



Great Harvest Bread Co.

Bread. The way it ought to be.™

Breakfast Nutrition

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
Biscotti													
<i>Brown Sugar Oat Biscotti (66g)</i>	290	80	9	4.5	0	50	320	46	2	16	15	6	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Rolled Oats, Brown Sugar, Eggs, Butter, Sugar, Natural Sugar, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Salt, Ground Cinnamon CONTAINS: WHEAT, EGG, MILK
<i>Butterscotch Biscotti (67g)</i>	300	80	9	4.5	0	65	260	49	1	25	18	6	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Eggs, Butterscotch Chips (Sugar, Palm Kernel and Palm Oils, Whey, Nonfat Milk, Natural Flavor, Added Color, Sunflower Lecithin and Vanilla), Butter, Almonds, Natural Sugar, Bourbon Alcohol (51% straight whiskey, 49% grain neutral spirits), Baking Soda, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt CONTAINS: WHEAT, EGG, MILK, ALMOND
<i>Chocolate Chocolate Chip Biscotti (55g)</i>	240	90	11	3	0	55	180	34	4	16	15	7	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Almonds, Sugar, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Confectioners Sugar, Cocoa Powder, Brown Sugar, Butter, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt CONTAINS: WHEAT, ALMOND, MILK, EGG
<i>Orange Almond Biscotti (64g)</i>	280	80	9	3.5	0	45	110	44	3	22	15	5	Sugar, Cornmeal (Degerminated Yellow Corn Meal, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Dates, Eggs, Almonds, Butter, Confectioners Sugar, Orange Extract (Alcohol, Water, Oil from Orange), Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Anise Seed CONTAINS: ALMOND, EGG, MILK, WHEAT
<i>Vanilla Almond Biscotti (65g)</i>	270	80	9	2	0	55	160	41	2	19	18	7	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Almonds, Sugar, Honey, Confectioners Sugar, Butter, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt CONTAINS: WHEAT, EGG, ALMOND, MILK
Cinnamon Rolls													
<i>Cinnamon Roll without Frosting (264g)</i>	790	100	11	6	0	60	870	158	9	80	80	17	Brown Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Honey, Eggs, Butter, Yeast, Salt, Ground Cinnamon CONTAINS: WHEAT, EGG, MILK

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>Cinnamon Roll with Cream Cheese Frosting (301g)</i>	960	200	22	13	0.5	95	920	173	9	94	93	18	Brown Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Honey, Butter, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xanthan and/or Guar Gums)), Confectioners Sugar, Eggs, Yeast, Salt, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Ground Cinnamon CONTAINS: WHEAT, MILK, EGG

Muffins

<i>Apple Spice Muffins (153g)</i>	540	260	29	14	1	145	170	61	6	39	36	10	Brown Sugar, Fresh Ground 100% Whole Wheat Flour, Apples, Eggs, Butter, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xanthan and/or Guar Gums)), Pecans, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Ground Cinnamon, Ground Nutmeg, Allspice CONTAINS: WHEAT, EGG, MILK, PECAN
<i>Banana Muffin (161g)</i>	450	120	14	8	0	70	520	73	8	36	24	9	Banana, Fresh Ground 100% Whole Wheat Flour, Brown Sugar, Butter, Eggs, Natural Sugar, Baking Soda, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt CONTAINS: MILK, WHEAT, EGG
<i>Becky's Coconut Muffin with Walnuts (163g)</i>	620	280	31	5	0	90	280	79	3	44	39	10	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Eggs, Canola Oil, Walnuts, Coconut (Unsulfered Coconut), Coconut Emulsion (Water, Propylene Glycol, Xanthan Gum, and Flavors Approved by the FDA), Salt, Baking Soda, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate) CONTAINS: WHEAT, MILK, EGG, COCONUT, WALNUT
<i>Becky's Coconut Muffin without Walnuts (163g)</i>	590	220	25	5	0	95	300	83	2	47	42	9	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Eggs, Canola Oil, Coconut (Unsulfered Coconut), Coconut Emulsion (Water, Propylene Glycol, Xanthan Gum, and Flavors Approved by the FDA), Salt, Baking Soda, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate) CONTAINS: WHEAT, MILK, EGG, COCONUT
<i>Blackberry Bran Muffin (134g)</i>	260	20	2	0.5	0	25	560	60	8	29	24	7	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Molasses, Blackberries, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Wheat Bran, Honey, Eggs, Cornmeal (Degerminated Yellow Corn Meal, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Rolled Oats, Salt, Baking Soda CONTAINS: EGG, WHEAT, MILK
<i>Blueberry Lemon Poppyseed Muffin (169g)</i>	480	130	15	8	0	80	300	75	7	41	36	12	Fresh Ground 100% Whole Wheat Flour, Yogurt (Cultured Grade A Milk (Contains Active Yogurt Cultures Including L. Acidophilus)), Honey, Blueberries, Butter, Brown Sugar, Eggs, Lemon, Poppy Seeds, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: EGG, WHEAT, MILK

