MEDITERRA BAKEHOUSE

SPEC SHEETS

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ARTISAN ASSORTED DINNER ROLLS

ITEM CODE #434372

NF, DF

PRODUCT ATTRIBUTES

- Pack weight: 21 oz.
- Shelf life: Six months frozen, two days once thawed
- Case weight: 17 lb.
- Case size: 144 bulk

DESCRIPTION

This carefully selected assortment of dinner rolls features French rolls, rustic white sourdough rolls, and heartland honey multigrain rolls. French style dinner rolls feature a chewy, light interior and a crisp, deep-gold crust. Rustic white sourdough rolls have a rich, complex flavor, honeycomb crumb and delicate tang, making it very versatile. Our heartland honey multigrain roll is infused with local grains, as well as whole toasted pumpkin seeds. A touch of honey adds a subtle sweetness balanced by the grains and whole wheat flour. This selection of dinner rolls is the perfect complement to any meal or charcuterie board.

Nutrition Facts

12 servings per container

Serving size	**57 g**
Amount per serving	
Calories	**170**
	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 390mg	**17%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 4g	**13%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 6g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.8mg	10%
Potassium 130mg	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), Rye Flour, Medium, Filtered Water, Caraway Seed

CONTAINS: Wheat

NO GMO INGREDIENTS • NO ARTIFICIAL COLORS OR FLAVORS • NO PRESERVATIVES OR ADDITIVES
ALL PRODUCTS MANUFACTURED IN A FACILITY THAT HANDLES EGGS, MILK, SOY AND TREE NUTS

CHALLAH HAMBURGER SLICED

ITEM CODE #350388

NF

PRODUCT ATTRIBUTES

- Weight: 2.5 oz.
- Shelf life: Six months frozen, three days once thawed
- Case size: 12/8pks

Nutrition Facts

8 servings per container
Serving size 68 g

Amount per serving
Calories 180

	% Daily Value *
Total Fat 2g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 280mg	12%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 4g Added Sugars	9%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.8mg	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, Egg Yolks, Honey, whole eggs, Sugar, Sea Salt

Contains: Egg, Wheat

DESCRIPTION

Our challah hamburger buns are enriched with egg yolk and unrefined corn oil to create the perfect texture: a little spongy, and a little crusty, infused with a tangy yet sweet hint of honey. Baked to a deep mahogany color, these buns are best served fresh and warm. Try one with a heap of roast beef, a big, juicy burger, or a simple, cold-cut sandwich.

NO GMO INGREDIENTS • NO ARTIFICIAL COLORS OR FLAVORS • NO PRESERVATIVES OR ADDITIVES
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CHALLAH PULLMAN SLICED 1"

ITEM CODE #434330

NF

PRODUCT ATTRIBUTES

- ~22 slices per loaf
- Shelf life: Six months frozen, two days once thawed
- Case weight: 18.5 lb.
- Case size: 10 each, pre-sliced 1"

DESCRIPTION

Our challah is slightly sweet with a pillowy-soft interior. It's enriched with egg yolk and unrefined corn oil to create the perfect texture: a little spongy and a little crusty, infused with a sweet hint of honey. Baked in a pan, this adaptation of a traditional braided challah is ideal for morning toast, sandwiches, and best of all, French toast.

Nutrition Facts

10 servings per container
Serving size 57 g

Amount per serving
Calories 150

	% Daily Value *
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	14%
Sodium 230mg	10%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	3%
Total Sugars 4g	
Includes 4g Added Sugars	7%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.5mg	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, Egg Yolks, Honey, whole eggs, Sugar, Sea Salt

CONTAINS: Egg, Wheat

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CHALLAH SLIDER

ITEM CODE #350427

NF

PRODUCT ATTRIBUTES

- Weight: 1.4 oz.
- Shelf life: Six months frozen, three days once thawed
- Case size: 12/12pks

DESCRIPTION

Challah Sliders are great for any demi-sized sandwich- meatball, lobster rolls, pulled pork and more. They're also perfect for entertaining, or for kid-approved sandwiches! Our challah bread is enriched with egg yolk and unrefined corn oil to create the perfect texture: a little spongy, and a little crusty, infused with a tangy yet sweet hint of honey, then baked to a perfect mahogany color.

Nutrition Facts

12 servings per container
Serving size 39 g

Amount per serving
Calories 100

	% Daily Value *
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 160mg	7%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	2%
Total Sugars 3g	
Includes 3g Added Sugars	5%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 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, Egg Yolks, Honey, whole eggs, Sugar, Sea Salt

Contains: Egg, Wheat

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CIABATTINI

ITEM CODE #350389

V. NF. DF

PRODUCT ATTRIBUTES

- Weight: 5 oz.
- Shelf life: Six months frozen, two days once thawed
- Case size: 60 each

Nutrition Facts

2 servings per container
Serving size 57 g

Amount per serving
Calories 140

	% Daily Value *
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 26g	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%

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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(Unbleached hard wheat flour-malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid,Filtered Water), Olive oil, Sea Salt, Yeast, Compressed

CONTAINS: Wheat

DESCRIPTION

Ciabatta, or “slipper” in Italian, is the perfect combination of rustic, country-style texture and delicate, exquisite taste. Ciabattini, a miniature version of our Ciabatta loaf, is a traditional Italian-style bread that boasts a chewy exterior and an airy, open crumb that’s speckled with tons of irregular air holes. Ciabatta was created to be used as a sandwich loaf, and we recommend putting our smaller size to the test.

