

MEDITERRA BAKEHOUSE

SPEC SHEETS



MEDITERRA BAKEHOUSE

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SPROUTED MULTIGRAIN SOURDOUGH BOULE



V. NF. DF

PRODUCT ATTRIBUTES

- Item code: 4200
- Item weight: 25 oz.
- Shelf life: Frozen 10 months, Ambient 1 day

CASE ATTRIBUTES

- Case UPC: 801200042001
- Case count: 14
- Net case weight: 21.88 lb.
- Gross case weight: 24.4 lb.
- Case cube: 4032 in³
- Case size: 21x16x12
- TiHi: 5:6

DESCRIPTION

Sourdough wheat with added spelt berries (sprouted in-house) throughout. Sprouting partially breaks down starch, aiding digestion while decreasing carbohydrates and increasing fiber. Made with germ-restored wheat for a rich aroma and nutty, earthy flavor. Topped with flax and millet, this is one of our most hearty loaves.

HANDLING & STORAGE

Keep frozen until use

REFRESHING/REHEATING

- Temper - room temperature for 60 min
- Refresh - 350°F for 10 min
- Cool - before display

NO PRESERVATIVES OR ARTIFICIAL COLORS, ALL PRODUCTS MANUFACTURED IN A FACILITY THAT HANDLES EGGS, MILK, SOY AND TREE NUTS.

Nutrition Facts

12 servings per container
Serving size 2 oz (57g)

Amount per serving
Calories 100

% Daily Value *

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 270mg 12%

Total Carbohydrate 19g 7%

Dietary Fiber 1g 5%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1.1mg 6%

Potassium 40mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Unbleached hard wheat flour (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Filtered water, Levain Starter (Unbleached hard wheat flour [malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], Filtered Water), Sprouted Spelt Berries, Whole grain wheat flour, Raw wheat germ, Flaxseed, Millet, Sea salt, Cornmeal.

Contains: wheat

STONE BAKED SOURDOUGH LOAF



V. NF. DF

PRODUCT ATTRIBUTES

- Item code: 4201
- Item weight: 21.5 oz.
- Shelf life: Frozen 10 months, Ambient 1 day

CASE ATTRIBUTES

- Case UPC: 801200442016
- Case count: 15
- Net case weight: 20.16 lb.
- Gross case weight: 22.5 lb.
- Case cube: 4032 in³
- Case size: 21x16x12
- TiHi: 5:6

DESCRIPTION

Our Sourdough is made in the tradition of the old-style San Francisco breads, using a live fermented culture of flour and water (sourdough starter), which acts as a natural leavening agent. The result is a flavor more complex and distinct than other breads. Once baked, it has a crackling, crisp crust, a wonderful tang, and a chewy texture that pairs well with just about anything.

HANDLING & STORAGE

Keep frozen until use

REFRESHING/REHEATING

- Temper - room temperature for 60 min
- Refresh - 350°F for 10 min
- Cool - before display

NO PRESERVATIVES OR ARTIFICIAL COLORS, ALL PRODUCTS MANUFACTURED IN A FACILITY THAT HANDLES EGGS, MILK, SOY AND TREE NUTS.

Nutrition Facts

10 servings per container
Serving size 2 oz (57g)

Amount per serving
Calories 110

	% Daily Value *
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	3%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.2mg	6%
Potassium 30mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Unbleached hard wheat flour (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Filtered water, Sourdough Starter (Unbleached hard wheat flour [malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], Filtered Water), Fine whole wheat flour, Sugar, Olive Oil, Sea Salt

Contains: wheat

OLD WORLD CIABATTA



V. NF. DF

PRODUCT ATTRIBUTES

- Item code: 4202
- Item weight: 17.5 oz.
- Shelf life: Frozen 10 months, Ambient 1 day

CASE ATTRIBUTES

- Case UPC: 801200042025
- Case count: 15
- Net case weight: 16.41 lb.
- Gross case weight: 18.5 lb.
- Case cube: 4032 in³
- Case size: 21x16x12
- TiHi: 5:6

DESCRIPTION

This traditional Italian-style bread has a chewy exterior and airy, open crumb with irregular air holes. Ciabatta was created for sandwiches—slice lengthwise and pile high with your favorite cheeses and cured meats. Also great for dipping in soups and stews, or served in a bread basket with butter.