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>Cappuccino Chocolate Muffin Blended Flour (115g)</i>	450	210	23	13	0.5	125	140	56	3	37	35	8	Brown Sugar, Eggs, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Butter, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xanthan and/or Guar Gums)), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Fresh Ground 100% Whole Wheat Flour, Natural Sugar, Coffee, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate) CONTAINS: WHEAT, EGG, MILK
<i>Cappuccino Chocolate Muffin White Flour (120g)</i>	470	210	24	14	0.5	130	150	60	2	39	36	7	Brown Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Butter, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xanthan and/or Guar Gums)), Natural Sugar, Coffee, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate) CONTAINS: WHEAT, EGG, MILK
<i>Carrot Muffin (164g)</i>	600	290	32	3	0	80	560	74	5	49	38	9	Carrots, Brown Sugar, Fresh Ground 100% Golden Whole Wheat Flour, Canola Oil, Eggs, Raisins, Walnuts, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Ground Cinnamon, Baking Soda CONTAINS: WHEAT, EGG, WALNUT
<i>Chocolate Brownie Muffin (138g)</i>	500	170	19	5	0	0	420	82	4	50	50	5	Water, Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Canola Oil, Cocoa Powder, Distilled Vinegar, Pure Vanilla Extract (Water, Alcohol (35%)), Organic Vanilla Bean Extractives), Baking Soda, Salt CONTAINS: WHEAT
<i>Chocolate Cherry Muffin (170g)</i>	580	220	24	14	0.5	130	360	82	7	49	35	13	Fresh Ground 100% Golden Whole Wheat Flour, Sugar, Milk, Eggs, Butter, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), White Chocolate Chips (Sugar, Non Fat Milk, Partially Hydrogenated Vegetable Oils (Palm Kernel Oil and Palm Oil), Refined Palm Kernel Oil, Cornstarch, Artificial Flavor, Salt and Soy Lecithin), Dried Cherries (Cherries, Sugar, and Sunflower Oil), Cocoa Powder, Pure Vanilla Extract (Water, Alcohol (35%)), Organic Vanilla Bean Extractives), Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: WHEAT, EGG, MILK, SOY
<i>Gluten X Blueberry Muffin (180g)</i>	540	180	20	11	0.5	135	510	84	2	41	26	7	Rice Flour, Sugar, Eggs, Butter, Blueberries, Yogurt (Cultured Grade A Milk (Contains Active Yogurt Cultures Including L. Acidophilus)), Raw Sugar, Potato Starch, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Tapioca Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Poppy Seeds, Milk, Pure Vanilla Extract (Water, Alcohol (35%)), Organic Vanilla Bean Extractives), Salt, Ginger Root, Xanthan Gum CONTAINS: EGG, MILK; MAY CONTAIN: WHEAT
<i>Lemon Blueberry Ginger Muffin (162g)</i>	480	180	20	9	0.5	75	370	69	7	41	36	10	Sour Cream (Cultured Cream), Blueberries, Fresh Ground 100% Whole Wheat Flour, Brown Sugar, Sugar, Eggs, Butter, Almonds, Honey, Rolled Oats, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Lemon Peel, Salt, Pure Vanilla Extract (Water, Alcohol (35%)), Organic Vanilla Bean Extractives), Ginger Root, Ground Nutmeg, Cardamom. CONTAINS: WHEAT, MILK, EGG, ALMOND