NO GMO INGREDIENTS • NO ARTIFICIAL COLORS OR FLAVORS • NO PRESERVATIVES OR ADDITIVES
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FRENCH DEMI BAGUETTE

ITEM CODE #350387

V, NF, DF

PRODUCT ATTRIBUTES

- Weight: 6.5 oz.
- Length: ~ 6 in.
- Shelf life: Six months frozen, two days once thawed
- Case size: 48 each

DESCRIPTION

A thin, crusty loaf of bread, our French demi baguette is a miniature version of our traditional French baguette. Our baguettes are made using traditional French methods, and with very few ingredients. Our demi baguette is simple, and features a chewy, light interior riddled with holes and a crisp, deep gold crust.

Nutrition Facts

1 serving per container
Serving size 57 g

Amount per serving
Calories 120

	% Daily Value *
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.4mg	8%
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), Water, Sea Salt, Leavening Agents, Yeast, Baker's, Active Dry

CONTAINS: Wheat

NO GMO INGREDIENTS • NO ARTIFICIAL COLORS OR FLAVORS • NO PRESERVATIVES OR ADDITIVES
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HEARTLAND HONEY MULTIGRAIN PULLMAN SLICED 5/8"

ITEM CODE #4018

NF, DF

Nutrition Facts

24 servings per container
Serving size 57 g

Amount per serving
Calories 190

	% Daily Value *
Total Fat 4.5g	**6**%
Saturated Fat 0.5g	**3**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 240mg	**10**%
Total Carbohydrate 31g	**11**%
Dietary Fiber 3g	**9**%
Total Sugars 3g	
Includes 3g Added Sugars	**5**%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 100mg	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(Unbleached hard wheat flour-malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid,Filtered Water), Honey, Wheat Flour, Whole-Grain, Flaxseed, Millet, Spelt, Oats, Cornmeal, Whole-Grain, Yellow, Cracked-Wheat, Pepitas(pumpkin seeds), Corn oil, Spices, Poppy Seed

CONTAINS: wheat

PRODUCT ATTRIBUTES

- ~16 slices per loaf
- Shelf life: Six months frozen, two days once thawed
- Case weight: 24 lb.
- Case size: 12 each, pre-sliced 5/8"

DESCRIPTION

Heartland honey multigrain is a hearty wheat bread infused with organic, local grains, as well as whole toasted pumpkin seeds. A touch of honey adds a subtle sweetness balanced by the grains and whole wheat flour. This versatile, soft crusted loaf is topped with even more pumpkin seeds, oats and cornmeal, adding a crunchy texture and nutty flavor. It's baked in a pan, resulting in the perfect loaf shape for all of your sandwich and toast needs.

NO GMO INGREDIENTS • NO ARTIFICIAL COLORS OR FLAVORS • NO PRESERVATIVES OR ADDITIVES
ALL PRODUCTS MANUFACTURED IN A FACILITY THAT HANDLES EGGS, MILK, SOY AND TREE NUTS

RUSTIC WHITE SOURDOUGH DELI SLICED ⅝"

ITEM CODE #434333

V, NF, DF

Nutrition Facts

22 servings per container
Serving size 57 g

Amount per serving
Calories 120

	% Daily Value *
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.4mg	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, Levain(Unbleached hard wheat flour-malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid), Wheat Flour

CONTAINS: wheat

PRODUCT ATTRIBUTES

- ~22 slices per loaf
- Shelf life: Six months frozen, two days once thawed
- Case weight: 21.5 lb.
- Case size: 6 each, pre-sliced ⅝"

DESCRIPTION

Rustic white sourdough deli is our take on traditional French bread, or "pain au levain". To give ours its rich and complex flavor, we mix wheat and white flour, then add our levain sourdough starter. It's honeycomb crumb and delicate tang make it very versatile. It's the perfect complement to a soup or stew, and it makes a delicious sandwich.

NO GMO INGREDIENTS • NO ARTIFICIAL COLORS OR FLAVORS • NO PRESERVATIVES OR ADDITIVES
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RUSTIC WHOLE WHEAT PULLMAN SLICED ⅝"

ITEM CODE #434666

V. NF. DF

PRODUCT ATTRIBUTES

- ~16 slices per loaf
- Shelf life: Six months frozen, two days once thawed
- Case weight: 26.9 lb.
- Case size: 10 each, pre-sliced ⅝"

DESCRIPTION

Rustic whole wheat has a wonderful nutty, slightly sweet flavor that works well in many settings. It's made using organic heritage red fife grain grown on our own land in Arizona. The entire milling process is done in-house using traditional stone-ground milling equipment. Natural levain (sourdough) starter is added, giving this loaf a subtle, tangy bite. Use it in place of a traditional sourdough bread, paired with your favorite meats and cheeses, or simply toast and enjoy.