HANDLING & STORAGE

Keep frozen until use

REFRESHING/REHEATING

- Temper - room temperature for 60 min
- Refresh - 350°F for 10 min
- Cool - before display

NO PRESERVATIVES OR ARTIFICIAL COLORS, ALL PRODUCTS MANUFACTURED IN A FACILITY THAT HANDLES EGGS, MILK, SOY AND TREE NUTS.

Nutrition Facts

12 servings per container	
Serving size	57 g
Amount per serving	
Calories	130
% Daily Value *	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.6mg	8%
Potassium 40mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Unbleached hard wheat flour (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Filtered water, Poolish Starter (Unbleached hard wheat flour [malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid] Filtered Water), Sea Salt

Contains: Wheat

ROSEMARY OLIVE OIL BOULE



V. NF. DF

PRODUCT ATTRIBUTES

- Item code: 4203
- Item weight: 18 oz.
- Shelf life: Frozen 10 months, Ambient 1 day

CASE ATTRIBUTES

- Case UPC: 801200442030
- Case count: 15
- Net case weight: 16.88 lb.
- Gross case weight: 19.5 lb.
- Case cube: 4032 in³
- Case size: 21x16x12
- TiHi: 5:6

DESCRIPTION

Rosemary olive oil loaf is hearty and dense, slightly sweet, and loaded with aromatic rosemary. Crisp on the outside with a moist, soft, chewy interior. Pair with aged cheddar or smoky gouda, or try as a turkey sandwich with spinach and sun-dried tomato spread. Also great alongside grilled seafood—or cube and dry for crispy croutons.

HANDLING & STORAGE

Keep frozen until use

REFRESHING/REHEATING

- Temper - room temperature for 60 min
- Refresh - 350°F for 10 min
- Cool - before display

NO PRESERVATIVES OR ARTIFICIAL COLORS, ALL PRODUCTS MANUFACTURED IN A FACILITY THAT HANDLES EGGS, MILK, SOY AND TREE NUTS.

Nutrition Facts

9 servings per container
Serving size 2 oz (57g)

Amount per serving
Calories 150

% Daily Value *

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 270mg 12%

Total Carbohydrate 27g 10%

Dietary Fiber 1g 5%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1.9mg 10%

Potassium 50mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Unbleached hard wheat flour (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Filtered Water, Polish Starter (Unbleached hard wheat flour [malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], Filtered Water), Olive Oil, Wheat Durum, Dried Rosemary, Sea Salt, Cornmeal.

Contains: wheat

PECAN CRANBERRY BOULE



V. DF

PRODUCT ATTRIBUTES

- Item code: 4204
- Item weight: 18.5 oz.
- Shelf life: Frozen 10 months, Ambient 1 day

CASE ATTRIBUTES

- Case UPC: 801200042049
- Case count: 15
- Net case weight: 17.34 lb.
- Gross case weight: 20 lb.
- Case cube: 4032 in³
- Case size: 21x16x12
- TiHi: 5:6

DESCRIPTION

Pecan Cranberry loaf is loaded with tart dried cranberries and toasted pecans, held together by rich, naturally leavened bread. The result is a complex, dense loaf with an intense crust and a flavor that's rich and nutty, followed by the chewy sweetness and subtle tang of cranberries and sourdough.

HANDLING & STORAGE

Keep frozen until use

REFRESHING/REHEATING

- Temper - room temperature for 60 min
- Refresh - 350°F for 10 min
- Cool - before display

NO PRESERVATIVES OR ARTIFICIAL COLORS, ALL PRODUCTS MANUFACTURED IN A FACILITY THAT HANDLES EGGS, MILK, SOY AND TREE NUTS.

