

Companion® *hearth breads*

miller's five grain

Ingredients: Unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, organic whole wheat flour, sunflower seeds, organic millet, organic barley flakes, organic yellow corn meal, organic rolled oats, sea salt and yeast. That's it.

Nutrition Facts	Amount / Serving	%DV	Amount /Serving	%DV
	Serv. Size 1.2oz (34g) Servings Approx.20 Calories 68 Fat Cal 0	Total Fat 1g	2%	Total Carb. 13g
	Saturated 0g	0%	Dietary Fiber 1g	4%
	Cholesterol 0mg	0%	Sugars 0g	
	Sodium 119mg	5%	Protein 2g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 3%				

rustic olive

Ingredients: Unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, kalamata olives, organic whole wheat flour, sea salt and yeast. That's it.

Nutrition Facts	Amount / Serving	%DV	Amount /Serving	%DV
	Serv. Size 1.2oz (34g) Servings Approx.13 Calories 120 Fat Cal 10	Total Fat 1g	2%	Total Carb. 24g
	Saturated 0g	0%	Dietary Fiber <1g	0%
	Cholesterol 0mg	0%	Sugars <1g	
	Sodium 380mg	16%	Protein 4g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 8%				

beaucaire batard

Ingredients: Unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sea salt and yeast. That's it.

Nutrition Facts	Amount / Serving	%DV	Amount /Serving	%DV
	Serv. Size 1.2oz (34g) Servings Approx.13 Calories 72 Fat Cal 0	Total Fat 0g	0%	Total Carb. 15g
	Saturated 0g	0%	Dietary Fiber 0g	0%
	Cholesterol 0mg	0%	Sugars 2g	
	Sodium 176mg	7%	Protein 3g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 5%				

rosemary slipper

Ingredients: Unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sea salt, fresh rosemary and yeast. That's it.

Nutrition Facts	Amount / Serving	%DV	Amount /Serving	%DV
	Serv. Size 1.2oz (34g) Servings Approx.13 Calories 90 Fat Cal 9	Total Fat <1g	2%	Total Carb. 17g
	Saturated 0g	0%	Dietary Fiber <1g	4%
	Cholesterol 0mg	0%	Sugars 0g	
	Sodium 204mg	9%	Protein 3g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%				

rye batard

Ingredients: Water, organic whole rye flour, unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sea salt and yeast. That's it.

Nutrition Facts	Amount / Serving	%DV	Amount /Serving	%DV
	Serv. Size 1.2oz (34g) Servings Approx.19 Calories 75 Fat Cal 0	Total Fat 0g	0%	Total Carb. 16g
	Saturated 0g	0%	Dietary Fiber 1g	5%
	Cholesterol 0mg	0%	Sugars 0g	
	Sodium 173mg	7%	Protein 2g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 3%				

ciabatta

Ingredients: Unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), organic whole wheat flour, water, sea salt and yeast. That's it.

Nutrition Facts	Amount / Serving	%DV	Amount /Serving	%DV
	Serv. Size 1.2oz (34g) Servings Approx.13 Calories 72 Fat Cal 0	Total Fat 0g	0%	Total Carb. 15g
	Saturated 0g	0%	Dietary Fiber <1g	4%
	Cholesterol 0mg	0%	Sugars 0g	
	Sodium 176mg	7%	Protein 2g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 5%				

sourdough

Ingredients: Unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), organic whole wheat flour, water, sea salt and yeast. That's it.

Nutrition Facts	Amount / Serving	%DV	Amount /Serving	%DV
	Serv. Size 1.2oz (34g) Servings Approx.16 Calories 72 Fat Cal 0	Total Fat 0g	0%	Total Carb. 15g
	Saturated 0g	0%	Dietary Fiber <1g	1%
	Cholesterol 0mg	0%	Sugars 0g	
	Sodium 176mg	7%	Protein 2g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 5%				

french baguette

Ingredients: Unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sea salt and yeast. That's it.

Nutrition Facts	Amount / Serving	%DV	Amount /Serving	%DV
	Serv. Size 1.2oz (34g) Servings Approx.8 Calories 72 Fat Cal 0	Total Fat 0g	0%	Total Carb. 15g
	Saturated 0g	0%	Dietary Fiber 0g	0%
	Cholesterol 0mg	0%	Sugars 0g	
	Sodium 176mg	7%	Protein 3g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 5%				

Companion® sliced sandwich breads

sourdough

Ingredients: Unbleached wheat flour, water, organic whole wheat flour and sea salt. That's it.

