vital wheat gluten, salt, emulsifiers (Propylene glycol, mono- & diglycerides of fats and fatty acids, mono & diglycerides, sodium stearoyl lactylate, ascorbic acid), artificial flavor, Pumpkin, Eggs (pasteurized), Canola oil, Cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), Brown sugar (sugar, invert sugar and cane molasses), Water, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Unsalted butter (milk), Sugar, Pumpkin spice (cinnamon, nutmeg, ginger, cloves), Cinnamon, Natural vanilla flavor (natural flavors, water, alcohol, glycerin).

Allergens: Contains milk, egg, wheat, soy.



SEATTLE

Product Information Sheet

Creamy Pumpkin Muffin

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 71 g (2.5 oz)		Total Fat 12g	18%	Total Carb. 27g	9%
Serv. Per Cont. 2		Sat. Fat 2.5g	13%	Fiber 1g	4%
Calories 220		<i>Trans</i> Fat 0g		Sugars 18g	
Fat Cal. 100		Cholest. 40mg	13%	Protein 3g	
		Sodium 200mg	8%		
		Vitamin A 0%	Vitamin C 0%	Calcium 2%	Iron 4%

CONTAINS: Eggs, Milk, Soy, Wheat

Dark Chocolate Tuxedo Muffin

Ingredients:

Crème cake mix (sugar, enriched bleached flour (bleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, **soybean** oil, **whey (milk)**, leavening (sodium aluminum phosphate, sodium bicarbonate), vital **wheat** gluten, salt, emulsifiers (Propylene glycol mono- & diglycerides of fats and fatty acids, mono- & diglycerides, sodium stearoyl lactylate, ascorbic acid), artificial flavor, cream cheese (pasteurized **milk** and **cream**, cheese culture, salt, carob bean gum, guar gum), **eggs** (pasteurized), water, powdered sugar (sugar, cornstarch) canola oil, semi sweet chocolate (sugar, chocolate liquor, cocoa butter, soya lecithin), Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), sugar, cocoa powder (processed with potassium carbonate), trans fat free margarine (palm oil, water, **soybean** oil, salt, vegetable mono- & diglycerides, **soy** lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, lemon juice, sodium bicarbonate).

Allergens: Contains milk, egg, wheat, soy.

Dark Chocolate Tuxedo Muffin

Nutrition Facts	
Serving Size about 2.25oz (64g)	
Servings Per Container 2	
Amount Per Serving	
Calories 168	Calories from Fat 78
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 23mg	8%
Sodium 120mg	5%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	3%
Sugars 15g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Double Lemon Muffin

Ingredients:

Crème cake mix (sugar, enriched bleached flour (bleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, **soybean** oil, **whey (milk)**, leavening (sodium aluminum phosphate, sodium bicarbonate), vital **wheat** gluten, salt, emulsifiers (Propylene glycol mono & diglycerides of fats and fatty acids, mono & diglycerides, sodium stearoyl lactylate, ascorbic acid), artificial flavor, Water, **Eggs** (pasteurized), Canola oil, powdered sugar (sugar, cornstarch)), Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Cream cheese (pasteurized **milk** and **cream**, cheese culture, salt, carob bean gum, guar gum), Icing (sugar, corn syrup, water, vegetable shortening (palm oil)); contains 2% or less of each of the following: mono- and diglycerides, titanium dioxide (color), salt, propyl paraben, natural and artificial flavor), Unsalted butter (**milk**), Pure lemon juice concentrate, Natural oil of lemon with other natural flavors, Sodium bicarbonate.

Allergens: Contains milk, egg, wheat, soy.

Double Lemon Muffin

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 71 g (2.5 oz)		Total Fat 12g	19%	Total Carb. 35g	12%
Serv. Per Cont. 2		Sat. Fat 2g	11%	Fiber 0g	0%
Calories 260		<i>Trans</i> Fat 0g		Sugars 23g	
Fat Cal. 110		Cholest. 40mg	13%	Protein 3g	
		Sodium 240mg	10%		
		Vitamin A 0%	Vitamin C 2%	Calcium 2%	Iron 6%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Fresh Blueberry Scone

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), blueberries, **buttermilk** (cultured lowfat **milk**, fat free **milk** solids, sodium citrate, salt, vitamin A Palmitate and Vitamin D3), sugar, unsalted butter (**milk**), trans fat free margarine (palm oil, water, **soybean** oil, salt, vegetable mono- & diglycerides, **soy** lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, polished white sugar, carnauba wax, water, aluminum free baking powder (sodium acid pyrophosphate, bicarbonate soda, corn starch, monocalcium phosphate), **eggs** (pasteurized), salt, yellow Prussiate of Soda.

Allergens: Contains milk, egg, wheat, soy.

Fresh Blueberry Scone

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 64 g (2.3 oz)		Total Fat 7g	11%	Total Carb. 30g	10%
Serv. Per Cont. 2		Sat. Fat 3.5g	18%	Fiber 1g	3%
Calories 200		<i>Trans</i> Fat 0g		Sugars 11g	
Fat Cal. 60		Cholest. 10mg	4%	Protein 3g	
		Sodium 220mg	9%		
		Vitamin A 0%	Vitamin C 2%	Calcium 10%	Iron 8%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Fudgy Nut Brownie

Ingredients:

Sugar, **eggs** (pasteurized), Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), unsalted butter (**milk**), cocoa powder (processed with potassium carbonate), nuts (**walnuts and/or pecans**), canola oil, natural vanilla flavor (natural flavors, water, alcohol, glycerin), salt, yellow Prussiate of Soda.

Allergens: Contains milk, egg, tree nuts (walnuts/pecans), wheat.

Fudgy Nut Brownie

Nutrition Facts	
Serving Size about 2.5 oz (71g)	
Servings Per Container 2	
Amount Per Serving	
Calories 301	Calories from Fat 157
% Daily Value*	
Total Fat 17g	27%
Saturated Fat 5g	27%
<i>Trans</i> Fat 0g	
Cholesterol 64mg	21%
Sodium 102mg	4%
Total Carbohydrate 34g	12%
Dietary Fiber 2g	8%
Sugars 24g	
Protein 5g	
Vitamin A 6%	Vitamin C 0%
Calcium 1%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Ginger Breakfast Bread

Ingredients:

Flour (**wheat** flour, malted barley flour, enriched (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)), **Buttermilk** (cultured lowfat **milk**, fat free **milk** solids, sodium citrate, salt, vitamin A Palmitate and Vitamin D3), Canola oil, Brown sugar (sugar, invert sugar and cane molasses), Sugar, **Eggs** (pasteurized),



SEATTLE

Product Information Sheet

Crystalized Ginger (ginger roots, cane sugar), Molasses (cane syrup), Powdered sugar (sugar, cornstarch), Cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), Sodium bicarbonate, Icing (Liquid sugar, corn syrup, sugar, partially hydrogenated soybean and cottonseed oils, contains 2% or less of the following: water, titanium dioxide (color), salt, propylparaben, propylene glycol, natural and artificial flavors; heliotrophine, hydrochloric acid), Unsalted butter (milk), Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Ginger, Sea Salt, Orange extract (alcohol, orange oil, water).

Allergens: Contains milk, egg, wheat, soy.

Ginger Breakfast Bread

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 3 oz (85 g/3 oz)		Total Fat 14g	21%	Total Carb. 45g	15%
Serv. Per Cont. 1		Sat. Fat 1.5g	7%	Fiber 0g	0%
Calories 310		Trans Fat 0g		Sugars 28g	
Fat Cal. 120		Cholest. 20mg	7%	Protein 4g	
		Sodium 210mg	9%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 2%	Vitamin C 0%	Calcium 4%	Iron 10%

CONTAINS: Eggs, Milk, Soy, Wheat

Ginger Dipped Cookie

Ingredients:

Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Brown sugar (sugar, invert sugar and cane molasses), White pastel coating (sugar, partially hydrogenated palm kernel oil, whey, nonfat milk, mono & diglyceride and soya lecithin emulsifiers, artificial color (titanium dioxide), natural and artificial flavors), Molasses (cane syrup), Unsalted butter (milk), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono and diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Eggs (pasteurized), Canola oil, Ginger sugar (fair trade, organic cane sugar & ginger), Sugar (numoline), Sodium bicarbonate, Cinnamon, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Salt, yellow Prussiate of Soda, Ginger, Clove.

Allergens: Contains milk, egg, wheat, soy.

Ginger Dipped Cookie

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 57 g (2 oz)		Total Fat 11g	16%	Total Carb. 35g	12%
Serv. Per Cont. 2		Sat. Fat 6g	28%	Fiber 1g	3%
Calories 240		Trans Fat 0g		Sugars 21g	
Fat Cal. 90		Cholest. 15mg	5%	Protein 3g	
		Sodium 240mg	10%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0%	Vitamin C 0%	Calcium 6%	Iron 10%

CONTAINS: Eggs, Milk, Soy, Wheat

Glazed Old Donut Hole

Ingredients:

Donut mix (enriched wheat flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, dextrose, soybean oil, soy flour, egg yolk, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), salt, nonfat milk, wheat starch, artificial flavor, soy lecithin, mono- & diglycerides, maltodextrin, food starch-modified, azodiacybonamide (dough conditioner)), Glaze (Sugar, water, maltodextrin, agar, cellulose gum, potassium sorbate (preservative), citric acid, mono- & diglycerides), Water, Donut Frying Shortening (palm oil, cottonseed oil).

Allergens: Contains milk, egg, wheat, soy.

Glazed Old Donut Hole

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 17 g (0.6 oz)		Total Fat 2.5g	4%	Total Carb. 9g	3%
Serv. Per Cont. 7		Sat. Fat 1.5g	7%	Fiber 0g	0%
Calories 60		Trans Fat 0g		Sugars 5g	
Fat Cal. 25		Cholest. 5mg	1%	Protein 1g	
		Sodium 55mg	2%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0%	Vitamin C 0%	Calcium 0%	Iron 2%

Glazed Old Fashioned Donut

Ingredients:

Donut mix (enriched wheat flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, dextrose, soybean oil, soy flour, egg yolk, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), salt, nonfat milk, wheat starch, artificial flavor, soy lecithin, mono- & diglycerides, maltodextrin, food starch-modified, azodiacybonamide (dough conditioner)), Glaze (Sugar, water, maltodextrin, agar, cellulose gum, potassium sorbate (preservative), citric acid, mono- & diglycerides), Water, Donut Frying Shortening (palm oil, cottonseed oil).

