

OCTOBER-DECEMBER 2009



Palomar Centre
3735 Harrodsburg Rd
859-223-7603



Lexington, KY
Idle Hour Centre
2121 Richmond Rd
859-226-2915

Serving size 1 slice

FLOUR	NUTRITION							ALLERGENS							
	100% Whole	Other	Calories	Total Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein	Wheat	Eggs*	Tree Nuts	Peanuts	Soy

THE TRIED AND TRUE BREADS WE ARE FAMOUS FOR...

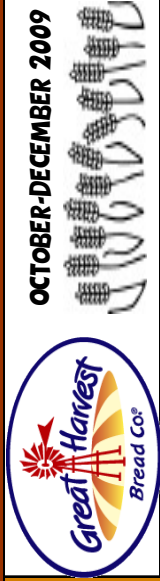
CLASSICS

<i>Honey Whole Wheat</i>	X		80	0	0	230mg	18g	2g	4g	3g	X					
<i>Old Fashioned White</i>		W	90	0	0	190mg	20g	1g	4g	2g	X					
<i>Harvest Blend</i>	X	W	70	0	0	150mg	15g	2g	3g	3g	X					
<i>Country Whole Wheat</i>	X		80	0	0	250mg	16g	3g	2g	3g	X					
<i>Unsweetened Whole Wheat</i>	X		80	0	0	240mg	14g	3g	0	4g	X					
<i>Challah</i>		W	110	0.5g	20mg	170mg	23g	1g	4g	3g	X	X				
<i>Virginia Rolls</i>		W	170	5g	15mg	410mg	28g	1g	4g	4g	X					X
<i>Golden Whole Wheat Virginia Rolls</i>	X		170	6g	15mg	420mg	26g	3g	4g	5g	X					X

YUMMY, CRUNCHY GOODNESS...ALL THESE BREADS ARE GREAT FOR SANDWICHES...

SEEDS & NUTS

<i>Sunflower Whole Wheat</i>	X		90	1.5g	0	210mg	16g	3g	4g	4g	X					
<i>Flax oat Bran Whole Wheat</i>	X		90	2g	0	220mg	15g	3g	4g	4g	X		X			
<i>Nine Grain</i>	X		90	0	0	180mg	17g	3g	3g	3g	X					
<i>Mountain Crunch</i>	X		110	4g	5mg	140mg	14g	3g	2g	5g	X	X	X			
<i>Dakota</i>	X	W	100	3g	0	135mg	16g	2g	2g	4g	X					
<i>Cinnamon Raisin Walnut Whole Wheat</i>	X		100	2g	0	190mg	16g	3g	4g	3g	X		X			



SAVORY

A RICH & FLAVORFUL BREAD PERFECT FOR SANDWICHES AND GREAT ON IT'S OWN AS WELL...

	I slice serving	Whole Wheat	Other	Calories	Total Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein	Wheat	Eggs*	Tree Nuts	Peanuts	Soy	Milk
<i>Spinach Feta</i>	45g	X	W	110	2.5g	10mg	300mg	17g	2g	3g	4g	X					X
<i>Santa Fe Cornbread</i>	42g		B	110	3g	5mg	220mg	18g	1g	2g	3g	X					X
<i>Popeye</i>	42g	X	W	110	0.5g	0	160mg	23g	1g	2g	4g	X					X

A SELECTION OF SOURDOUGH FAVORITES...

RUSTIC

<i>Baguettes</i>	56g		W	110	0g	0mg	150mg	24g	1g	0g	3g	X					
<i>Asiago Cheese</i>	56g		W	150	3g	7mg	330mg	24g	1g	0g	6g	X					X
<i>Multigrain</i>	56g	X	W	120	3g	0mg	210mg	21g	3g	0g	4g	X					
<i>New York Rye</i>																	
<i>Kalamata Olive</i>	56g		W	130	2g	0mg	310mg	24g	1g	0g	3g	X					
<i>Raisin Walnut</i>	56g	X	W	130	2.5g	0mg	180mg	23g	3g	2g	4g	X					

FRUIT & CINNAMON

PERFECT FOR BREAKFAST & SNACKING.....THE CRANBERRY BREADS ARE YUMMY WITH TURKEY!

<i>Cinnamon Chip Whole Wheat</i>	32g	X		80	1.5g	0	150mg	15g	2g	5g	3g	X					X
<i>White Cinnamon Chip</i>	32g		W	90	1g	0	135mg	17g	1g	4g	2g	X					X
<i>Cinnamon Raisin Swirl Whole Wheat</i>	38g	X		90	0	0	240mg	18g	3g	6g	3g	X					
<i>Apple Scrapple</i>	56g	X	W	160	3g	15mg	125mg	29g	2	11g	4g	X	X				X
<i>Cranberry White</i>	38g		W	100	0	0	170mg	22g	1g	7g	2g	X					
<i>Cranberry Flax Whole Wheat</i>	38g	X		90	1g	0	220mg	17g	3g	6g	4g	X					
<i>Cranberry Orange Whole Wheat</i>	38g	X		90	0	0	200mg	19g	2g	8g	3g	X					

W—Enriched White Flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour)
 B—Contains a blend of flours. Namely Enriched White Flour and Corn Flour.