Nutrition Facts	Amount / Serving	%DV	Amount / Serving	%DV
	Serv. Size 1 slice (51g) Servings Approx. 10 Calories 126 Fat Cal 0	Total Fat 1g	1%	Total Carb. 26g
	Saturated 0g	0%	Dietary Fiber 0g	0%
	Cholesterol 0mg	0%	Sugars 0g	
	Sodium 313mg	13%	Protein 4g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%			

multigrain

Ingredients: Unbleached wheat flour, water, organic whole wheat flour, organic grain mix (millet, barley, corn and oats), sunflower seeds, honey, molasses, sea salt, canola oil and yeast. That's it.

Nutrition Facts	Amount / Serving	%DV	Amount / Serving	%DV
	Serv. Size 1 slice (51g) Servings Approx. 10 Calories 130 Fat Cal 25	Total Fat 2.5g	4%	Total Carb. 24g
	Saturated 0g	0%	Dietary Fiber 4g	13%
	Cholesterol 0mg	0%	Sugars 2g	
	Sodium 150mg	6%	Protein 5g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 8%			

pain beaucaire

Ingredients: Unbleached wheat flour, water, sea salt and yeast. That's it.

Nutrition Facts	Amount / Serving	%DV	Amount / Serving	%DV
	Serv. Size 1 slice (51g) Servings Approx. 10 Calories 126 Fat Cal 0	Total Fat 1g	1%	Total Carb. 26g
	Saturated 0g	0%	Dietary Fiber 0g	0%
	Cholesterol 0mg	0%	Sugars 0g	
	Sodium 313mg	13%	Protein 4g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%			

organic peasant wheat

Ingredients: Organic unbleached wheat flour, water, organic whole wheat flour, organic whole rye flour, sea salt and yeast. That's it.

Nutrition Facts	Amount / Serving	%DV	Amount / Serving	%DV
	Serv. Size 1 slice (51g) Servings Approx. 10 Calories 100 Fat Cal 0	Total Fat 0g	0%	Total Carb. 21g
	Saturated 0g	0%	Dietary Fiber 1g	5%
	Cholesterol 0mg	0%	Sugars 0g	
	Sodium 290mg	12%	Protein 4g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%			

Companion® *crunchy stuff*

herb crostini

Ingredients: Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, olive oil, salt, yeast, thyme, rosemary, chervil, garlic, parsley, basil, lavender, marjoram, tarragon, sage, savory. That's it.

Nutrition Facts Serv. Size: 2 pieces (15g), Servings Approx. 15, Amount Per Serving
Calories 60, Fat Cal. 5, **Total Fat** .5g (1% DV) Sat. Fat 0g (0% DV), **Trans Fat** 0g (0% DV), **Cholesterol** 0mg (0% DV), **Sodium** 140mg (6% DV), **Total Carb.** 11g (4% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 2g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV) Iron (4% DV) Percent Daily Values (DV) are based on a 2,000 calorie diet.

three seed crostini

Ingredients: Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, semolina, olive oil, salt, malt, sesame seed, poppy seed, fennel seed, yeast. That's it.

Nutrition Facts Serv. Size: 2 pieces (15g), Servings Approx. 15, Amount Per Serving
Calories 60, Fat Cal. 10, **Total Fat** 1g (2% DV) Sat. Fat 0g (0% DV), **Trans Fat** 0g (0% DV), **Cholesterol** 0mg (0% DV), **Sodium** 135mg (6% DV), **Total Carb.** 11g (4% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 2g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV) Iron (4% DV) Percent Daily Values (DV) are based on a 2,000 calorie diet.

breadsticks

Ingredients: Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, olive oil, organic whole wheat flour, salt, malt, sesame seed, poppy seed, semolina and yeast. That's it.

Nutrition Facts Serv. Size: 2 pieces (15g), Servings Approx. 15, Amount Per Serving
Calories 60, Fat Cal. 15, **Total Fat** 1.5g (2% DV) Sat. Fat 0g (0% DV), **Trans Fat** 0g (0% DV), **Cholesterol** 0mg (0% DV), **Sodium** 130mg (6% DV), **Total Carb.** 11g (4% DV), Fiber 0g (0% DV), Sugars 0g, **Protein** 2g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV) Iron (4% DV) Percent Daily Values (DV) are based on a 2,000 calorie diet.