Allergens: Contains milk, egg, wheat, soy.

Glazed Old Fashioned Donut

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 71 g (2.5 oz)		Total Fat 9g	14%	Total Carb. 41g	14%
Serv. Per Cont. 1		Sat. Fat 4.5g	23%	Fiber 0g	0%
Calories 250		Trans Fat 0g		Sugars 27g	
Fat Cal. 80		Cholest. 10mg	3%	Protein 2g	
		Sodium 190mg	8%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0%	Vitamin C 0%	Calcium 2%	Iron 4%

Glazed Orange Currant Scone

Ingredients:

Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Nonfat milk (vitamin A palmitate & D3 added), Currants, Unsalted butter (milk), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), White glaze (sugar, water, corn syrup, stearic acid, agar, salt, potassium sorbate (preservative), guar gum, pectin, dextrose, citric acid, sodium hexametaphosphate, natural and artificial flavors), Eggs (pasteurized), Sugar, Powdered sugar (sugar, cornstarch), Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Orange compound (sugar, orange juice of concentrate (25%), glucose syrup, modified waxy maize starch, acidifier (citric acid), flavor (blood oranges), thickening agent (locust bean gum, guar gum), color (paprika extract), gelling agent (pectin), Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Orange juice, water, Sea Salt, Lemon juice, Orange zest, Orange extract (alcohol, orange oil, water).

Allergens: Contains milk, egg, wheat, soy.

Glazed Orange Currant Scone

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 64 g (2.3 oz)		Total Fat 9g	14%	Total Carb. 33g	11%
Serv. Per Cont. 2		Sat. Fat 4.5g	22%	Fiber 1g	4%
Calories 230		Trans Fat 0g		Sugars 14g	
Fat Cal. 80		Cholest. 25mg	8%	Protein 3g	
		Sodium 210mg	9%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0%	Vitamin C 2%	Calcium 8%	Iron 8%

CONTAINS: Eggs, Milk, Soy, Wheat

Glazed Raised Donut

Ingredients:

Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Donut mix (Enriched wheat flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, dextrose, salt, leavening (sodium acid pyrophosphate, baking soda), soy flour, mono- & diglycerides, whey, sodium stearoyl lactylate, maltodextrin, natural and artificial flavor, corn syrup solids, eggs, guar gum, acacia gum, food starch-modified, beta carotene (as color), water, polysorbate 80, ascorbic acid (dough conditioner), alpha tocopherols as preservative), Water, Donut Frying Shortening (palm oil, cottonseed oil), Glaze (Sugar, water, maltodextrin, agar, cellulose gum, potassium sorbate (preservative), citric acid, mono- & diglycerides), Yeast, sorbitan monostearate, ascorbic acid.

Allergens: Contains milk, egg, wheat, soy.



SEATTLE

Product Information Sheet

Glazed Raised Donut

Nutrition Facts				
Amount/serving	%DV*	Amount/serving	%DV*	
Total Fat 15g	23%	Total Carb. 42g	14%	
Serv. Size 3 1/5 oz (91 g/3.2 oz)	Sat. Fat 7g	37%	Fiber 1g	4%
Serv. Per Cont. 1	Trans Fat 0g		Sugars 9g	
Calories 320	Cholest. 0mg	0%	Protein 5g	
Fat Cal. 130	Sodium 190mg	8%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
CONTAINS: Eggs, Milk, Soy, Wheat				

Glazed Twist Donut

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Donut mix (Enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, dextrose, salt, leavening (sodium acid pyrophosphate, baking soda), **soy** flour, mono- & diglycerides, **whey**, sodium stearoyl lactylate, maltodextrin, natural and artificial flavor, corn syrup solids, **eggs**, guar gum, acacia gum, food starch-modified, beta carotene (as color), water, polysorbate 80, ascorbic acid (dough conditioner), alpha tocopherols as preservative), Water, Donut Frying Shortening (palm oil, cottonseed oil), Glaze (Sugar, water, maltodextrin, agar, cellulose gum, potassium sorbate (preservative), citric acid, mono- & diglycerides), Cinnamon, Yeast, sorbitan monostearate, ascorbic acid.

Allergens: Contains milk, egg, wheat, soy.

Glazed Twist Donut

Nutrition Facts				
Amount/serving	%DV*	Amount/serving	%DV*	
Total Fat 9g	14%	Total Carb. 27g	9%	
Serv. Size 57 g (2 oz)	Sat. Fat 4.5g	22%	Fiber 2g	8%
Serv. Per Cont. 1	Trans Fat 0g		Sugars 5g	
Calories 200	Cholest. 0mg	0%	Protein 3g	
Fat Cal. 80	Sodium 115mg	5%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
CONTAINS: Eggs, Milk, Soy, Wheat				

Hippie Cookie

Ingredients:

Nut mix (peanuts, pumpkin seeds, sunflower seeds, cashews, hazelnuts, pecans, walnuts), Raisins, Brown sugar (sugar, invert sugar and cane molasses), Flour (**wheat** flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Rolled oats, Sugar, Unsalted butter (**milk**), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), **Eggs** (pasteurized), Butterscotch chips (sugar, palm kernel oil, whey, nonfat **milk**, **soy** lecithin, natural flavor, artificial color (blue2 lake, yellow 5 lake, yellow 6 lake), pure vanilla, Shredded coconut (coconut, sugar, water, propylene glycol), Sodium bicarbonate, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Orange extract (alcohol, orange oil, water), Sea Salt.

Allergens: Contains milk, egg, tree nuts, coconut, wheat, peanuts, soy.

Hippie Cookie

Nutrition Facts				
Amount/serving	%DV*	Amount/serving	%DV*	
Total Fat 10g	15%	Total Carb. 25g	8%	
Serv. Size 45 g (1.6 oz)	Sat. Fat 4g	20%	Fiber 1g	5%
Serv. Per Cont. 2	Trans Fat 0g		Sugars 15g	
Calories 190	Cholest. 15mg	5%	Protein 3g	
Fat Cal. 90	Sodium 85mg	4%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
CONTAINS: Eggs, Milk, Nuts, Peanuts, Soy, Wheat				

Honey Apple Bran Muffin

Ingredients:

Honey bran mix (bleached enriched **wheat** flour, (wheat flour, malted barley flour, enriched with niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, **wheat** bran, corn syrup solids, dried **buttermilk**, **soybean** oil), dry honey

OrdersSEA@marseebaking.com
www.marseebaking.com

(800) 691-0706
19249 84th Avenue S., Kent, WA 98032

powder (honey, high fructose corn syrup, **wheat** starch, corn syrup, **soy** flour, calcium stearate, **soy** lecithin), sodium bicarbonate, dried **eggs**, dry malt powder (malted barley flour, dextrose, **wheat** flour), salt, silicon dioxide, caramel color), salt, caramel color (contains sulfites), water, nuts (**walnuts** and/or **pecans**), apples (erythorbic acid, citric acid, salt as preservatives), unsalted butter (**milk**), sugar, brown sugar (sugar, invert sugar and cane molasses), canola oil, honey, cinnamon, natural vanilla flavor (natural flavors, water, alcohol, glycerin), vinegar, water, sodium benzoate.

Allergens: Contains milk, egg, tree nuts, wheat, soy.

Honey Apple Bran Muffin

Nutrition Facts				
Amount/serving	%DV*	Amount/serving	%DV*	
Total Fat 7g	10%	Total Carb. 34g	11%	
Serv. Size 71 g (2.5 oz)	Sat. Fat 2g	11%	Fiber 4g	15%
Serv. Per Cont. 2	Trans Fat 0g		Sugars 19g	
Calories 230	Cholest. 15mg	5%	Protein 4g	
Fat Cal. 60	Sodium 290mg	12%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
CONTAINS: Eggs, Milk, Nuts, Wheat				

Iced Molasses Cookie

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), brown sugar (sugar, invert sugar and cane molasses), molasses (cane syrup), white glaze (sugar, water, corn syrup, stearic acid, agar, salt, potassium sorbate (preservative), guar gum, pectin, dextrose, citric acid, sodium hexametaphosphate, natural and artificial flavors, unsalted butter (**milk**), trans fat free margarine (palm oil, water, **soybean** oil, salt, vegetable mono- & diglycerides, **soy lecithin**, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), **eggs** (pasteurized), sugar (numoline), sodium bicarbonate, cinnamon, aluminum free baking powder (sodium acid pyrophosphate, bicarbonate soda, corn starch, monocalcium phosphate), salt, yellow Prussiate of Soda, ginger, clove.

Allergens: Contains milk, egg, wheat, soy.

Iced Molasses Cookie

Nutrition Facts	
Serving Size about 2oz	(57g)
Servings Per Container 1	
Amount Per Serving	
Calories 235	Calories from Fat 66
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	18%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 330mg	14%
Total Carbohydrate 40g	13%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 3g	
Vitamin A 7%	Vitamin C 1%
Calcium 2%	Iron 7%
*Percent Daily Values are based on a 2,000 calorie diet.	

Iced Pumpkin Scone

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), **Buttermilk** (cultured lowfat **milk**, fat free **milk** solids, sodium citrate, salt, vitamin A Palmitate and Vitamin D3), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Pumpkin, Sugar, White glaze (sugar, water, corn syrup, stearic acid, agar, salt, potassium sorbate (preservative), guar gum, pectin, dextrose, citric acid, sodium hexametaphosphate, natural and artificial flavors), Powdered sugar (sugar, cornstarch), Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Orange juice, water, Sodium bicarbonate, Cinnamon, Ginger, Clove, Lemon juice, Nutmeg, Sea Salt, Orange compound (sugar, orange juice of concentrate (25%), glucose syrup, modified waxy maize starch, acidifier (citric acid), flavour (blood oranges),



SEATTLE

Product Information Sheet

thickening agent (locust bean gum, guar gum), colour (paprika extract), gelling agent (pectin).

Allergens: Contains milk, wheat, soy.

