

CITY BAKERY NUTRITION FACTS

Burger Bun (4pk)

Nutrition Facts	
4 servings per container	
Serving size	1 bun (57g)
Amount Per Serving	
Calories	140
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 440mg	19%
Total Carbohydrate 25g	9%
Dietary Fiber <1g	2%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.6mg	10%
Potassium 0mg	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.

INGREDIENTS: UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, EGG, CANOLA OIL, SEA SALT, SUGAR, YEAST (SSCCHAROMYCES CEREVISIAE)

CONTAINS: EGG, WHEAT

CITY BAKERY, 85 FLETCHER COMMERCIAL DR, FLETCHER NC 28732

French Sandwich

Nutrition Facts	
About 16 servings per container	
Serving size	1 (40g)
Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	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 1.2mg	6%
Potassium 0mg	0%

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INGREDIENTS: UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEA SALT, YEAST (SSCCHAROMYCES CEREVISIAE)

CONTAINS: WHEAT

CITY BAKERY, 85 FLETCHER COMMERCIAL DR, FLETCHER NC 28732

Jewish Rye

Nutrition Facts	
16 servings per container	
Serving size	1 slice (43g)
Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.3mg	8%
Potassium 20mg	0%

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INGREDIENTS: UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, RYE FLOUR, DARK, SEA SALT, ONIONS, YEAST (SSCCHAROMYCES CEREVISIAE), CARAWAY SEED

CONTAINS: WHEAT

CITY BAKERY, 85 FLETCHER COMMERCIAL DR, FLETCHER NC 28732

Multigrain Sandwich

Nutrition Facts	
About 16 servings per container	
Serving size	1 slice (44g)
Amount Per Serving	
Calories	100
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.3mg	8%
Potassium 10mg	0%

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INGREDIENTS: UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEA SALT, BOB'S RED MILL GLUTEN FREE CORN GRITS/POLENTA, SESAME SEEDS, FLAXSEED, ROLLED OATS, SUNFLOWER SEEDS, WHOLE GRAIN WHEAT, MILLET, YEAST (SSCCHAROMYCES CEREVISIAE)

CONTAINS: WHEAT

CITY BAKERY, 85 FLETCHER COMMERCIAL DR, FLETCHER NC 28732

CITY BAKERY NUTRITION FACTS

Sourdough Sandwich

Sprouted Wheat Sandwich

Sourdough Batard

Nutrition Facts	
About 16 servings per container	
Serving size	1 (40g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 220mg	10%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.1mg	6%
Potassium 0mg	0%

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INGREDIENTS: UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOURDOUGH STARTER, WATER, SEA SALT, YEAST (SSCCHAROMYCES CEREVISIAE)

CONTAINS: WHEAT

CITY BAKERY, 85 FLETCHER COMMERCIAL DR, FLETCHER NC 28732

Nutrition Facts	
About 16 servings per container	
Serving size	1 (40g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 220mg	10%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.1mg	6%
Potassium 0mg	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.

INGREDIENTS: UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOURDOUGH STARTER, WATER, SEA SALT, YEAST (SSCCHAROMYCES CEREVISIAE)

CONTAINS: WHEAT

CITY BAKERY, 85 FLETCHER COMMERCIAL DR, FLETCHER NC 28732

Nutrition Facts	
About 16 servings per container	
Serving size	1 slice (35g)
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.8mg	4%
Potassium 10mg	0%

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INGREDIENTS: ORGANIC WHOLE WHEAT FLOUR, WATER, FLOUR (WHEAT FLOUR ENRICHED (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR), SEA SALT, SESAME SEEDS, FLAXSEED, SUNFLOWER SEEDS, YEAST (SSCCHAROMYCES CEREVISIAE), POPPY SEEDS

CONTAINS: WHEAT

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