Nutrition Facts

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

Amount per serving	
Calories	**90**
	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 290mg	**13%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 3g	**12%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 3.2mg	20%
Potassium 10mg	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: Red Fife Flour, Filtered Water, Levain(Unbleached hard wheat flour-malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid), Raw Wheat Germ

CONTAINS: wheat

NO GMO INGREDIENTS • NO ARTIFICIAL COLORS OR FLAVORS • NO PRESERVATIVES OR ADDITIVES
ALL PRODUCTS MANUFACTURED IN A FACILITY THAT HANDLES EGGS, MILK, SOY AND TREE NUTS

SEEDED RYE DELI SLICED 5/8"

ITEM CODE #434306

V, NF, DF

Nutrition Facts

24 servings per container
Serving size 57 g

Amount per serving
Calories 170

	% Daily Value *
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	13%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.8mg	10%
Potassium 130mg	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), Rye Flour, Medium, Filtered Water, Caraway Seed

CONTAINS: Wheat

PRODUCT ATTRIBUTES

- ~24 slices per loaf
- Shelf life: Six months frozen, two days once thawed
- Case weight: 26.9 lb.
- Case size: 8 each, pre-sliced 5/8"

DESCRIPTION

Loaded with caraway seeds, our rye bread is dense, moist, and chewy without being tough. Its sturdy texture and lightly sour flavor provide the perfect pairing for a thick spread of cream cheese or sweet butter. It's also the perfect thick, sturdy piece of bread you need to make a world class reuben sandwich. But with layers of sophisticated flavor, our Seeded Rye tastes just as good with butter and jam at breakfast. Bursting with flavor and texture, it's perfect with just about anything.

NO GMO INGREDIENTS • NO ARTIFICIAL COLORS OR FLAVORS • NO PRESERVATIVES OR ADDITIVES
ALL PRODUCTS MANUFACTURED IN A FACILITY THAT HANDLES EGGS, MILK, SOY AND TREE NUTS

SEEDED RYE PULLMAN SLICED 5/8

ITEM CODE #369209

V. NF. DF

PRODUCT ATTRIBUTES

- ~16 slices per loaf
- Shelf life: Six months frozen, two days once thawed
- Case size: 12 each, pre-sliced 3/8"

DESCRIPTION

If you're looking for a loaf of bread with a deep, earthy flavor, look no further than our traditional seeded rye. Made with a true rye sourdough starter and loaded with caraway seeds, our rye bread is dense, moist, and chewy without being tough. Its sturdy texture and lightly sour flavor provide the perfect pairing for a thick spread of cream cheese or sweet butter. It's also the perfect thick, sturdy piece of bread you need to make a world class reuben sandwich.

Nutrition Facts

12 servings per container
Serving size 57 g

Amount per serving
Calories 170

	% Daily Value *
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	13%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.8mg	10%
Potassium 130mg	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), Rye Flour, Medium, Filtered Water, Caraway Seed

CONTAINS: Wheat

NO GMO INGREDIENTS • NO ARTIFICIAL COLORS OR FLAVORS • NO PRESERVATIVES OR ADDITIVES
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7 GRAIN PULLMAN SLICED 5/8"

ITEM CODE #434371

V. NF. DF

Nutrition Facts

16 servings per container
Serving size 55 g

Amount per serving
Calories 170

	% Daily Value *
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	6%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.6mg	8%
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: Poolish(Unbleached hard wheat flour-malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid,Filtered Water), Unbleached hard wheat flour(malted barley flour,niacin,reduced iron,thiamine mononitrate,riboflavin,folic acid), Filtered Water, Wheat Flour, Whole-Grain, Corn oil, Sugar, Sea Salt, Oats, Flaxseed, Millet, Cornmeal, Whole-Grain, Yellow, Cracked-Wheat, Dry Active Yeast,Optima 350 (Wheat Flour, Enzyme), Naturell(Wheat Flour,Malted Barley,Asorbic Acid), Spelt

CONTAINS: wheat

PRODUCT ATTRIBUTES

- ~18 slices per loaf
- Shelf life: Six months frozen, two days once thawed
- Case weight: 19.9 lb.
- Case size: 12 packs

DESCRIPTION

This sandwich-sized, toastable multigrain loaf is soft, tender, hearty and full of flavor. It's moist, dense texture make it perfect for slicing for sandwiches or toasting. The mellow whole grain flavor is just noticeable enough to add an aura of wholesomeness. For added heartiness, it's topped with flax, millet, spelt, cornmeal, cracked wheat, and oats.

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ALL PRODUCTS MANUFACTURED IN A FACILITY THAT HANDLES EGGS, MILK, SOY AND TREE NUTS