Iced Pumpkin Scone

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 64 g (2.3 oz)			
Serv. Per Cont. 2			
Calories 200			
Fat Cal. 70			
Total Fat 8g	12%	Total Carb. 29g	10%
Sat. Fat 3g	16%	Fiber 1g	4%
Trans Fat 0g		Sugars 12g	
Cholest. 0mg	0%	Protein 3g	
Sodium 260mg	11%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
CONTAINS: Milk, Soy, Wheat			

Jumbo Croissant

Ingredients:

Enriched **wheat** flour (ascorbic acid, azodicarbonamide, amylase, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, non-hydrogenated vegetable shortening, (palm oil, modified palm oil, canola oil, water, sugar, mono- & diglycerides, soy lecithin, citric acid, artificial flavor, vitamin A palmitate, vitamin D3-beta carotene), sugar, yeast, salt, dough conditioner (wheat flour, dextrose, diacetyl tartaric acid, esters of mono- & diglycerides, 2% or less **soy** oil, ascorbic acid, enzyme), **eggs** (pasteurized).

Allergens: Contains egg, wheat, soy.

Jumbo Croissant

Nutrition Facts	
Serving Size about 3.75oz	(106g)
Servings Per Container 1	
Amount Per Serving	
Calories 325	Calories from Fat 133
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 6g	31%
Trans Fat 0g	
Cholesterol 9mg	3%
Sodium 387mg	16%
Total Carbohydrate 41g	14%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet.	

Lemon Cream Danish

Ingredients:

All natural danish mix (unbleached enriched wheat flour (**wheat** flour, malted barley flour, enriched with niacin, iron, thiamine mononitrate, riboflavin, folic acid), dextrose, soybean oil, sugar, emulsifiers (mono- & diglycerides, polyglycerol esters of fatty acids, rice starch), salt, dry whey (**milk**), leavening (sodium acid pyrophosphate, sodium bicarbonate), defatted **soy** flour, natural flavors, **soybean** lecithin, annatto (color), water, unsalted butter (**milk**), trans fat free margarine (palm oil, water, **soybean** oil, salt, vegetable mono- & diglycerides, **soy** lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, **eggs** (pasteurized), apricot glaze (water, high fructose corn syrup, corn syrup, apricot puree (sodium bisulfate as preservative), agar, artificial flavor, (sodium benzoate, potassium sorbate & sodium propionate added), citric acid, natural flavorings, FDC yellow #5 & #6), sugar, crème filling (sugar, dextrose, modified food starch, nonfat dry **milk**, palm oil, corn syrup solids, disodium phosphate, salt, sodium acid pyrophosphate, titanium dioxide (as Color), sodium caseinate, dipotassium phosphate, carrageenan, monoglycerides, corn starch, artificial flavor, yellow #5, Yellow #6, water), lemon juice, **eggs** (pasteurized), yeast, sorbitan monostearate, ascorbic acid, sugared **egg** yolks (egg yolks, sugar) cornstarch. **Contains Sulfites.**

Allergens: Contains eggs, milk, soy, wheat.

Lemon Cream Danish

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 54 g (1.9 oz)			
Serv. Per Cont. 2			
Calories 150			
Fat Cal. 50			
Total Fat 6g	9%	Total Carb. 22g	7%
Sat. Fat 3g	15%	Fiber 1g	3%
Trans Fat 0g		Sugars 8g	
Cholest. 20mg	6%	Protein 3g	
Sodium 190mg	8%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
CONTAINS: Eggs, Milk, Soy, Wheat			

Lemon Poppyseed Ginger Scone

Ingredients:

Flour (**wheat** flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), **Buttermilk** (cultured lowfat **milk**, fat free **milk** solids, sodium citrate, salt, vitamin A Palmitate and Vitamin D3), Trans fat free margarine (palm oil, water, **soybean** oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Sugar, Crystallized Ginger (ginger roots, cane sugar), White glaze (sugar, water, corn syrup, stearic acid, agar, salt, potassium sorbate (preservative), guar gum, pectin, dextrose, citric acid, sodium hexametaphosphate, natural and artificial flavors), Powdered sugar (sugar, cornstarch), Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Lemon juice, Poppyseeds, Sodium bicarbonate, Natural oil of lemon with other natural flavors, Pure lemon juice concentrate, Sea Salt.

Allergens: Contains milk, soy, wheat.

Lemon Poppyseed Ginger Scone

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 64 g			
Serv. Per Cont. 2			
Calories 220			
Fat Cal. 70			
Total Fat 8g	12%	Total Carb. 33g	11%
Sat. Fat 3g	16%	Fiber 0g	0%
Trans Fat 0g		Sugars 15g	
Cholest. 0mg	0%	Protein 3g	
Sodium 260mg	11%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
CONTAINS: Eggs, Milk, Soy, Wheat			

Maple Bar

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Donut mix (Enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), **soybean** oil, dextrose, salt, leavening (sodium acid pyrophosphate, baking soda), **soy** flour, mono- & diglycerides, **whey**, sodium stearoyl lactylate, maltodextrin, natural and artificial flavor, corn syrup solids, **eggs**, guar gum, acacia gum, food starch-modified, beta carotene (as color), water, polysorbate 80, ascorbic acid (dough conditioner), alpha tocopherols as preservative), Maple glaze (sugar, water, corn syrup, corn starch, caramel color, stearic acid, propylene glycol, potassium sorbate (preservative), salt, artificial flavor, citric acid, pectin, guar gum, sodium hexametaphosphate, yellow #6), Water, Donut Frying Shortening (palm oil, cottonseed oil), Yeast, sorbitan monostearate, ascorbic acid, Sugar.

Allergens: Contains milk, egg, wheat, soy.

Maple Bar

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 91 g (3.2 oz)			
Serv. Per Cont. 1			
Calories 310			
Fat Cal. 120			
Total Fat 13g	20%	Total Carb. 44g	15%
Sat. Fat 7g	33%	Fiber 1g	4%
Trans Fat 0g		Sugars 15g	
Cholest. 0mg	0%	Protein 4g	
Sodium 170mg	7%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
CONTAINS: Eggs, Milk, Soy, Wheat			

Maple Walnut Scone

Ingredients:

Flour (**wheat** flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Buttermilk (cultured lowfat **milk**, fat free **milk**



SEATTLE

Product Information Sheet

solids, sodium citrate, salt, Vitamin A Palmitate and Vitamin D3), Trans-fat free margarine (palm oil, water, **soybean** oil, salt, vegetable mono- & diglycerides, **soy** lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), Vitamin A Palmitate added), Powdered sugar (sugar, cornstarch), Sugar, **Nuts (walnuts and/or pecans)**, Maple (water, caramel color (contains sulfites), natural and artificial flavors, propylene glycol, sodium benzoate, sodium propionate, and potassium sorbate (preservatives)), Water, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Sugar (numoline), Sodium bicarbonate, Sea Salt.

Allergens: Contains milk, tree nuts, soy, wheat.

Maple Walnut Scone

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 7g	11%	Total Carb. 30g	10%
Sat. Fat 3g	14%	Fiber 0g	0%
Trans Fat 0g		Sugars 13g	
Cholest. 0mg	0%	Protein 3g	
Sodium 240mg	10%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 6% • Vitamin C 0% • Calcium 10% • Iron 8%			

CONTAINS: Milk, Nuts, Soy, Wheat

Marshmallow Treat

Ingredients:

Marshmallow (corn syrup, sugar, modified corn starch, gelatin), Rice Krispies (rice, sugar, salt, malt (corn flour, malted barley) vitamins (niacinamide, thiamine hydrochloride, pyridoxine hydrochloride (B6), d-calcium pantothenate, folic acid), iron, BHT, trans fat free margarine (palm oil, water, **soybean** oil, salt, vegetable mono- & diglycerides, **soy** lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added).

Allergens: Contains soy.

Marshmallow Treat

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 6g	9%	Total Carb. 65g	22%
Sat. Fat 2.5g	12%	Fiber 0g	0%
Trans Fat 0g		Sugars 32g	
Cholest. 0mg	0%	Protein 3g	
Sodium 290mg	12%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 6% • Vitamin C 0% • Calcium 0% • Iron 20%			

CONTAINS: Soy

Milk & Dark Chocolate Chip Cookie

Ingredients:

Flour (**wheat** flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Brown sugar (sugar, invert sugar and cane molasses), Sugar, Organic Oat Flour (Oats), Milk chocolate chips (sugar, cocoa butter, whole milk powder, unsweetened chocolate, soy lecithin (an emulsifier), natural vanilla extract), Dark chocolate (sugar, chocolate liquor, cocoa butter, **soya** lecithin). Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), **Eggs** (pasteurized), Unsalted butter (**milk**). Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Sodium bicarbonate, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Sea Salt.

Allergens: Contains milk, egg, wheat, soy.

Milk & Dark Chocolate Chip Cookie

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 8g	12%	Total Carb. 27g	9%
Sat. Fat 3.5g	18%	Fiber 0g	0%
Trans Fat 0g		Sugars 18g	
Cholest. 10mg	4%	Protein 2g	
Sodium 100mg	4%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 4% • Vitamin C 0% • Calcium 2% • Iron 4%			

CONTAINS: Eggs, Milk, Soy, Wheat

Mini Lemon Bundt Cake

OrdersSEA@marseebaking.com
www.marseebaking.com

(800) 691-0706
19249 84th Avenue S., Kent, WA 98032

REV: 01-2019
Page 13 of 21

Ingredients:

Crème cake mix (sugar, enriched bleached flour (bleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, **soybean** oil, **whey (milk)**, leavening (sodium aluminum phosphate, sodium bicarbonate), vital **wheat** gluten, salt, emulsifiers (Propylene glycol mono- & diglycerides of fats and fatty acids, mono- & diglycerides, sodium stearoyl lactylate, ascorbic acid), artificial flavor, **eggs** (pasteurized), canola oil, water, Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), lemon flavoring (water, xanthan gum, gum tragacanth, polysorbate 60, FD&C yellow #5, sodium benzoate).

Allergens: Contains milk, egg, wheat, soy.