Nutrition Facts

9 servings per container		
Serving size	57 g	
Amount per serving		
Calories	120	
% Daily Value *		
Total Fat 7g	8%	
Saturated Fat 0.5g	3%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 150mg	6%	
Total Carbohydrate 14g	5%	
Dietary Fiber 2g	6%	
Total Sugars <1g		
Includes 0g Added Sugars	0%	
Protein 3g		
Vitamin D 0mcg	0%	
Calcium 10mg	0%	
Iron 0.9mg	6%	
Potassium 60mg	2%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

Ingredients: Unbleached hard wheat flour (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Levain Starter(Unbleached hard wheat flour [malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], Filtered Water), Filtered Water, Cranberries, Pecans, Cornmeal

Contains: pecans, Wheat

PUGLIESE RUSTICO BOULE



V. NF. DF

PRODUCT ATTRIBUTES

- Item code: 4205
- Item weight: 24.5 oz.
- Shelf life: Frozen 10 months, Ambient 1 day

CASE ATTRIBUTES

- Case UPC: 801200442054
- Case count: 10
- Net case weight: 15.31 lb.
- Gross case weight: 17.5 lb.
- Case cube: 4032 in³
- Case size: 21x16x12
- TiHi: 5:6

DESCRIPTION

Both the shape and texture of this boule beg you to rip it apart and dunk it into the best olive oil or sauce you can get your hands on. Similar to Ciabatta, Pugliese Rustico has a porous, chewy interior, which is enclosed in a slightly crunchy, cornmeal-dusted crust. It pairs particularly well with Italian meals.

HANDLING & STORAGE

Keep frozen until use

REFRESHING/REHEATING

- Temper - room temperature for 60 min
- Refresh - 350°F for 10 min
- Cool - before display

NO PRESERVATIVES OR ARTIFICIAL COLORS, ALL PRODUCTS MANUFACTURED IN A FACILITY THAT HANDLES EGGS, MILK, SOY AND TREE NUTS.

Nutrition Facts

12 servings per container
Serving size 2 oz (57g)

Amount per serving
Calories 130

% Daily Value *

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 290mg 13%

Total Carbohydrate 25g 9%

Dietary Fiber 1g 3%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1.6mg 8%

Potassium 40mg 0%

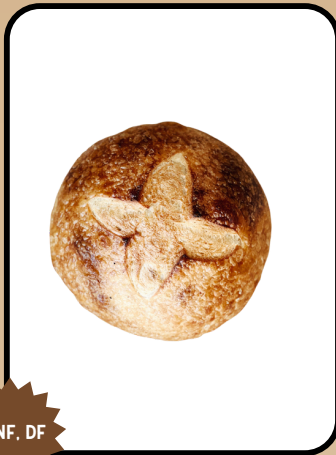
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Unbleached hard wheat flour (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Filtered Water, Polish Starter (Unbleached hard wheat flour [malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], Filtered Water)

Contains: Wheat

RUSTIC SOURDOUGH BOULE



V. NF. DF

PRODUCT ATTRIBUTES

- Item code: 4206
- Item weight: 25 oz.
- Shelf life: Frozen 10 months, Ambient 1 day

CASE ATTRIBUTES

- Case UPC: 801200442061
- Case count: 15
- Net case weight: 23.44 lb.
- Gross case weight: 25.8 lb.
- Case cube: 4032 in³
- Case size: 21x16x12
- TiHi: 5:6

DESCRIPTION

Crafted without any commercial yeast, this rustic boule develops a deeply tangy, pronounced flavor through a slow, natural fermentation. Its golden-brown, blistered crust gives way to a moist, chewy interior with an open crumb, perfect for slicing thick or tearing by hand.

