

**Weaver Street Market
Item Nutrition Report
Nutrition Summary**

	Serving Size	Calories (Kcal)	Calories from Fat (Kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Low Fat	Fat Free
Bread Chocolate Rolls	each	321	85	9.5	5.3	0.2	38	880	51	2.9	17	7	154	0	579	4	391		
				15%	26%		13%	37%	17%	12%									
Bread Ciabattini Plain	each	305	11	1.2	0.2	0.0	0	654	62	2.1	1	10	0	0	19	4	120	X	
				2%	1%		0%	27%	21%	9%									
Bread Ciabattini Seeded	each	327	32	3.6	0.5	0.0	0	642	62	2.9	1	11	0	0	74	4	135		
				5%	2%		0%	27%	21%	11%									
Bread Focaccia 4pk	1/4	280	40	4.4	0.7	0.0	0	588	51	1.8	1	8	0	0	15	3	101		
				7%	3%		0%	25%	17%	7%									
Bread Focaccia Half Sheet	1/12	280	40	4.4	0.7	0.0	0	587	51	1.8	1	8	0	0	15	3	101		
				7%	3%		0%	24%	17%	7%									
Bread Focaccia Plain Each	each	280	40	4.4	0.7	0.0	0	588	51	1.8	1	8	0	0	15	3	101		
				7%	3%		0%	25%	17%	7%									
Bread Focaccia Sheet	1/24	280	40	4.4	0.7	0.0	0	588	51	1.8	1	8	0	0	15	3	101		
				7%	3%		0%	25%	17%	7%									
Bread French Demi Bagtte	1/4	90	3	0.4	0.1	0.0	0	193	18	0.6	0	3	0	0	6	1	35		X
				1%	0%		0%	8%	6%	2%									
Bread French Roll	each	180	7	0.7	0.1	0.0	0	385	37	1.2	1	6	0	0	11	3	70	X	
				1%	1%		0%	16%	12%	5%									
Bread Jalapeno Cheddar Rll	each	279	69	7.7	3.5	0.2	16	539	41	1.6	1	10	265	11	124	3	111		
				12%	17%		5%	22%	14%	6%									
Bread Multigrain Roll	each	293	48	5.3	0.6	0.0	0	553	53	6.0	2	10	8	0	30	3	239		
				8%	3%		0%	23%	18%	24%									
Bread Soft Dinner Roll (dz)	1/12	142	36	4.0	2.2	0.1	20	223	22	0.7	3	4	150	0	25	1	64		
				6%	11%		7%	9%	7%	3%									
Bread Soft Dinner Roll (6pk)	1/6	142	36	4.0	2.2	0.1	20	223	22	0.7	3	4	150	0	25	1	64		
				6%	11%		7%	9%	7%	3%									
Bread Sourdough Stick	each	309	12	1.3	0.2	0.0	0	667	63	2.4	1	10	0	0	20	4	128	X	
				2%	1%		0%	28%	21%	10%									
Bread Sub Roll	each	527	46	5.1	0.8	0.0	0	1078	102	3.6	2	16	0	0	30	6	199		
				8%	4%		0%	45%	34%	14%									
Bread Very Berry Roll	each	274	10	1.2	0.2	0.0	0	529	58	2.6	7	8	95	1	18	3	122	X	
				2%	1%		0%	22%	19%	10%									
Bread Walnut Raisin Roll	each	240	24	2.7	0.4	0.0	0	548	48	7.3	1	9	6	0	24	3	248	X	

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Bread French Batard	1/10	96	3	0.4	0.1	0.0	0	206	19	0.7	0	3	0	0	6	1	37		X
				1%	0%		0%	9%	6%	3%									
Bread Miche	1/26	144	6	0.7	0.1	0.0	0	469	30	2.4	0	5	1	0	11	2	96	X	
				1%	1%		0%	20%	10%	9%									
Bread Multigrain Round	1/14	126	21	2.3	0.3	0.0	0	236	23	2.6	1	4	4	0	13	1	103	X	
				4%	1%		0%	10%	8%	10%									
Bread Olive Rosemary Large	1/12	98	13	1.4	0.2	0.0	0	295	18	0.9	0	3	32	0	10	1	41	X	
				2%	1%		0%	12%	6%	4%									
Bread Olive Rosemary Small	1/6	98	13	1.4	0.2	0.0	0	295	18	0.9	0	3	32	0	10	1	41	X	
				2%	1%		0%	12%	6%	4%									
Bread Rustic Large	1/10	95	4	0.4	0.1	0.0	0	200	20	0.9	0	3	0	0	6	1	44		X
				1%	0%		0%	8%	7%	4%									
Bread Rustic Super	1/20	95	4	0.4	0.1	0.0	0	200	20	0.9	0	3	0	0	6	1	44		X
				1%	0%		0%	8%	7%	4%									
Bread Sourdough Large	1/12	103	4	0.4	0.1	0.0	0	222	21	0.8	0	3	0	0	7	1	43		X
				1%	0%		0%	9%	7%	3%									
Bread Sourdough Small	1/6	103	4	0.4	0.1	0.0	0	222	21	0.8	0	3	0	0	7	1	43		X
				1%	0%		0%	9%	7%	3%									
Bread Walnut Raisin Boule	1/14	88	9	1.0	0.1	0.0	0	202	18	2.7	1	3	2	0	9	1	91	X	
				2%	1%		0%	8%	6%	11%									
Bread Whole Wheat Flax Rnd	1/14	111	25	2.7	0.3	0.0	0	203	19	2.8	0	4	2	0	16	1	105	X	
				4%	1%		0%	8%	6%	11%									

All percentages represent US Reference Daily Intakes (RDI) for a 2000 Calories/day diet.

Fat Free is defined as having less than .5 grams of fat per serving. Low Fat is between .5 and 3 grams of fat per serving.

Bread Seasonal

Bread French Baguette Heart	1/4	150	5	0.6	0.1	0.0	0	321	30	1.0	0	5	0	0	9	2	58	X	
				1%	1%		0%	13%	10%	4%									
Bread Hot Cross Bun	each	167	32	3.5	1.9	0.1	24	114	30	0.9	12	4	139	12	27	1	87		
				5%	10%		8%	5%	10%	3%									
Bread Hot Cross Bun 6pk	1/6	167	32	3.5	1.9	0.1	24	114	30	0.9	12	4	139	12	27	1	87		
				5%	10%		8%	5%	10%	3%									
Bread Irish Soda	1/10	118	26	2.8	1.6	0.1	7	263	21	1.5	5	3	167	4	29	1	106	X	

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				4%	8%		2%	11%	7%	6%										
Bread Stollen Large	1/12	82	23	2.6	1.5	0.1	12	58	12	0.5	4	2	157	3	12	1	69	X		
				4%	7%		4%	2%	4%	2%										
Bread Stollen Small	1/6	81	23	2.5	1.5	0.1	12	58	12	0.5	4	2	156	3	12	1	68	X		
				4%	7%		4%	2%	4%	2%										
Bread Yeasted Corn Loaf	1/16	118	15	1.7	0.8	0.0	3	249	22	1.1	2	3	75	0	17	1	69	X		
				3%	4%		1%	10%	7%	4%										
Bread Frozen																				
Bread Pizza Dough Frozen	1/6	132	19	2.1	0.2	0.0	0	257	24	1.1	1	4	0	0	7	2	50	X		
12oz				3%	1%		0%	11%	8%	4%										

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