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>Low Fat Pumpkin Muffin (152g)</i>	340	10	1.5	0	0	0	440	82	9	50	22	9	Raisins, Pumpkin, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Fresh Ground 100% Whole Wheat Flour, Honey, Brown Sugar, Egg Whites, Wheat Bran, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Baking Soda, Pumpkin Pie Spice (Spices) CONTAINS: EGG, WHEAT, MILK
<i>Low Fat Raspberry Muffin (158g)</i>	360	70	8	4.5	0	40	380	67	7	35	29	9	Fresh Ground 100% Whole Wheat Flour, Raspberries, Applesauce (Apples, Water), Honey, Brown Sugar, Yogurt (Cultured Grade A Milk (Contains Active Yogurt Cultures Including L. Acidophilus)), Butter, Oat Bran, Eggs, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Baking Soda CONTAINS: WHEAT, MILK, EGG
<i>Morning Glory Muffin (206g)</i>	500	100	12	1.5	0	50	400	89	9	50	33	11	Carrots, Fresh Ground 100% Whole Wheat Flour, Brown Sugar, Raisins, Pineapple (Pineapple, Pineapple Juice, Water, Clarified Pineapple Juice Concentrate, Citric Acid), Eggs, Applesauce (Apples, Water), Canola Oil, Pure Vanilla Extract (Water, Alcohol (35%)), Organic Vanilla Bean Extractives), Baking Soda, Ground Cinnamon, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Ground Nutmeg, Salt, Allspice CONTAINS: WHEAT, EGG
<i>Oatberry Muffin with Blueberries (172g)</i>	420	110	12	1	0	0	470	71	9	34	27	10	Blueberries, Fresh Ground 100% Whole Wheat Flour, Applesauce (Apples, Water), Honey, Brown Sugar, Egg Whites, Canola Oil, Oat Bran, Oats, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda, Pure Vanilla Extract (Water, Alcohol (35%)), Organic Vanilla Bean Extractives), Salt CONTAINS: WHEAT, EGG
<i>Oatberry Muffin with Raspberries (164g)</i>	420	100	12	1	0	0	470	71	8	32	27	11	Fresh Ground 100% Whole Wheat Flour, Raspberries, Applesauce (Apples, Water), Honey, Brown Sugar, Egg Whites, Canola Oil, Oat Bran, Oats, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda, Pure Vanilla Extract (Water, Alcohol (35%)), Organic Vanilla Bean Extractives), Salt CONTAINS: WHEAT, EGG
<i>Peachy Keen Muffin (176g)</i>	480	170	19	9	0.5	80	400	68	6	39	34	10	Sour Cream (Cultured Cream), Peaches (Peaches, Ascorbic Acid, Citric Acid), Fresh Ground 100% Whole Wheat Flour, Brown Sugar, Sugar, Eggs, Butter, Almonds, Rolled Oats, Honey, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%)), Organic Vanilla Bean Extractives), Salt, Pure Almond Extract (Ethyl Alcohol, Water, and Oil of Bitter Almond), Ginger Root, Cardamom, Ground Nutmeg, Allspice CONTAINS: MILK, WHEAT, EGG, ALMOND
<i>Pumpkin Chocolate Chip Muffin (158g)</i>	560	230	26	4.5	0	60	370	78	3	45	43	7	Pumpkin, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Canola Oil, Eggs, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Salt, Ground Cinnamon, Baking Soda, Pure Vanilla Extract (Water, Alcohol (35%)), Organic Vanilla Bean Extractives), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Allspice CONTAINS: WHEAT, EGG

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>Rhubarb Streusel Blend Muffin (190g)</i>	630	290	33	19	1	210	230	71	5	34	33	5	Rhubarb, Eggs, Brown Sugar, Fresh Ground 100% Whole Wheat Flour, Butter, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xanthan and/or Guar Gums)), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Orange Peel (Orange Peel, Sodium Sulfite (Added as a Preservative)), Ground Cinnamon CONTAINS: EGG, WHEAT, MILK
<i>Rhubarb Streusel Whole Wheat Muffin (139g)</i>	470	200	22	13	1	130	240	58	5	33	32	9	Rhubarb, Fresh Ground 100% Whole Wheat Flour, Brown Sugar, Eggs, Butter, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xanthan and/or Guar Gums)), Butter, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Orange Peel (Orange Peel, Sodium Sulfite (Added as a Preservative)), Ground Cinnamon CONTAINS: WHEAT, EGG, MILK