HANDLING & STORAGE

Keep frozen until use

REFRESHING/REHEATING

- Temper - room temperature for 60 min
- Refresh - 350°F for 10 min
- Cool - before display

NO PRESERVATIVES OR ARTIFICIAL COLORS, ALL PRODUCTS MANUFACTURED IN A FACILITY THAT HANDLES EGGS, MILK, SOY AND TREE NUTS.

Nutrition Facts

12 servings per container
Serving size 2 oz (57g)

Amount per serving
Calories 90

% Daily Value *

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.1mg	6%
Potassium 30mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Unbleached hard wheat flour (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Filtered Water, Sourdough Starter (Unbleached hard wheat flour [malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], Filtered Water), Sea Salt, Cornmeal.

Contains: Wheat

TEN GRAIN HARVEST



PRODUCT ATTRIBUTES

- Item code: 4207
- Item weight: 22 oz.
- Shelf life: Frozen 10 months, Ambient 1 day
- Contains a bioengineered ingredient

CASE ATTRIBUTES

- Case UPC: 801200442078
- Case count: 12
- Net case weight: 16.50 lb.
- Gross case weight: 18.83 lb.
- Case cube: 4032 in³
- Case size: 21x16x12
- TiHi: 5:6

DESCRIPTION

Ten grain is packed with organic grains including flax, millet and spelt, all soaked for more than 24 hours to aid in digestion. We add a generous helping of honey, resulting in a seriously sweet, slightly malty flavor. Crusty on the outside and tender on the inside, this loaf is loaded with whole grains, resulting in a satisfying, seedy delight.

HANDLING & STORAGE

Keep frozen until use

REFRESHING/REHEATING

- Temper - room temperature for 60 min
- Refresh - 350°F for 10 min
- Cool - before display

NO PRESERVATIVES OR ARTIFICIAL COLORS, ALL PRODUCTS MANUFACTURED IN A FACILITY THAT HANDLES EGGS, MILK, SOY AND TREE NUTS.

Nutrition Facts

11 servings per container
Serving size 2 oz (57g)

Amount per serving
Calories **180**

% Daily Value *

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 32g **12%**

Dietary Fiber 2g **9%**

Total Sugars 3g

Includes 3g Added Sugars **5%**

Protein 6g

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 1.9mg **10%**

Potassium 90mg **2%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Unbleached hard wheat flour (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Filtered Water, Poolish Starter (Unbleached hard wheat flour [malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], Filtered Water)

Contains: wheat

CLASSIC FRENCH BOULE



V. NF. DF

PRODUCT ATTRIBUTES

- Item code: 4208
- Item weight: 22 oz.
- Shelf life: Frozen 10 months, Ambient 1 day

CASE ATTRIBUTES

- Case UPC: 801200442085
- Case count: 12
- Net case weight: 16.50 lb.
- Gross case weight: 19 lb.
- Case cube: 4032 in³
- Case size: 21x16x12
- TiHi: 5:6

DESCRIPTION

This traditional French-style round loaf features a thin, golden crust and a soft, airy crumb. A touch of sweetness rounds out the flavor, giving the bread a gentle richness that complements both savory and sweet pairings. Light yet satisfying, its balanced texture and mild flavor make it ideal for sandwiches, table service, or simply served warm with butter.

HANDLING & STORAGE

Keep frozen until use

REFRESHING/REHEATING

- Temper - room temperature for 60 min
- Refresh - 350°F for 10 min
- Cool - before display

NO PRESERVATIVES OR ARTIFICIAL COLORS, ALL PRODUCTS MANUFACTURED IN A FACILITY THAT HANDLES EGGS, MILK, SOY AND TREE NUTS.

Nutrition Facts

11 servings per container
Serving size 2 oz (57g)

Amount per serving
Calories 150

% Daily Value *

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	3%
Total Sugars 1g	
Includes <1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.7mg	10%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Unbleached hard wheat flour (malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Filtered Water, Polish Starter (Unbleached hard wheat flour [malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], Filtered Water), Sugar, Olive Oil, Dry Malt Powder, Yeast

Contains: Wheat