Mini Lemon Bundt Cake

Nutrition Facts	
Serving Size about 2.25oz	(64g)
Servings Per Container 8	
Amount Per Serving	
Calories 290	Calories from Fat 112
% Daily Value*	
Total Fat 13g	19%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 39mg	13%
Sodium 236mg	10%
Total Carbohydrate 42g	14%
Dietary Fiber >1g	1%
Sugars 28g	
Protein 3g	
*Percent Daily Values are based on a 2,000 calorie diet.	
Vitamin A 3%	• Vitamin C 0%
Calcium 2%	• Iron 6%

Mini Glazed Old Fashioned Donut

Ingredients:

Donut mix (enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, dextrose, **soybean** oil, **soy** flour, **egg** yolk, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), salt, nonfat **milk**, **wheat** starch, artificial flavor, **soy** lecithin, mono- & diglycerides, maltodextrin, food starch-modified, azodiacylcarbonamide (dough conditioner)), Water, Donut Frying Shortening (palm oil, cottonseed oil), Glaze (Sugar, water, maltodextrin, agar, cellulose gum, potassium sorbate (preservative), citric acid, mono- & diglycerides).

Allergens: Contains milk, egg, wheat, soy.

Mini Glazed Old Fashioned Donut

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 4g	6%	Total Carb. 20g	7%
Sat. Fat 2g	10%	Fiber 0g	0%
Trans Fat 0g		Sugars 14g	
Cholest. 5mg	1%	Protein 1g	
Sodium 85mg	3%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%			

Molasses Ginger Cookie

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Brown sugar (sugar, invert sugar and cane molasses), Molasses (cane syrup), Unsalted butter (**milk**), Trans fat free margarine (palm oil, water, **soybean** oil, salt, vegetable mono and diglycerides, **soy** lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), **Eggs** (pasteurized), Polished white sugar, carnauba wax, Sugar (numoline), Sodium bicarbonate, Cinnamon, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Salt, yellow Prussiate of Soda, Ginger, Clove.

Allergens: Contains milk, egg, wheat, soy.



SEATTLE

Product Information Sheet

Molasses Ginger Cookie

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 5g	8%	Total Carb. 27g	9%
Sat. Fat 2.5g	13%	Fiber 1g	3%
Trans Fat 0g		Sugars 14g	
Cholest. 15mg	5%	Protein 2g	
Sodium 220mg	9%		
Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 10%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Oatmeal Raisin Cookie

Ingredients:

Rolled oats, trans fat free shortening (palm oil), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), raisins, brown sugar (sugar, invert sugar and cane molasses), sugar, water, eggs (pasteurized), salt, yellow Prussiate of Soda natural vanilla flavor (natural flavors, water, alcohol, glycerin), sodium bicarbonate, cinnamon, nutmeg.

Allergens: Contains egg, wheat.

Oatmeal Raisin Cookie

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 7g	11%	Total Carb. 27g	9%
Sat. Fat 3g	16%	Fiber 2g	6%
Trans Fat 0g		Sugars 14g	
Cholest. 5mg	1%	Protein 3g	
Sodium 170mg	7%		
Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 6%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Wheat

Orange Almond Roll

Ingredients:

Trans fat free mix (unbleached enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, nonfat dry milk, dextrose, dried egg yolks, defatted soy flour, salt, mono- & diglycerides, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), vital wheat gluten, cellulose gum, beta carotene (color)), water, white glaze (sugar, water, corn syrup, stearic acid, agar, salt, potassium sorbate (preservative), guar gum, pectin, dextrose, citric acid, sodium hexametaphosphate, natural and artificial flavors, sliced almonds, sugar, dates, powdered sugar (sugar, cornstarch), apricot glaze (water, high fructose corn syrup, corn syrup, apricot puree (sodium bisulfate as preservative), agar, artificial flavor, (sodium benzoate, potassium sorbate & sodium propionate added), citric acid, natural flavorings, FDC yellow #5 & # 6), cornstarch, lemon juice, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), orange juice, water yeast, sorbitan monostearate, ascorbic acid, orange zest, almond emulsion (water, propylene glycol, artificial flavor, xanthan gum, propylene glycol alginate, guar gum, mono- & diglycerides, preservatives (propyl gallate, citric acid), salt, yellow Prussiate of Soda, orange extract (alcohol, orange oil, water).

Allergens: Contains milk, egg, tree nuts (almonds), wheat, soy.

Orange Almond Roll

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 2.5g	4%	Total Carb. 34g	11%
Sat. Fat 0g	0%	Fiber 1g	4%
Trans Fat 0g		Sugars 20g	
Cholest. 5mg	2%	Protein 4g	
Sodium 170mg	7%		
Vitamin A 2% • Vitamin C 2% • Calcium 2% • Iron 6%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Nuts, Soy, Wheat

Oregon Marionberry Scone

Ingredients:

Heavy whipping cream (milk), Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Cake Flour (Bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), Sugar, Marionberries, Polished white sugar, carnauba wax, Baking

OrdersSEA@marseebaking.com
www.marseebaking.com

(800) 691-0706
19249 84th Avenue S., Kent, WA 98032

powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Marionberry flavor (marionberry flavor, propylene glycol, water), Sea Salt.

Allergens: Contains milk, wheat.

Oregon Marionberry Scone

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 9g	14%	Total Carb. 29g	10%
Sat. Fat 6g	28%	Fiber 0g	0%
Trans Fat 0g		Sugars 8g	
Cholest. 35mg	11%	Protein 3g	
Sodium 190mg	8%		
Vitamin A 8% • Vitamin C 0% • Calcium 15% • Iron 15%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Peanut Butter Cookie

Ingredients:

Peanut Butter (peanuts), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Brown sugar (sugar, invert sugar and cane molasses), Sugar, Trans fat free shortening (palm oil), Eggs (pasteurized), Dry roasted peanuts, Sodium bicarbonate, Sugar (numoline), Sea Salt.

Allergens: Contains egg, wheat, peanuts.

Peanut Butter Cookie

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 12g	19%	Total Carb. 21g	7%
Sat. Fat 3.5g	18%	Fiber 1g	4%
Trans Fat 0g		Sugars 13g	
Cholest. 10mg	4%	Protein 5g	
Sodium 210mg	9%		
Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 4%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Peanuts, Wheat

Peanut Butter No-Bake Cookie

Ingredients:

Sugar, Rolled oats, Peanut Butter (peanuts), Unsalted butter (milk), Milk with vitamin A Palmitate and Vitamin d3, Cocoa powder (processed with potassium carbonate), Natural vanilla flavor (natural flavors, water, alcohol, glycerin).

Allergens: Contains peanuts, milk.

Peanut Butter No Bake Cookie

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 15g	23%	Total Carb. 38g	13%
Sat. Fat 6g	28%	Fiber 3g	12%
Trans Fat 0g		Sugars 22g	
Cholest. 20mg	6%	Protein 7g	
Sodium 10mg	1%		
Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 6%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Milk, Peanuts

Peppermint Double Chocolate Cookie

Ingredients:

Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Brown sugar (sugar, invert sugar and cane molasses), Sugar, Dark chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin), Eggs (pasteurized), Unsalted butter (milk), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Peppermint Candy (sugar, corn syrup, pure peppermint oil, FD&C Red #40), Cocoa powder (processed with potassium carbonate), Sodium bicarbonate, Sea Salt, Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate).

Allergens: Contains milk, egg, wheat, soy.



SEATTLE

Product Information Sheet

Peppermint Double Chocolate Cookie

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 10g	16%	Total Carb. 33g	11%
Sat. Fat 5g	26%	Fiber 1g	6%
Trans Fat 0g		Sugars 18g	
Cholest. 30mg	9%	Protein 3g	
Sodium 330mg	14%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 6%			

CONTAINS: Eggs, Milk, Soy, Wheat

PINKS Cupcake

Ingredients:

Mix (Sugar, bleached enriched **wheat** flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oils (**soybean** cottonseed oils, propylene glycol monoester, mono- & diglycerides, lecithin, BHA, citric acid), dried **egg** whites, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), dextrose, nonfat dry **milk**, dried **egg** yolks, modified food starch, salt, polysorbate 60, tetrasodium pyrophosphate, natural and artificial flavor, gum arabic, sodium propionate (preservative), calcium acetate, xanthan gum, potassium sorbate (preservative), guar gum, water, powdered sugar (sugar, cornstarch), canola oil, unsalted butter (**milk**), sugar, rice flour, partially hydrogenated vegetable oil (cottonseed and/or **soybean**), corn starch, cellulose gum, carageenan, **soy** lecithin, titanium dioxide (color), yellow 5, red 3, yellow 6, artificial flavor, blue 1, evaporated **milk** (dipotassium phosphate, carrageenan, vitamin D3), cream cheese (pasteurized **milk** and **cream**, cheese culture, salt, carob bean gum, guar gum), cardamom, **almond** emulsion (water, propylene glycol, artificial flavor, xanthan gum, propylene glycol alginate, guar gum, mono- & diglycerides, preservatives (propyl gallate, citric acid), food coloring (water, propylene glycol, FD & C red #40, red #3 and yellow #6).

Allergens: Contains milk, egg, tree nuts, wheat, soy.

PINKS Cupcake

Nutrition Facts			
Serving Size about 3.25oz		(92g)	
Servings Per Container 1			
Amount Per Serving			
Calories 279		Calories from Fat 98	
% Daily Value*			
Total Fat 11g			17%
Saturated Fat 4g			19%
Trans Fat 0g			
Cholesterol 32mg			11%
Sodium 286mg			12%
Total Carbohydrate 43g			14%
Dietary Fiber 1g			2%
Sugars 31g			
Protein 3g			
Vitamin A 3%	Vitamin C 0%		
Calcium 5%	Iron 1%		
*Percent Daily Values are based on a 2,000 calorie diet.			

Plain Cake Donut

Ingredients:

Donut mix (enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, **soybean** oil, **soy** flour, leavening (sodium acid pyrophosphate, baking soda), nonfat **milk**, dextrose, **egg** yolks, salt, **whey**, **soy** lecithin, spice, yellow 5 lake, yellow 6, yellow 6 lake, yellow 5, natural flavor), Water, Donut Frying Shortening (palm oil, cottonseed oil).

Allergens: Contains milk, egg, wheat, soy.

Plain Cake Donut

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 14g	22%	Total Carb. 28g	9%
Sat. Fat 7g	36%	Fiber 1g	2%
Trans Fat 0g		Sugars 10g	
Cholest. 15mg	4%	Protein 4g	
Sodium 360mg	15%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 6%			

Plain Old Fashioned Donut

Ingredients:

Donut mix (enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, dextrose, **soybean** oil, **soy** flour, **egg** yolk, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), salt, nonfat **milk**, **wheat** starch, artificial flavor, **soy** lecithin, mono- & diglycerides, maltodextrin, food starch-modified, azodiocarbamide (dough conditioner)), Water, Donut Frying Shortening (palm oil, cottonseed oil).