Breakfast Sandwich on a Biscuit

<i>On a Cheddar Bacon Biscuit with Cheddar Cheese and Bacon (227g)</i>	750	460	51	26	1.5	280	1390	38	2	4	1	34	Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY
<i>On a Cheddar Ham Biscuit with Cheddar Cheese and Bacon (227g)</i>	730	440	49	25	1	275	1350	38	2	4	1	32	Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>On a Cheddar Garlic Biscuit with Cheddar Cheese and Bacon (225g)</i>	740	450	50	26	1.5	275	190	39	2	4	1	32	Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Butter, Fresh Ground 100% Whole Wheat Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Dried Garlic, Sugar, Baking Soda, Chives), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY
<i>On a Cheddar Bacon Biscuit with Swiss Cheese and Bacon (227g)</i>	720	430	48	25	1	275	1700	38	2	4	1	34	Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY
<i>On a Cheddar Ham Biscuit with Swiss Cheese and Bacon (227g)</i>	700	410	46	24	1	270	1650	38	2	4	1	33	Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>On a Cheddar Garlic Biscuit with Swiss Cheese and Bacon (225g)</i>	710	420	47	24	1	270	1600	38	2	4	1	33	Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Butter, Fresh Ground 100% Whole Wheat Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Dried Garlic, Sugar, Baking Soda, Chives), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY
<i>On a Cheddar Bacon Biscuit with Pepper Jack Cheese and Bacon (227g)</i>	740	450	51	25	1	280	1370	38	2	3	1	34	Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives.), Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY
<i>On a Cheddar Ham Biscuit with Pepper Jack Cheese and Bacon (227g)</i>	720	430	48	25	1	280	1330	38	2	4	1	33	Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives), Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>On a Cheddar Garlic Biscuit with Pepper Jack Cheese and Bacon (225g)</i>	730	440	49	25	1	280	1270	39	2	4	1	33	Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Butter, Fresh Ground 100% Whole Wheat Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Dried Garlic, Sugar, Baking Soda, Chives), Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY
<i>On a Cheddar Bacon Biscuit with Provolone Cheese and Bacon (227g)</i>	730	430	48	25	1	265	1490	38	2	4	1	35	Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives.), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Egg Patty (Eggs, Half and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY
<i>On a Cheddar Ham Biscuit with Provolone Cheese and bacon (227g)</i>	700	410	46	24	1	260	1440	38	2	4	1	33	Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>On a Cheddar Garlic Biscuit with Provolone Cheese and Bacon (225g)</i>	710	420	47	25	1	265	1390	38	2	4	1	33	<p>Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Butter, Fresh Ground 100%Whole Wheat Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Dried Garlic, Sugar, Baking Soda, Chives), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Yogurt (Cultured Pasteurized Nonfat Milk, Cream))), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite)</p> <p>CONTAINS: WHEAT, MILK, EGG, SOY</p>
<i>On a Cheddar Bacon Biscuit with Cheddar Cheese and Ham (256g)</i>	740	440	49	25	1	285	1640	39	2	5	1	35	<p>Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100%Whole Wheat Flour, Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives.), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream)), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion)</p> <p>CONTAINS: WHEAT, MILK, EGG, SOY</p>

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>On a Cheddar Ham Biscuit with Cheddar Cheese and Ham (255g)</i>	710	420	47	24	1	280	1590	40	2	5	1	33	<p>Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion)</p> <p>CONTAINS: WHEAT, MILK, EGG, SOY</p>
<i>On a Cheddar Garlic Biscuit with Cheddar Cheese and Ham (253g)</i>	720	430	48	25	1.5	285	1540	40	2	5	1	33	<p>Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Butter, Fresh Ground 100% Whole Wheat Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Dried Garlic, Sugar, Baking Soda, Chives), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion)</p> <p>CONTAINS: WHEAT, MILK, EGG, SOY</p>

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>On a Cheddar Bacon Biscuit with Swiss Cheese and Ham (256g)</i>	730	430	48	25	1.5	285	1440	39	2	5	1	37	<p>Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion)</p> <p>CONTAINS: WHEAT, MILK, EGG, SOY</p>
<i>On a Cheddar Ham Biscuit with Swiss Cheese and Ham (255g)</i>	710	410	46	24	1.5	280	1390	39	2	5	1	35	<p>Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors.), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion)</p> <p>CONTAINS: WHEAT, MILK, EGG, SOY</p>

