

MEDITERRA BAKEHOUSE

SPEC SHEETS



MEDITERRA BAKEHOUSE

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@MEDITERRABAKEHOUSE

RED FIFE DELI SLICED 5/8

ITEM CODE: 109605



PRODUCT ATTRIBUTES

- Slices per loaf: ~20
- Case size: 6 each
- Shelf life: 6 months frozen, 2 days once thawed

DESCRIPTION

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

26 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,Filtered Water), Raw Wheat Germ, Sea Salt

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 DINNER ROLL UNSLICED

ITEM CODE: 109608



NF

PRODUCT ATTRIBUTES

- Bun weight: 1.3 oz.
- Case size: 20/12pks
- Shelf life: 6 months frozen, 1 day once thawed

DESCRIPTION

These are perfect as the classic dinner roll, or 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 120

% Daily Value *

Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 170mg	7%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	2%
Total Sugars 2g	
Includes 2g Added Sugars	3%
Protein 3g	
Vitamin D 0.1mcg	0%
Calcium 10mg	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),Filtered Water,Whole Eggs,Unrefined Corn Oil,Wildflower Honey,Sea Salt,Yeast

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

SOURDOUGH BOULE

ITEM CODE: 109607



V, NF, DF

PRODUCT ATTRIBUTES

- Weight: 18 oz.
- Case size: 15 each
- Shelf life: 6 months frozen, 2 days once thawed

DESCRIPTION

Our Sourdough is made in the tradition of the old-style San Francisco breads. As a result, this bread requires extra time, which also helps to uncover a flavor more complex and distinct than other breads. Once baked, it has a crackling, crisp crust, a wonderful sourdough tang, and a chewy texture that pairs well with just about anything.

Nutrition Facts

12 servings per container
Serving size 57 g

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, Chef Starter (Unbleached hard wheat flour-malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, Filtered Water)

CONTAINS: Wheat

NO GMO INGREDIENTS • NO ARTIFICIAL COLORS OR FLAVORS • NO PRESERVATIVES OR ADDITIVES
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PUMPERNICKEL

DELI LOAF SLICED 5/8

ITEM CODE: 109604



V, NF, DF

PRODUCT ATTRIBUTES

- Slices per loaf: ~20
- Case size: 8 each
- Shelf life: 6 months frozen, 2 days once thawed

DESCRIPTION

To prepare our traditional Pumpernickel loaf, coarsely ground whole grain rye flour is gently infused with molasses, resulting in a bread that is both slightly sweet and slightly sour. The interior is dense and hearty in texture with a thick, chewy crust. Serve alongside your favorite soup for a perfect way to warm up on a cold winter evening, or pair it with cream cheese, smoked salmon, and thinly sliced tomato. You won't believe how those flavors marry!

Nutrition Facts

24 servings per container

Serving size 57 g

Amount per serving

Calories 200

% Daily Value *

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 460mg 20%

Total Carbohydrate 41g 15%

Dietary Fiber 3g 12%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 2.1mg 10%

Potassium 110mg 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: King Arthur, Rye Flour, Medium, Caramel Coloring, Pumpernickel Flour, Dry Active Yeast, Optima 350 (Wheat Flour, Enzyme), Naturell (Wheat Flour, Malted Barley, Asorbic Acid)

NO GMO INGREDIENTS • NO ARTIFICIAL COLORS OR FLAVORS • NO PRESERVATIVES OR ADDITIVES
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CIABATTA UNSLICED

ITEM CODE: 109606



V, NF, DF

PRODUCT ATTRIBUTES

- Case size: 15 each
- Shelf life: 6 months frozen, 2 days once thawed

DESCRIPTION

This traditional Italian-style bread 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 ours to the test. Slice lengthwise, and pile it high with your favorite cheese and cured meats. It can also be used for dipping in soups and stews, or in your bread basket alongside a scoop of butter.

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

CONTAINS: Wheat

NO GMO INGREDIENTS • NO ARTIFICIAL COLORS OR FLAVORS • NO PRESERVATIVES OR ADDITIVES
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SEEDED RYE DELI SLICED 5/8

ITEM CODE: 109609



V. NF. DF

PRODUCT ATTRIBUTES

- Slices per loaf: ~24
- Case size: 8 each
- Shelf life: 6 months frozen, 2 days once thawed

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.

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

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 CODE: 109601



NF, DF

PRODUCT ATTRIBUTES

- Slices per loaf: ~16
- Case size: 10 each
- 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 CODE: 109602



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

SEEDED RYE PULLMAN SLICED 5/8

ITEM CODE: 109610



V. NF. DF

PRODUCT ATTRIBUTES

- Slices per loaf: ~16
- Case size: 12 each
- 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

CHALLAH HAMBURGER SLICED

ITEM CODE: 109603



NF

PRODUCT ATTRIBUTES

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

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.

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

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