Allergens: Contains milk, egg, wheat, soy.

Plain Old Fashioned Donut

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 14g	22%	Total Carb. 31g	10%
Sat. Fat 7g	36%	Fiber 1g	3%
Trans Fat 0g		Sugars 14g	
Cholest. 15mg	5%	Protein 3g	
Sodium 280mg	12%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 6%			

Powdered Sugar Donut Hole

Ingredients:

Donut mix (enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, **soybean** oil, **soy** flour, leavening (sodium acid pyrophosphate, baking soda), nonfat **milk**, dextrose, **egg** yolks, salt, **whey**, **soy** lecithin, spice, yellow 5 lake, yellow 6, yellow 6 lake, yellow 5, natural flavor), Water, Donut sugar (Dextrose, cornstarch, palm oil, titanium dioxide (color), hydrogenated cottonseed oil, artificial flavor), Donut Frying Shortening (palm oil, cottonseed oil).

Allergens: Contains milk, egg, wheat, soy.

Powdered Sugar Donut Hole

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 1.5g	2%	Total Carb. 7g	2%
Sat. Fat 0.5g	4%	Fiber 0g	0%
Trans Fat 0g		Sugars 4g	
Cholest. 5mg	1%	Protein 1g	
Sodium 70mg	3%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%			

Pumpkin Breakfast Bread

Ingredients:

Brown sugar (sugar, invert sugar and cane molasses), Sugar, Pumpkin, Pastry Flour (unbleached **wheat** flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), **Eggs** (pasteurized), **Milk** with vitamin A Palmitate and Vitamin d3, Canola oil, Raisins, Cinnamon, Sodium bicarbonate, Sea Salt, Ginger, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Nutmeg.

Allergens: Contains milk, egg, wheat.

Pumpkin Breakfast Bread

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 4g	6%	Total Carb. 59g	20%
Sat. Fat 0g	0%	Fiber 1g	4%
Trans Fat 0g		Sugars 49g	
Cholest. 15mg	5%	Protein 2g	
Sodium 110mg	4%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 0% • Vitamin C 2% • Calcium 2% • Iron 15%			

CONTAINS: Eggs, Milk, Wheat

Pumpkin Cake Donut

Ingredients:

Donut mix (Enriched **wheat** flour (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, defatted soy flour, soybean oil, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), contains 2% or less of: cinnamon, dextrose, **egg** yolks, enzymes, mono- and diglycerides, natural



SEATTLE

Product Information Sheet

and artificial flavor, nonfat milk, propylene glycol mono- and diesters of fatty acids pumpkin flakes, red 40, salt, soy lecithin, spice, yellow 5.), Water, Donut Frying Shortening (palm oil, cottonseed oil), Glaze (sugar, water, maltodextrin, corn starch, agar, potassium sorbate (preservative), agar, calcium sulfate, citric acid, locust bean gum, mono- & diglycerides, disodium phosphate.

Allergens: Contains milk, egg, wheat, soy.

Pumpkin Cake Donut

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 8g	12%	Total Carb. 35g	12%
Sat. Fat 3.5g	18%	Fiber 1g	4%
Trans Fat 0g		Sugars 14g	
Cholest. 10mg	4%	Protein 3g	
Sodium 370mg	16%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 8%			

CONTAINS: Eggs, Milk, Soy, Wheat

Raspberry Almond Bearclaw

Ingredients:

All natural danish mix (unbleached enriched wheat flour (wheat flour, malted barley flour, enriched with niacin, iron, thiamine mononitrate, riboflavin, folic acid), dextrose, soybean oil, sugar, emulsifiers (mono- & diglycerides, polyglycerol esters of fatty acids, rice starch), salt, dry whey (milk), leavening (sodium acid pyrophosphate, sodium bicarbonate), defatted soy flour, natural flavors, soybean lecithin, annatto (color), water, raspberry filling (high fructose corn syrup, water, raspberries, modified food starch, citric acid, preservatives (sodium benzoate, sodium propionate, potassium sorbate), sugar, locust bean gum, salt, red #40, xanthan gum), eggs (pasteurized), unsalted butter (milk), sliced almonds, trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), white string icing (sugar, water, corn starch, mono- & diglycerides, potassium sorbate (preservative), titanium dioxide (color), dextrose, agar agar, propylene glycol, citric acid, locust bean gum, natural and artificial flavors, heliotropine, hydrochloric acid), sugar, almond paste (blanched almonds, sugar, water, potassium sorbate (preservative), natural flavoring), eggs (pasteurized), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), yeast, sorbitan monostearate, ascorbic acid.

Allergens: Contains eggs, milk, soy, tree nuts (almonds), wheat.

Raspberry Almond Bearclaw

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 18g	28%	Total Carb. 24g	8%
Sat. Fat 8g	42%	Fiber 1g	4%
Trans Fat 0g		Sugars 9g	
Cholest. 40mg	13%	Protein 4g	
Sodium 150mg	6%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 2% • Vitamin C 0% • Calcium 2% • Iron 50%			

CONTAINS: Eggs, Milk, Nuts, Soy, Wheat

Raspberry Cream Cheese Brownie

Ingredients:

Sugar, eggs (pasteurized), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), unsalted butter (milk), raspberry filling (high fructose corn syrup, water, raspberries, modified food starch, citric acid, preservatives (sodium benzoate, sodium propionate, potassium sorbate), sugar, locust bean gum, salt, red #40, xanthan gum), cocoa powder (processed with potassium carbonate), canola oil, cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), powdered sugar (sugar, cornstarch) natural vanilla flavor (natural flavors, water, alcohol, glycerin), salt, yellow Prussiate of Soda, trans fat free shortening (palm oil), lemon juice.

Allergens: Contains milk, egg, wheat.

Raspberry Cream Cheese Brownie

Nutrition Facts	
Serving Size about 1.6oz	(45g)
Servings Per Container 1	
Amount Per Serving	
Calories 175	Calories from Fat 82
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4g	18%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 71mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 16g	
Protein 2g	
Vitamin A 4%	Vitamin C 0%
Calcium 1%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

Raspberry Cream Cheese Danish

Ingredients:

Raspberries, Wheat Flour (Unbleached wheat flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), Pastry Flour (unbleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), Milk (with vitamin A Palmitate and Vitamin d3), Powdered sugar (sugar, cornstarch), Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Margarine (palm oil, water, salt, mono- & diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added), Sugar, Water, Unsalted butter (milk), Eggs (pasteurized), Glaze (water, sugar, corn syrup, pectin, citric acid, potassium sorbate (preservative), artificial flavor, carrageenan, sodium phosphate, sodium meta-bisulfite (preservative), paprika (color)), Trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Shortening (vegetable gums (guar, arabic), wheat flour, soybean oil, enzymes), Yeast, sorbitan monostearate, ascorbic acid, Sugar (numoline), Salt, yellow Prussiate of Soda, Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Lemon juice, Conditioner (Wheat flour, datem, dextrose, soybean oil, ascorbic acid, enzyme), Cinnamon. **Contains Sulfites.**

Allergens: Contains eggs, milk, soy, wheat.

Raspberry Cream Cheese Danish

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 7g	11%	Total Carb. 22g	7%
Sat. Fat 4g	19%	Fiber 1g	5%
Trans Fat 0g		Sugars 8g	
Cholest. 15mg	4%	Protein 3g	
Sodium 150mg	6%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 0% • Vitamin C 4% • Calcium 2% • Iron 10%			

CONTAINS: Eggs, Milk, Soy, Wheat

Raspberry Dessert Scone

Ingredients:

Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), raspberries, buttermilk (cultured lowfat milk, fat free milk solids, sodium citrate, salt, vitamin A Palmitate and Vitamin D3), sugar, unsalted butter (milk), trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, polished white sugar, carnauba wax, water, aluminum free baking powder (sodium acid pyrophosphate, bicarbonate soda, corn starch, monocalcium phosphate), eggs (pasteurized), salt, yellow Prussiate of Soda.

Allergens: Contains milk, egg, wheat, soy.



SEATTLE

Product Information Sheet

Raspberry Dessert Score

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 7g	11%	Total Carb. 30g	10%
Sat. Fat 3.5g	18%	Fiber 1g	5%
Trans Fat 0g		Sugars 10g	
Cholest. 10mg	4%	Protein 3g	
Sodium 220mg	9%		
Vitamin A 0% • Vitamin C 4% • Calcium 10% • Iron 8%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Raspberry Filled Raised Donut

Ingredients:

Raspberry filling (high fructose corn syrup, water, raspberries, modified food starch, citric acid, preservatives (sodium benzoate, sodium propionate, potassium sorbate), sugar, locust bean gum, salt, red #40, xanthan gum), Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Donut mix (Enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, dextrose, salt, leavening (sodium acid pyrophosphate, baking soda), **soy** flour, mono- & diglycerides, **whey**, sodium stearoyl lactylate, maltodextrin, natural and artificial flavor, corn syrup solids, **eggs**, guar gum, acacia gum, food starch-modified, beta carotene (as color), water, polysorbate 80, ascorbic acid (dough conditioner), alpha tocopherols as preservative), Water, Donut Frying Shortening (palm oil, cottonseed oil), Glaze (Sugar, water, maltodextrin, agar, cellulose gum, potassium sorbate (preservative), citric acid, mono- & diglycerides), Yeast, sorbititan monostearate, ascorbic acid.

Allergens: Contains milk, egg, wheat, soy.