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>On a Cheddar Garlic Biscuit with Swiss Cheese and Ham (253g)</i>	720	420	47	25	1.5	280	1340	39	2	5	1	35	<p>Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Butter, Fresh Ground 100% Whole Wheat Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Dried Garlic, Sugar, Baking Soda, Chives), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion)</p> <p>CONTAINS: WHEAT, MILK, EGG, SOY</p>
<i>On a Cheddar Bacon Biscuit with Pepper Jack Cheese and Ham (256g)</i>	730	430	48	24	1	290	1610	40	2	5	1	36	<p>Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xanthan and/or Guar Gums)), Fresh Ground 100% Whole Wheat Flour, Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives), Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion)</p> <p>CONTAINS: WHEAT, MILK, EGG, SOY</p>

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>On a Cheddar Ham Biscuit with Pepper Jack Cheese and Ham (255g)</i>	710	410	46	24	1	285	1570	40	2	5	1	34	<p>Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives), Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion)</p> <p>CONTAINS: WHEAT, MILK, EGG, SOY</p>
<i>On a Cheddar Garlic Biscuit with Pepper Jack Cheese and Ham (253g)</i>	720	420	47	24	1	280	1510	40	2	5	1	34	<p>Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Butter, Fresh Ground 100% Whole Wheat Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Dried Garlic, Sugar, Baking Soda, Chives), Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion)</p> <p>CONTAINS: WHEAT, MILK, EGG, SOY</p>

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>On a Cheddar Bacon Biscuit with Provolone Cheese and Ham (256g)</i>	720	410	46	24	1	275	1730	39	2	5	1	36	<p>Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100%Whole Wheat Flour, Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate))), Garlic Herb Spread (Butter, Greek Yogurt (Yogurt (Cultured Pasteurized Nonfat Milk, Cream))), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Cream), Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion)</p> <p>CONTAINS: WHEAT, MILK, EGG, SOY</p>
<i>On a Cheddar Ham Biscuit with Provolone Cheese and Ham (255g)</i>	690	390	44	23	1	270	1690	39	2	5	1	34	<p>Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate))), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion)</p> <p>CONTAINS: WHEAT, MILK, EGG, SOY</p>

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>On a Cheddar Garlic Biscuit with Provolone Cheese and Ham (253g)</i>	700	400	45	24	1	270	1630	40	2	5	1	34	<p>Biscuit (Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Butter, Fresh Ground 100% Whole Wheat Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Dried Garlic, Sugar, Baking Soda, Chives), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion)</p> <p>CONTAINS: WHEAT, MILK, EGG, SOY</p>

Breakfast Sandwich on Bread

<i>On Honey Whole Wheat Bread with Cheddar Cheese and Bacon (256g)</i>	710	330	36	16	0.5	380	1360	57	9	13	12	37	<p>Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite)</p> <p>CONTAINS: WHEAT, MILK, EGG, SOY</p>
<i>On White Bread with Cheddar Cheese and Bacon (256g)</i>	720	320	36	16	0.5	380	1550	64	2	11	10B	34	<p>White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite)</p> <p>CONTAINS: WHEAT, MILK, EGG, SOY</p>

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>On Honey Whole Wheat Bread with Swiss Cheese and Bacon (256g)</i>	710	320	35	16	0.5	375	1160	56	9	13	12	39	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY
<i>On White Bread with Swiss Cheese and Bacon (256g)</i>	720	310	35	16	0.5	375	1375	63	2	11	10	36	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY
<i>On Honey Whole Wheat Bread with Pepper Jack Cheese and Bacon (256g)</i>	710	320	36	15	0	380	1340	57	9	13	12	38	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY
<i>On White Bread with Pepper Jack Cheese and Bacon (256g)</i>	710	320	35	15	0	380	1540	64	2	11	10	35	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>On Honey Whole Wheat Bread with Provolone Cheese and Bacon (256g)</i>	960	300	33	15	0	365	1460	56	9	13	12	39	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY
<i>On White Bread with Provolone Cheese and Bacon (256g)</i>	700	300	33	15	0	365	1660	64	2	11	10	35	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion), Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite) CONTAINS: WHEAT, MILK, EGG, SOY
<i>On Honey Whole Wheat Bread with Cheddar Cheese and Ham (285g)</i>	700	300	34	15	0.5	385	1600	58	9	15	12	39	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion) CONTAINS: WHEAT, MILK, EGGS, SOY
<i>On White Bread with Cheddar Cheese and Ham (285g)</i>	710	300	33	15	0.5	385	1810	65	2	13	10	35	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion) CONTAINS: WHEAT, MILK, EGG, SOY

