



HONEY WHOLE WHEAT - M, T, W, TH, F
130 cal. \$7.95
Fresh Milled Flour, Honey, Yeast, Salt,
Filtered Water

Dakota - M, T, W, TH, F
120 cal. \$8.95
Fresh Milled Flour, Honey, Yeast, Salt,
Filtered Water, Millet Seeds, Sesame
Seeds, Pumpkin Seeds, Sunflower Seeds

High Fiber with Fruits - TH, F
150 cal. \$8.95
Fresh Milled Flour, Honey, Yeast, Salt,
Filtered Water, Millet Seeds, Flax Seeds,
Oats, Sunflower Seeds, Cranberry and
Raisins.

Farmhouse White - M, T, W, TH, F
130 cal. \$6.95
Unbleached Flour, NON GMO, Never
Bromated, Honey, Salt, Yeast, Filtered
Water

Cinnamon Chip and Cinnamon Swirl - M, T,
W, TH, F
150 cal. \$7.95-\$8.95
Unbleached Flour, NON GMO, Never
Bromated, Honey, Salt, Yeast, Filtered
Water, Cinnamon Chips

Cheddar Garlic - M, T, W, TH, F
150 cal. \$8.95
Unbleached Flour, NON GMO, Never
Bromated, Honey, Salt, Yeast, Filtered
Water, Dried Garlic, Dried Onion,
Cheddar Cheese

Challa - W, TH, F
140 cal. \$7.95
Unbleached Flour, NON GMO, Never
Bromated, Honey, Salt, Yeast, Filtered
Water, Egg Yolk

Asiago Pesto - TH, F
130 cal. \$8.95
Unbleached Flour, NON GMO, Never

2,000 calories a day is used for general
nutrition advice, but calorie needs vary.

BAKERY CAFE
Bread. The way it *ought* to be.



HANDCRAFTED Breads & Goodies BAKE SCHEDULE



11526 Lake Mead Ave 101
Jacksonville, FL
904 551-2263

OPEN M---F 7AM-3PM
CLOSED
SATURDAY & SUNDAY

2,000 calories a day is used for general nutrition
advice, but calorie needs vary. Additional
nutrition information is available upon request.

SWEET AND SAVORY

Seasonal but not only

Sundried Tomato and Swiss - TH, F

160 cal.\$8.95

Unbleached Flour, NON GMO, Never Bromated, Honey, Salt, Yeast, Filtered Water, Dried Onion, Garlic, Ext. Virgin Olive Oil, Basil, Swiss Cheese, Sundried Tomatoes

Sourdough - TH, F

110 cal.\$6.95

Unbleached Flour, NON GMO, Never Bromated, Starter, Salt, Yeast, Filtered Water

Pumpkin Swirl - M, TH, F

140 cal.\$9.25

Unbleached Flour, NON GMO, Never Bromated, Honey, Salt, Yeast, Filtered Water, Pumpkin Pure, Light Brown Sugar, Butter

Sourdough - TH, F

110 cal.\$6.95

Unbleached Flour, NON GMO, Never Bromated, Starter, Salt, Yeast, Filtered Water. Not to sour. Similar to European Bread

Whole Grain Sourdough - TH, F

100 cal.\$7.95

Fresh Milled Flour, Starter, Yeast, Salt, Filtered Water. Not to Sour. Similar to European bread

Jalapeno Cheddar Garlic - TH, F

140 cal.\$8.95

Unbleached Flour, NON GMO, Never Bromated, Honey, Salt, Yeast, Filtered Water, Dried Garlic, Onion, Cheddar Cheese, Fresh Jalapenos

RYE CARAWAY - TH, F

110 cal.\$8.95

Rye flour, Fresh Milled Flour, Honey, Yeast, Salt, Filtered Water, Caraway Seeds, Fresh Oranges

Cranberry Orange - TH, F

130 cal.\$8.95

Fresh Milled Flour, Honey, Yeast, Salt, Filtered Water, Cranberries Dried, Fresh Oranges

Everything Bagel and Parmesan Cheese - TH, F

140 cal.\$8.95

Unbleached Flour, NON GMO, Never Bromated, Honey, Salt, Yeast, Filtered Water, Everything Bagel Seasoning, Parmesan Cheese

Popeye Bread - TH, F

140 cal.\$8.95

Unbleached Flour, NON GMO, Never Bromated, Honey, Salt, Yeast, Filtered Water, Spinach, Parmesan Cheese, Fir roasted Red Peppers

White Chocolate Cherry - TH, F

140 cal.\$13.00

Unbleached Flour, NON GMO, Never Bromated, Honey, Salt, Yeast, Filtered Water, White Chocolate Chips, Cherries, Light Brown Sugar, Butter

Pumpkin Chocolate T-CAKE - TH, F

120 cal.\$9.50

Unbleached Flour, NON GMO, Never Bromated, Sugar, Butter, Eggs, Chocolate Chips

Blueberry Lemon T-Cake - M, TH, F

120 cal.\$7.50-\$9.50

Unbleached Flour, NON GMO, Never Bromated, Eggs, Butter, Blueberries, Lemon Juice and Zest

Blueberry Scones - M, T, W, TH, F

320 cal.\$3.00

Unbleached Flour, NON GMO, Never Bromated, Eggs, Butter, Cream Cheese

Cinnamon or Chocolate Chip Scones - M, T, W, TH, F,

350 cal.\$3.00

Unbleached Flour, NON GMO, Never Bromated, Eggs, Butter, Cream Cheese

2,000 calories a day is used for general nutrition advice, but calorie needs vary.