Raspberry Filled Raised Donut

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 12g	18%	Total Carb. 40g	13%
Sat. Fat 6g	29%	Fiber 1g	4%
Trans Fat 0g		Sugars 13g	
Cholest. 0mg	0%	Protein 4g	
Sodium 160mg	7%		
Vitamin A 0% • Vitamin C 2% • Calcium 0% • Iron 10%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Rustic Almond Patisserie

Ingredients:

Wheat Flour (Unbleached **wheat** flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), Pastry Flour (unbleached **wheat** flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), **Milk** (with vitamin A Palmitate and Vitamin d3), Sugar, Margarine (palm oil, water, salt, mono- & diglycerides, **soy** lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added), Sliced **almonds**, **Eggs** (pasteurized), Trans fat free margarine (palm oil, water, **soybean** oil, salt, vegetable mono- & diglycerides, **soy** lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), **Almond** paste (blanched **almonds**, sugar, water, potassium sorbate (preservative), natural flavoring), Water, Unsalted butter (**milk**), Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Glaze (water, sugar, corn syrup, pectin, citric acid, potassium sorbate (preservative), artificial flavor, carrageenan, sodium phosphate, sodium meta-bisulfite (preservative), paprika (color)), Shortening (vegetable gums (guar, arabic), **wheat** flour, **soybean** oil, enzymes), Yeast, sorbititan monostearate, ascorbic acid, Sugar (numoline), Salt, yellow Prussiate of Soda, Conditioner (**Wheat** flour, datem, dextrose, **soybean** oil, ascorbic acid, enzyme). **Contains Sulfites.**

Allergens: Contains eggs, milk, soy, tree nuts (almonds), wheat.

Rustic Almond Patisserie

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 10g	16%	Total Carb. 23g	8%
Sat. Fat 3.5g	18%	Fiber 1g	5%
Trans Fat 0g		Sugars 8g	
Cholest. 10mg	4%	Protein 4g	
Sodium 180mg	7%		
Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 40%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Nuts, Soy, Wheat

Rustic Apple Patisserie

Ingredients:

Wheat Flour (Unbleached **wheat** flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), apples (erythorbic acid, citric acid, salt as preservatives), Pastry Flour (unbleached **wheat** flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), **Milk** (with vitamin A Palmitate and Vitamin d3), Sugar, Palm oil (water, salt, mono- & diglycerides, **soy** lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added), Water, Unsalted butter (**milk**), **Eggs** (pasteurized), Polished white sugar, carnauba wax, Glaze (water, sugar, corn syrup, pectin, citric acid, potassium sorbate (preservative), artificial flavor, carrageenan, sodium phosphate, sodium meta-bisulfite (preservative), paprika (color)), Shortening (vegetable gums (guar, arabic), **wheat** flour, **soybean** oil, enzymes), Yeast, sorbititan monostearate, ascorbic acid, Sugar (numoline), Salt, yellow Prussiate of Soda, Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Lemon juice, Conditioner (**Wheat** flour, datem, dextrose, **soybean** oil, ascorbic acid, enzyme). **Contains Sulfites.**

Allergens: Contains eggs, milk, soy, wheat.

Rustic Apple Patisserie

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 5g	8%	Total Carb. 23g	8%
Sat. Fat 2.5g	13%	Fiber 1g	4%
Trans Fat 0g		Sugars 7g	
Cholest. 5mg	3%	Protein 3g	
Sodium 160mg	7%		
Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 10%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Rustic Blueberry Patisserie

Ingredients:

Blueberries, Wheat Flour (Unbleached **wheat** flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), Pastry Flour (unbleached **wheat** flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), **Milk** (with vitamin A Palmitate and Vitamin d3), Palm oil (water, salt, mono- & diglycerides, **soy** lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added), Water, Sugar, Unsalted butter (**milk**), **Eggs** (pasteurized), Polished white sugar, carnauba wax, Glaze (water, sugar, corn syrup, pectin, citric acid, potassium sorbate (preservative), artificial flavor, carrageenan, sodium phosphate, sodium meta-bisulfite (preservative), paprika (color)), Shortening (vegetable gums (guar, arabic), **wheat** flour, **soybean** oil, enzymes), Yeast, sorbititan monostearate, ascorbic acid, Sugar (numoline), Salt, yellow Prussiate of Soda, Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Conditioner (**Wheat** flour, datem, dextrose, **soybean** oil, ascorbic acid, enzyme). **Contains Sulfites.**

Allergens: Contains eggs, milk, soy, wheat.



SEATTLE

Product Information Sheet

Rustic Blueberry Patisserie

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 5g	8%	Total Carb. 21g	7%
Serv. Size 54 g (1.9 oz)	Sat. Fat 2.5g	13%	Fiber 1g	4%
Serv. Per Cont. 1	Trans Fat 0g		Sugars 6g	
Calories 130	Cholest. 5mg	3%	Protein 3g	
Fat Cal. 45	Sodium 160mg	6%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 2% • Calcium 2% • Iron 10%				

CONTAINS: Eggs, Milk, Soy, Wheat

Salted Pecan Apple Danish

Ingredients:

Apples (erythorbic acid, citric acid, salt as preservatives), Applesauce (apple puree, glucose-fructose syrup from **wheat**, sugar, acid ascorbic E 300), Wheat Flour (Unbleached **wheat** flour, ascorbic acid added as a dough conditioner, riboflavin, folic acid, enzyme added for improved baking), Pastry Flour (unbleached **wheat** flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), **Milk** with vitamin A Palmitate and Vitamin D3, Sugar, Water, Trans fat free margarine (palm oil, water, **soybean** oil, salt, vegetable mono- & diglycerides, **soy** lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), Glaze (water, sugar, corn syrup, pectin, citric acid, potassium sorbate (preservative), artificial flavor, carrageenan, sodium phosphate, sodium meta-bisulfite (preservative), paprika (color)), **Pecans**, **Eggs** (pasteurized), Unsalted butter (**milk**), Shortening (vegetable gums (guar, arabic), **wheat** flour, **soybean** oil, enzymes), Yeast (saccharomyces cerevisiae), sorbitan monostearate, ascorbic acid, Sea Salt, Lemon juice, Sugar (numoline), Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Conditioner (**Wheat** flour, datem, dextrose, **soybean** oil, ascorbic acid, enzyme). **Contains Sulfites.**

Allergens: Contains milk, egg, tree nuts (walnuts/pecans), wheat, soy.

Salted Pecan Apple Danish

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 5g	7%	Total Carb. 17g	6%
Serv. Size 54 g (1.9 oz)	Sat. Fat 2g	9%	Fiber 1g	4%
Serv. Per Cont. 2	Trans Fat 0g		Sugars 6g	
Calories 130	Cholest. 5mg	2%	Protein 2g	
Fat Cal. 45	Sodium 115mg	5%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 8%				

CONTAINS: Eggs, Milk, Nuts, Soy, Wheat

Savory Garden Roll

Ingredients:

Shepherd's Grain Hi Gluten Flour (unbleached **wheat** flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Water, Mozzarella cheese (pasteurized part skim **milk**, cheese culture, salt, enzymes and anti-caking agent (powdered cellulose, potato starch or corn starch)), Tomato (tomato, tomato juice, salt, calcium chloride and citric acid), Canola oil, olive oil, Pesto (basil, canola oil, water, parmesan cheese (pasteurized part skim cows' **milk**, cheese culture, salt, enzymes), granulated garlic, salt, Spinach, Sea Salt, Instant yeast (yeast (saccharomyces cerevisiae), sorbitan monostearate, ascorbic acid), Dough conditioner (**wheat** flour, acetylated tartaric acid esters of mono- & diglycerides, dextrose, canola oil, enzymes, ascorbic acid), Garlic powder, Basil.

Allergens: Contains milk, wheat.

Savory Garden Roll

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 14g	22%	Total Carb. 41g	14%
Serv. Size 136 g (4.8 oz)	Sat. Fat 3.5g	17%	Fiber 2g	7%
Serv. Per Cont. 1	Trans Fat 0g		Sugars 2g	
Calories 340	Cholest. 15mg	5%	Protein 13g	
Fat Cal. 130	Sodium 650mg	27%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 15% • Vitamin C 15% • Calcium 20% • Iron 15%				

CONTAINS: Milk, Wheat

Savory Pesto Pan Tomato Roll

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), water, mozzarella cheese (pasteurized part skim **milk**, cheese culture, salt, enzymes and anti-caking agent (powdered cellulose, potato starch or corn starch)), tomato, tomato juice, salt, calcium chloride and citric acid, canola oil, olive oil, pesto (basil, canola oil, water, parmesan cheese (pasteurized part skim cows' milk, cheese culture, salt, enzymes), granulated garlic, salt, salt, yellow Prussiate of Soda, yeast (saccharomyces cerevisiae), sorbitan monostearate ascorbic acid, **wheat** flour, acetylated tartaric acid esters of mono- & diglycerides, dextrose, canola oil, ascorbic acid, enzymes, garlic powder, basil.

Allergens: Contains milk, wheat.

Savory Pesto Pan Tomato Roll

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 7g	11%	Total Carb. 21g	7%
Serv. Size 2 2/5 oz (68 g/2.4 oz)	Sat. Fat 1.5g	8%	Fiber 1g	3%
Serv. Per Cont. 2	Trans Fat 0g		Sugars 1g	
Calories 180	Cholest. 5mg	2%	Protein 7g	
Fat Cal. 60	Sodium 330mg	14%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 2% • Vitamin C 2% • Calcium 10% • Iron 8%				

CONTAINS: Milk, Wheat

Savory Pine Nut Spinach Roll

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), water, mozzarella cheese (pasteurized part skim **milk**, cheese culture, salt, enzymes and anti-caking agent (powdered cellulose, potato starch or corn starch)), canola oil, olive oil, pesto (basil, canola oil, water, parmesan cheese (pasteurized part skim cows' milk, cheese culture, salt, enzymes), granulated garlic, salt, spinach, **pine nuts**, salt, yellow Prussiate of Soda, **wheat** flour, acetylated tartaric acid esters of mono- & diglycerides, dextrose, canola oil, ascorbic acid, enzymes, yeast (saccharomyces cerevisiae), sorbitan monostearate ascorbic acid, garlic powder, basil.

Allergens: Contains milk, tree nuts (pine nuts), wheat.

Savory Pine Nut Spinach Roll

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 9g	13%	Total Carb. 22g	7%
Serv. Size 68 g (2.4 oz)	Sat. Fat 2g	10%	Fiber 1g	3%
Serv. Per Cont. 2	Trans Fat 0g		Sugars 1g	
Calories 190	Cholest. 5mg	2%	Protein 7g	
Fat Cal. 80	Sodium 330mg	14%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 6% • Vitamin C 2% • Calcium 10% • Iron 8%				

CONTAINS: Milk, Nuts, Wheat

Snickerdoodle Cookie

Ingredients:

Sugar, Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), unsalted butter (**milk**), **eggs** (pasteurized), angel cream (calcium sulfate, monocalcium phosphate, adipic acid, cornstarch), cinnamon, sodium bicarbonate, salt, yellow Prussiate of Soda.