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>On Honey Whole Wheat Bread with Swiss Cheese and Ham (285g)</i>	700	290	33	15	0.5	385	1410	58	9	14	12	41	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Garlic Herb Spread (Butter, Greek Yogurt Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion) CONTAINS: WHEAT, MILK, EGG, SOY
<i>On White Bread with Swiss Cheese and Ham (285g)</i>	700	290	32	15	0.5	385	1610	65	2	13	10	37	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion) CONTAINS: WHEAT, MILK, EGG, SOY
<i>On Honey Whole Wheat Bread with Pepper Jack Cheese and Ham (285g)</i>	700	300	33	15	0	390	1580	59	9	14	12	40	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion) CONTAINS: WHEAT, MILK, EGG, SOY
<i>On White Bread with Pepper Jack Cheese and Ham (285g)</i>	700	290	33	14	0	390	1790	66	2	13	10	36	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Pepper Jack Cheese (Pasteurized Milk, Jalapeño Peppers, Cheese Culture, Salt, Enzymes), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion) CONTAINS: WHEAT, MILK, EGG, SOY

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>On Honey Whole Wheat Bread with Provolone Cheese and Ham (285g)</i>	680	280	31	14	0	375	1700	58	9	15	12	40	Honey Whole Wheat Bread (Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion) CONTAINS: WHEAT, MILK, EGG, SOY
<i>On White Bread with Provolone Cheese and Ham (285g)</i>	680	270	30	14	0	375	1900	65	2	13	10	36	White Bread (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Eggs), Egg Patty (Eggs, Half-and-half (Milk, Cream, Sodium Citrate, Disodium Phosphate)), Provolone Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite) Garlic Herb Spread (Butter, Greek Yogurt (Cultured Pasteurized Nonfat Milk, Cream), Mayonnaise (Soybean Oil, Water, Whole Eggs and Egg Yolks, Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA (Used to Protect Quality), Natural Flavors), Olive Oil, Parsley, Garlic, Kosher Salt, Black Pepper, Dried Onion) CONTAINS: WHEAT, MILK, EGG, SOY

Biscuits

<i>Plain Biscuit (101g)</i>	300	120	14	9	0.5	35	530	35	2	3	1	7	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Fresh Ground 100% Whole Wheat Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda CONTAINS: MILK, WHEAT
<i>Cheddar Bacon Biscuit (120g)</i>	380	180	21	12	0.5	55	740	36	2	3	1	12	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Bacon (Fresh Pork Belly, Cured with Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives CONTAINS: MILK, WHEAT
<i>Cheddar Garlic Biscuit (117g)</i>	360	170	20	12	0.5	55	640	36	2	3	1	11	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Butter, Fresh Ground 100% Whole Wheat Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Dried Garlic, Sugar, Baking Soda, Chives. CONTAINS: MILK, WHEAT

Biscotti, Muffin, Scones, etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients
<i>Cheddar Ham Biscuit (119g)</i>	360	160	19	11	0.5	55	680	36	2	3	1	11	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color), Fresh Ground 100% Whole Wheat Flour, Ham (Cured with Water, Honey, Sugar, Sodium Lactate, Salt, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Chives CONTAINS: MILK, WHEAT
<i>Parmesan Black Pepper Biscuit (113g)</i>	350	160	17	10	0.5	50	750	37	2	3	1	10	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Fresh Ground 100% Whole Wheat Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda, Black Pepper CONTAINS: MILK, WHEAT
<i>Pesto Parmesan Biscuit (117g)</i>	370	180	21	10	0.5	45	710	37	3	3	1	10	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Fresh Ground 100% Whole Wheat Flour, Pesto (Olive Oil, Walnuts, Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Basil, Parsley, Garlic, Salt, Black Pepper), Parmesan Cheese (Part-Skimmed Cows Milk, Cheese Cultures, Salt, Rennet), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Sugar, Baking Soda CONTAINS: MILK, WHEAT, WALNUT