

MEDITERRA BAKEHOUSE

SPEC SHEETS



MEDITERRA BAKEHOUSE

801 PARKWAY VIEW DRIVE, PITTSBURGH, PA 15205
SALLY@MEDITERRABAKEHOUSE.COM | (412) 639-2566



@MEDITERRABAKEHOUSE

CHALLAH PULLMAN SLICED 1"

ITEM #1380113



NF

PRODUCT ATTRIBUTES

- Case size: 10 each
- Net case weight: 18.5 lb.
- Shelf life: 6 months frozen, 2 days once thawed

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

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

CIABATTINI

ITEM #1380108



V, NF, DF

PRODUCT ATTRIBUTES

- Product weight: 4 oz.
- Case size: 60 each
- Net case weight: 15 lb.
- Shelf life: 6 months frozen, 2 days once thawed

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.

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%

* 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), Olive oil, Sea Salt, Yeast, Compressed

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 PULLMAN SLICED 5/8

ITEM #1380109



V, NF, DF

PRODUCT ATTRIBUTES

- Case size: 12 each
- Net case weight: 27 lb.
- Shelf life: 6 months frozen, 2 days once thawed

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

HEARTLAND HONEY MULTIGRAIN PULLMAN SLICED 5/8

ITEM #1380101



NF, DF

PRODUCT ATTRIBUTES

- Case size: 10 each
- Net case weight: 22 lb.
- Shelf life: 6 months frozen, 2 days once thawed

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.

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

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 5/8

ITEM #1365826



V, NF, DF

PRODUCT ATTRIBUTES

- Slices per loaf: ~22
- Case size: 6 each
- Shelf life: 6 months frozen, 2 days once thawed

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.

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

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