Allergens: Contains milk, egg, wheat.



SEATTLE

Product Information Sheet

Snickerdoodle Cookie

Nutrition Facts	
Serving Size about 1.5oz	(43g)
Servings Per Container 2	
Amount Per Serving	
Calories 180	Calories from Fat 67
% Daily Value*	
Total Fat 7g	12%
Saturated Fat 4g	22%
Trans Fat 0g	
Cholesterol 36mg	12%
Sodium 39mg	2%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	2%
Sugars 15g	
Protein 2g	
Vitamin A 6%	Vitamin C 0%
Calcium 9%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Sour Cream Coffee Cake

Ingredients:

Cake mix (sugar, enriched **wheat** flour bleached (flour, niacin, reduced iron, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified food starch, **soy** bean oil, dry **whey**, leavening (sodium aluminum phosphate, baking soda), salt, vital **wheat** gluten, propylene glycol mono- & diesters of fatty acids, mono- & diglycerides, sodium stearoyl lactylate, dextrose, cornstarch, triacalcium phosphate, natural and artificial flavoring, water, citric acid, alpha tocopherol as preservative, ascorbic acid (dough conditioner), **egg**, **soy** flour), **eggs** (pasteurized), canola oil, water, sour **cream**, (cultured **milk & cream**, **whey**, modified food starch, sodium phosphate, guar gum, carageenan, calcium sulphate and locust bean gum), brown sugar (sugar, invert sugar and cane molasses) sugar, Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), trans fat free margarine (palm oil, water, **soybean** oil, salt, vegetable mono- & diglycerides, **soy** lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, rolled oats, natural vanilla flavor (natural flavors, water, alcohol, glycerin), cinnamon.

Allergens: Contains milk, egg, wheat, soy.

Sour Cream Coffee Cake

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 71 g (2.5 oz)		Total Fat 13g	20%	Total Carb. 33g	11%
Serv. Per Cont. 2		Sat. Fat 2g	11%	Fiber 1g	3%
Calories 260		Trans Fat 0g		Sugars 20g	
Fat Cal. 110		Cholest. 40mg	13%	Protein 3g	
		Sodium 210mg	9%		
		Vitamin A 0%		Vitamin C 0%	
		Calcium 2%		Iron 4%	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Sprinkle Cake Donut

Ingredients:

Donut mix (enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, **soybean** oil, **soy** flour, leavening (sodium acid pyrophosphate, baking soda), nonfat **milk**, dextrose, **egg** yolks, salt, **whey**, **soy** lecithin, spice, yellow 5 lake, yellow 6, yellow 6 lake, yellow 5, natural flavor), Water, Icing, (sugar, water, corn syrup, corn starch, potassium sorbate (preservative), agar, titanium dioxide (color), propylene glycol, citric acid, mono- & diglycerides with BJT (preservative), artificial flavor, locust bean gum), dextrose, Donut Frying Shortening (palm oil, cottonseed oil), Sugar, Food coloring (water, high fructose corn syrup, glycerin, FD&C yellow #5 (E102), sugar, modified food starch, carrageenan gum, sodium benzoate and potassium sorbate (preservatives), xanthan gum, citric acid, FD&C Blue #1 (E133)), Sprinkles (sugar, corn starch, partially hydrogenated vegetable oil(cotton seed and/or soybean) soy lecithin, dextrin, confectioners glaze, natural and artificial flavor, carnauba wax, may contain one or more of the following FD&C colors: , blue 1, blue 2, red 3, red 40, yellow 5, yellow 6).

Allergens: Contains milk, egg, wheat, soy.

Sprinkle Cake Donut

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 71 g (2.5 oz)		Total Fat 12g	19%	Total Carb. 34g	11%
Serv. Per Cont. 1		Sat. Fat 6g	31%	Fiber 0g	0%
Calories 260		Trans Fat 0g		Sugars 18g	
Fat Cal. 110		Cholest. 10mg	4%	Protein 3g	
		Sodium 290mg	12%		
		Vitamin A 0%		Vitamin C 0%	
		Calcium 2%		Iron 6%	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Soy

Strawberry Jammer Banquet Scone

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), strawberry jam (sugar, strawberries, pectin, modified food starch from corn, citric acid), **buttermilk** (cultured lowfat **milk**, fat free **milk** solids, sodium citrate, salt, vitamin A Palmitate and Vitamin D3), sugar, unsalted butter (**milk**), trans fat free margarine (palm oil, water, **soybean** oil, salt, vegetable mono- & diglycerides, **soy** lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, powdered sugar (sugar, cornstarch), water, aluminum free baking powder (sodium acid pyrophosphate, bicarbonate soda, corn starch, monocalcium phosphate), salt, yellow Prussiate of Soda.

Allergens: Contains milk, wheat, soy.

Strawberry Jammer Banquet Scone

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 64 g (2.3 oz)		Total Fat 6g	10%	Total Carb. 37g	12%
Serv. Per Cont. 1		Sat. Fat 3g	15%	Fiber 1g	4%
Calories 220		Trans Fat 0g		Sugars 21g	
Fat Cal. 50		Cholest. 20mg	6%	Protein 3g	
		Sodium 180mg	8%		
		Vitamin A 0%		Vitamin C 2%	
		Calcium 6%		Iron 6%	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Sugar Raised Donut

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Donut mix (Enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), **soybean** oil, dextrose, salt, leavening (sodium acid pyrophosphate, baking soda), **soy** flour, mono- & diglycerides, **whey**, sodium stearoyl lactylate, maltodextrin, natural and artificial flavor, corn syrup solids, **eggs**, guar gum, acacia gum, food starch-modified, beta carotene (as color), water, polysorbate 80, ascorbic acid (dough conditioner), alpha tocopherols as preservative), Water, Donut Frying Shortening (palm oil, cottonseed oil), Sugar, Yeast, sorbitan monostearate, ascorbic acid.

Allergens: Contains milk, egg, wheat, soy.

Sugar Raised Donut

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 3 1/5 oz (91 g/3.2 oz)		Total Fat 16g	24%	Total Carb. 41g	14%
Serv. Per Cont. 1		Sat. Fat 8g	39%	Fiber 1g	4%
Calories 330		Trans Fat 0g		Sugars 8g	
Fat Cal. 140		Cholest. 0mg	0%	Protein 5g	
		Sodium 200mg	8%		
		Vitamin A 0%		Vitamin C 0%	
		Calcium 2%		Iron 10%	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Sweet Banana Nut Breakfast Bread

Ingredients:

Banana puree (100% banana), Sugar, Brown sugar (sugar, invert sugar and cane molasses), Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Whole **wheat** flour, Banana, Unsalted butter (**milk**), **Eggs** (pasteurized), Nuts (**walnuts** and/or **pecans**), Apples, water, erythorbic acid (to maintain color), Natural vanilla flavor (natural flavors, water, alcohol, glycerin), Sodium bicarbonate, Salt, yellow Prussiate of Soda.

Allergens: Contains egg, milk, tree nuts (walnuts/pecans), wheat.



SEATTLE

Product Information Sheet

Sweet Banana Nut Breakfast Bread

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 6g	9%	Total Carb. 40g	13%
Sat. Fat 3.5g	17%	Fiber 2g	9%
Trans Fat 0g		Sugars 27g	
Cholest. 30mg	11%	Protein 4g	
Sodium 115mg	5%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 4% • Vitamin C 2% • Calcium 2% • Iron 6%			

CONTAINS: Eggs, Milk, Nuts, Wheat

Tiger Bar Donut

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Donut mix (Enriched **wheat** flour bleached (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), **soybean** oil, dextrose, salt, leavening (sodium acid pyrophosphate, baking soda), **soy** flour, mono- & diglycerides, **whey**, sodium stearoyl lactylate, maltodextrin, natural and artificial flavor, corn syrup solids, **eggs**, guar gum, acacia gum, food starch-modified, beta carotene (as color), water, polysorbate 80, ascorbic acid (dough conditioner), alpha tocopherols as preservative), Maple glaze (sugar, water, corn syrup, corn starch, caramel color, stearic acid, propylene glycol, potassium sorbate (preservative), salt, artificial flavor, citric acid, pectin, guar gum, sodium hexametaphosphate, yellow #6), Water, Liquid sugar, corn syrup, sugar, cocoa, partially hydrogenated **soybean** and cottonseed oils, **soybean** oil, water, contains less than 2% salt, **soy lecithin**, sorbic acid, art flavor, Donut Frying Shortening (palm oil, cottonseed oil), Yeast, sorbititan monostearate, ascorbic acid, Sugar.

Allergens: Contains milk, egg, wheat, soy.

Tiger Bar Donut

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 12g	19%	Total Carb. 46g	15%
Sat. Fat 6g	30%	Fiber 1g	4%
Trans Fat 0g		Sugars 20g	
Cholest. 0mg	0%	Protein 4g	
Sodium 160mg	7%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 8%			

CONTAINS: Eggs, Milk, Soy, Wheat

Uncle Seth Original Pink Cookie

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), powdered sugar (sugar, cornstarch), sugar, trans fat free shortening (palm oil), unsalted butter (**milk**), **eggs** (pasteurized), evaporated **milk** (dipotassium phosphate, carrageenan, vitamin D3), cream cheese (pasteurized **milk** and **cream**, cheese culture, salt, carob bean gum, guar gum), aluminum free baking powder (sodium acid pyrophosphate, bicarbonate soda, corn starch, monocalcium phosphate), cardamom, salt, yellow Prussiate of Soda, **almond** emulsion (water, propylene glycol, artificial flavor, xanthan gum, propylene glycol alginate, guar gum, mono- & diglycerides, preservatives (propyl gallate, citric acid), food coloring (water, propylene glycol, FD & C red #40, red #3 and yellow #6).

Allergens: Contains milk, egg, tree nuts (almonds), wheat.

