



FRESH START BISTRO

Catering to MIND, BODY & SOUL

NUTRITION GUIDE FOR BREADS, BUNS & BAGELS

Bread/Bun	Serving Size	Calories	Fibre (g)	Fat (g)	Protein (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
Assorted Breads								
Baguette	¼ loaf	210	2 g	1 g	8 g	44 g	0 g	400 mg
Brioche Bread	1 slice	90	0 g	4 g	2 g	10 g	1 g	95 mg
Buttermilk Corn Bread	1 slice	50	0 g	1 g	1 g	10 g	2 g	90 mg
Cheese & Olive Focaccia Bread	1 slice	100	1 g	4 g	4 g	13 g	0 g	190 mg
Focaccia Bread	1 slice	90	1 g	1 g	3 g	17 g	0 g	90 mg
Irish Soda Bread	1 slice	80	0 g	1.5 g	2 g	14 g	2 g	90 mg
Kids Bread	1 slice	70	0 g	2 g	2 g	12 g	2 g	125 mg
Potato Baguette	1 slice	40	0 g	0.1 g	1 g	8 g	0 g	80 mg
Rustic Bread	1 slice	70	1 g	0.2 g	3 g	14 g	0 g	120 mg
Spelt Bread	1 slice	80	1 g	1 g	3 g	17 g	1 g	40 mg
White Bread	1 slice	50	1 g	0.2 g	2 g	11 g	0 g	100 mg
Dessert Breads & Buns								
Authentic German Stollen Bread	1 slice	170	1 g	6 g	3 g	27 g	7 g	40 mg
Bread Pudding	1 serving	230	0 g	16 g	5 g	19 g	11 g	160 mg
Challah 4 Strand Bread	1 slice	90	1 g	2 g	3 g	14 g	1 g	150 mg
Hot Cross Buns	1 bun	120	1 g	3 g	3 g	20 g	4 g	55 mg
Pannettone Dessert Bread	1 slice	80	0 g	3.5 g	1 g	13 g	3 g	55 mg
Stollen Dessert Bread	1 slice	100	1 g	4 g	3 g	14 g	6 g	135 mg
Buns								
100% Whole Wheat Buns	1 bun	60	1 g	0.3 g	2 g	12 g	0 g	100 mg
Butter Buns	1 bun	130	2 g	2.5 g	4 g	23 g	3 g	140 mg
Cape Seed Buns	1 bun	100	2 g	5 g	3 g	10 g	0 g	65 mg
Ciabatta Buns	1 bun	70	1 g	2 g	2 g	11 g	0 g	115 mg
Dinner Buns	1 bun	80	1 g	1.5 g	3 g	14 g	2 g	85 mg
Hamburger Buns	1 bun	80	1 g	1.5 g	3 g	14 g	2 g	85 mg
Hotdog Buns	1 bun	80	1 g	1.5 g	3 g	14 g	2 g	85 mg
Multigrain Buns	1 bun	120	3 g	5 g	4 g	15 g	0 g	100 mg
Whole Wheat Kaiser Buns	1 bun	210	3 g	1.5 g	8 g	43 g	1 g	400 mg
Bagels								
Multigrain Bagels	1 bagel	180	4 g	2 g	7 g	35 g	1 g	300 mg
Whole Wheat Bagels	1 bagel	170	3 g	1 g	7 g	35 g	1 g	320 mg

This nutrition information was provided by NutriView Inc. and is based on computerized database analysis and ingredient vendor product data. Due to the handcrafted nature of our menu items, as well as ingredient nutritional variances and changes in ingredient vendors, the nutritional values in this document may vary slightly and should be considered as approximations. The serving size as listed is based on the approximate size of the menu item as it will be served or purchased by the customer. We are providing this information as a guide so that our customers may make informed choices while dining at Fresh Start Bistro.