# **ORGANIC PNW GRAINS**

## LOCALLY MILLED IN WA

# Shambala Bakery NON GMO + GLUten FREE + Vegan Ancient Grain Breads

Sunshine Buns

A versatile All Purpose Bun! Light, soft and crusty

Shambala Sunset Bread Hand crafted burger and sandwich buns

**INGREDIENTS:** Water, Sunshine Bread, flour blend, (millet flour, quinoa flour, teff flour), tapioca starch, resistant corn starch, potato starch, corn starch, flax meal, expeller pressed safflower oil, cane sugar, cider vinegar, yeast, salt, xanthan gum.

Gluten Free \* NON GMO \*Vegan

**KEEP REFRIGERATED** Best served heated or toasted

Nutrition	Amount/Serving %DV*		Amount/Serving %DV*	
Facts	Total Fat 9g	14%	Total Carb. 51g	17%
Serving Size 1 bun (120g)	Sat. Fat 0.5g	3%	Dietary Fiber 10g	<b>40</b> %
Servings Per Container 2	Trans. Fat 0g		Sugars 4g	
Calories 300 Calories from Fat 80	Cholest. Omg	0%	Protein 5g	
*Percent Daily Values are based on a 2,000 calorie diet.	Sodium 230mg	10%		
	Vitamin A 0% • V	tamin C	0% • Calcium 2% • Ir	on 8%

NET WT 8.5 OZ (240g)

# 12" Handcrafted Pizza Crusts

Crisp & Chewy Gourmet Thin-Crust or Flatbread

## Shambala Sunset Bread

Unique par-baked highly nutritious and deliscious. This gourmet thin-crust is a universal favorite!

**INGREDIENTS:** Luna Pizza Bread, flour blend (millet flour, quinoa flour, teff flour), water, tapioca starch, corn starch, potato starch, cane sugar, expeller pressed safflower oil, salt, xanthan gum, cider vinegar, yeast.

## Gluten Free \* NON GMO \* Vegan REFRIGERATED/FREEZE

Bake at 440°F (or on BBQ) for 10-25 minutes dependent on toppings, until bottom crisps.

Nutrition	Amount/Serving %DV*		Amount/Serving %DV*	
Facts	Total Fat 2g	3%	Total Carb. 37g	12%
Serving Size 1/4 crust (67g)	Sat. Fat 0g	0%	Dietary Fiber 3g	12%
Servings Per Container 4	Trans. Fat 0g		Sugars 3g	
Calories 180 Calories from Fat 20	Cholest. Omg	0%	Protein 2g	
*Percent Daily Values are	Sodium 450mg	19%		
based on a 2,000 calorie diet.	Vitamin A 0% • Vi	tamin C	0% • Calcium 0% • Ir	on 4%

## NET WT 9.5 OZ (269g)

## Sunset Dinner Rolls

Wholesome and hearty, soft brown bread with molasses

## Shambala Sunset Bread

Robust, soft and crusty whole grain Dinner Rolls and Slider Buns

**INGREDIENTS:** Water, Sunset Bread, flour blend (millet flour, teff flour, sorghum flour, quinoa flour, amaranth flour), potato starch, tapioca starch, flax meal, expeller pressed safflower oil, cider vinegar, cane sugar, whole teff grain, yeast, xanthan gum, salt, whole flax seed, molasses.

> Gluten Free \* NON GMO \* Vegan KEEP REFRIGERATED

Best served heated or toasted

Nutrition	Amount/Serving %DV*		Amount/Serving %DV*	
Facts	Total Fat 5g	<b>8</b> %	Total Carb. 25g	8%
Serving Size 1 roll (58g)	Sat. Fat 0g	0%	Dietary Fiber 3g	12%
Servings Per Container 6	Trans. Fat 0g		Sugars 2g	
Calories 150 Calories from Fat 45	Cholest. Omg	0%	Protein 3g	
*Percent Daily Values are based on a 2,000 calorie diet.	Sodium 280mg 12%			
	Vitamin A 0% • Vi	itamin C	0% • Calcium 2% • Ir	on 6%

NET WT 12.3 OZ (350g)

## Sunshine Baguette

A Versatile All Purpose Bread! Light, soft and crusty

## Shambala Sunset Bread

Baquette and Hoagie buns, or small loaf

**INGREDIENTS:** Water, Sunshine Bread, flour blend (millet flour, quinoa flour, teff flour), tapioca starch, resistant corn starch, potato starch, corn starch, flax meal, expeller pressed safflower oil, cane sugar, cider vinegar, yeast, salt, xanthan gum.

#### Gluten Free \* NON GMO \* Vegan

#### **KEEP REFRIGERATED** Best served heated or toasted

Nutrition	Amount/Serving %DV*		Amount/Serving %DV*	
Facts	Total Fat 4.5g	7%	Total Carb. 24g	8%
Serving Size 2 oz (56g)	Sat. Fat 0g	0%	Dietary Fiber 5g	20%
Servings Per Container 3.5	Trans. Fat 0g		Sugars 2g	
Calories 140 Calories from Fat 40	Cholest. Omg	0%	Protein 2g	
"Percent Daily Values are	Sodium 105mg	4%		
based on a 2,000 calorie diet.	Vitamin A 0% • Vit	tamin C	0% • Calcium 2% • II	ron 4%

NET WT 7.3 OZ (207g)

311 Pine St. Square • Mount Vernon, WA 98273 • 360.588.6600 • ShambalaBakery.com