Uncle Seth Original Pink Cookie

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 18g	27%	Total Carb. 56g	19%
Sat. Fat 10g	50%	Fiber 1g	3%
Trans Fat 0g		Sugars 34g	
Cholest. 50mg	17%	Protein 4g	
Sodium 50mg	2%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 8%			

CONTAINS: Eggs, Milk, Nuts, Wheat

Uncle Seth Seasonal Decorated Cookie

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Powdered sugar

OrdersSEA@marseebaking.com
www.marseebaking.com

(800) 691-0706
19249 84th Avenue S., Kent, WA 98032

(sugar, cornstarch), Sugar, Unsalted butter (**milk**), Trans fat free shortening (palm oil), **Eggs** (pasteurized), Evaporated **milk** (dipotassium phosphate, carrageenan, vitamin D3), Cream cheese (pasteurized **milk** and **cream**, cheese culture, salt, carob bean gum, guar gum), Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Cardamom, Salt, yellow Prussiate of Soda, **Almond** emulsion (water, propylene glycol, artificial flavor, xanthan gum, propylene glycol alginate, guar gum, mono & diglycerides, preservatives (propyl gallate, citric acid)). May include one or more of the following: FD&C colors (blue #1, blue #2, red #3, red #40, yellow #5, yellow #6), Molded Sugar Layon (sugar, **egg** whites, modified food starch, may contain FD&C blue #1, blue #2, red #3, red #40, yellow #5, yellow #6.)

Allergens: Contains milk, egg, tree nuts (almonds), wheat.

Uncle Seth Seasonal Decorated Cookie

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 9g	15%	Total Carb. 28g	9%
Sat. Fat 5g	25%	Fiber 0g	0%
Trans Fat 0g		Sugars 16g	
Cholest. 20mg	7%	Protein 2g	
Sodium 25mg	1%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 4%			

CONTAINS: Eggs, Milk, Nuts, Wheat

Vanilla Bean Scone

Ingredients:

Shepherd's Grain Flour (unbleached **wheat** flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Sugar, Powdered sugar (sugar, cornstarch), **Buttermilk** (cultured lowfat **milk**, fat free **milk** solids, sodium citrate, salt, vitamin A Palmitate and Vitamin D3), Unsalted butter (**milk**), Trans fat free margarine (palm oil, water, **soybean** oil, salt, vegetable mono and diglycerides, **soy** lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added), **Eggs** (pasteurized), natural vanilla flavor (natural flavors, water, alcohol, glycerine), Water, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Sugar (numoline), Salt, yellow Prussiate of Soda, Vanilla (glucose syrup, invert sugar syrup, fructose syrup, vanilla bean powder, extracted, concentrates (pumpkin, carrot), acidulant, citric acid).

Allergens: Contains milk, egg, wheat, soy.

Vanilla Bean Scone

Nutrition Facts			
Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 9g	13%	Total Carb. 36g	12%
Sat. Fat 4g	21%	Fiber 1g	3%
Trans Fat 0g		Sugars 14g	
Cholest. 25mg	8%	Protein 4g	
Sodium 260mg	11%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 0% • Vitamin C 0% • Calcium 8% • Iron 8%			

CONTAINS: Eggs, Milk, Soy, Wheat

Whole Grain Blueberry Muffin

Ingredients:

Whole grain mix (bleached whole **wheat** flour, sugar, **soybean** oil, modified food starch, dried **whey**, emulsifier blend (propylene glycol monoester, mono- & diglycerides, **soybean** oil, lecithin, BHA, citric acid), leavening (sodium aluminum phosphate, sodium bicarbonate), **wheat** gluten, salt, artificial flavor, sodium stearoyl lactylate, **eggs** (pasteurized), canola oil, blueberries, water, polished white sugar, carnauba wax, whole grain mix (bleached whole **wheat** flour, sugar, **soybean** oil, modified food starch, dried **whey**, emulsifier blend (propylene glycol monoester, mono- & diglycerides, **soybean** oil, lecithin, BHA, citric acid), leavening (sodium aluminum phosphate, sodium bicarbonate), **wheat** gluten, salt, artificial flavor, sodium stearoyl lactylate, natural vanilla flavor (natural flavors, water, alcohol, glycerin).

Allergens: Contains milk, egg, wheat, soy.



SEATTLE

Product Information Sheet

Whole Grain Blueberry Muffin

Nutrition Facts	
Serving Size about 3oz (85g)	
Servings Per Container 1	
Amount Per Serving	
Calories 282	Calories from Fat 141
% Daily Value*	
Total Fat 16g	24%
Saturated Fat 1g	7%
Trans Fat 0g	
Cholesterol 46mg	15%
Sodium 252mg	11%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	8%
Sugars 20g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet.

Whole Grain Power Score

Ingredients:

Heavy whipping cream (milk), Whole wheat flour, Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Multigrain (Water, wheat sourdough, wheat grains, rye grains, oat grains, flax seed, rye sourdough, millet seed, teff seed, salt, preservative: potassium sorbate), Brown sugar (sugar, invert sugar and cane molasses), Dried cranberries (cranberries, sugar, sunflower oil), Apples (erythorbic acid, citric acid, salt as preservatives), Currants, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Brown flax seeds, Sunflower seeds, Sugar, Canola oil, Unsalted butter (milk), Margarine (palm oil, water, salt, mono- & diglycerides, soy lecithin, sodium benzoate (preservatives), artificial flavor, beta-carotene (coloring) and vitamin A palmitate added), Cinnamon, Sea Salt, Natural vanilla flavor (natural flavors, water, alcohol, glycerin).

Allergens: Contains milk, wheat.

Whole Grain Power Score

Nutrition Facts			
Serving Size 71 g			
Serv. Per Cont. 2			
Calories 230			
Fat Cal. 80			
Amount/serving		%DV*	
Total Fat 9g	14%	Total Carb. 33g	11%
Sat. Fat 5g	25%	Fiber 3g	14%
Trans Fat 0g		Sugars 10g	
Cholest. 30mg	9%	Protein 5g	
Sodium 170mg	7%		
Vitamin A 6%		Vitamin C 0%	
Calcium 10%		Iron 8%	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Whole Grain Spicy Apple Raisin Scone

Ingredients:

Heavy whipping cream (milk), Whole wheat flour, Flour (wheat flour, malted barley flour, enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid)), Multigrain (Water, wheat sourdough, wheat grains, rye grains, oat grains, flax seed, rye sourdough, millet seed, teff seed, salt, preservative: potassium sorbate), Golden raisins (sulphur dioxide added as a preservative), Crystallized Ginger (ginger roots, cane sugar), Applesauce (apple puree, glucose-fructose syrup from wheat, sugar, acid ascorbic E 300), Brown sugar (sugar, invert sugar and cane molasses), Apples (erythorbic acid, citric acid, salt as preservatives), Rolled oats, Baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Sugar, Cinnamon, Pumpkin seeds, Cinnamon, Natural Apple Flavor (water, alcohol, citric acid, xanthan gum), Sea Salt, Nutmeg.

Allergens: Contains milk, egg, wheat.

Whole Grain Spicy Apple Raisin Scone

Nutrition Facts			
Serving Size 71 g			
Serv. Per Cont. 2			
Calories 230			
Fat Cal. 70			
Amount/serving		%DV*	
Total Fat 8g	12%	Total Carb. 34g	11%
Sat. Fat 4.5g	23%	Fiber 3g	12%
Trans Fat 0g		Sugars 11g	
Cholest. 25mg	9%	Protein 4g	
Sodium 160mg	6%		
Vitamin A 6%		Vitamin C 0%	
Calcium 10%		Iron 10%	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Zebra Cookie

Ingredients:

Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), white pastel coating (sugar, partially hydrogenated palm kernel oil, whey, nonfat milk, mono- & diglyceride and soya lecithin emulsifiers, artificial color (titanium dioxide), natural and artificial flavors), brown sugar (sugar, invert sugar and cane molasses), sugar, dark chocolate (sugar, chocolate liquor, cocoa butter, soya lecithin), eggs (pasteurized), unsalted butter (milk), trans fat free margarine (palm oil, water, soybean oil, salt, vegetable mono- & diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavors, beta carotene (color), vitamin A palmitate added, cocoa powder (processed with potassium carbonate), canola oil, salt, yellow Prussiate of Soda, sodium bicarbonate, natural vanilla flavor (natural flavors, water, alcohol, glycerin), aluminum free baking powder (sodium acid pyrophosphate, bicarbonate soda, corn starch, monocalcium phosphate).

Allergens: Contains milk, egg, wheat, soy.

Zebra Cookie

Nutrition Facts			
Serving Size 57 g (2 oz)			
Serv. Per Cont. 2			
Calories 260			
Fat Cal. 120			
Amount/serving		%DV*	
Total Fat 14g	21%	Total Carb. 32g	11%
Sat. Fat 7g	36%	Fiber 1g	5%
Trans Fat 0g		Sugars 21g	
Cholest. 25mg	8%	Protein 3g	
Sodium 290mg	12%		
Vitamin A 0%		Vitamin C 0%	
Calcium 4%		Iron 4%	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat

Zesty Lemon Breakfast Bread

Ingredients:

Crème cake mix (sugar, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, soybean oil, whey (milk), leavening (sodium aluminum phosphate, sodium bicarbonate), vital wheat gluten, salt, emulsifiers (Propylene glycol mono- & diglycerides of fats and fatty acids, mono- & diglycerides, sodium stearoyl lactylate, ascorbic acid), artificial flavor), Water, Eggs (pasteurized), Canola oil, Shepherd's Grain Flour (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), Icing (sugar, corn syrup, water, vegetable shortening (palm oil); contains 2% or less of each of the following: mono- and diglycerides, titanium dioxide (color), salt, propyl paraben, natural and artificial flavor), Powdered sugar (sugar, cornstarch), Natural oil of lemon with other natural flavors, Sodium bicarbonate, Cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum, guar gum), Unsalted butter (milk), Lemon juice.

Allergens: Contains egg, milk, soy, wheat.

Zesty Lemon Breakfast Bread

Nutrition Facts			
Serving Size 85 g (3 oz)			
Serv. Per Cont. 1			
Calories 310			
Fat Cal. 130			
Amount/serving		%DV*	
Total Fat 14g	22%	Total Carb. 42g	14%
Sat. Fat 1.5g	7%	Fiber 0g	0%
Trans Fat 0g		Sugars 26g	
Cholest. 45mg	16%	Protein 4g	
Sodium 310mg	13%		
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 8%	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CONTAINS: Eggs, Milk, Soy, Wheat