

EST. 1992
Bakery
ON MAIN

Life is
EASY
—
on Main Street



Oats and Hot Cereal

We make it easy for consumers to eat safely by being third-party certified and only using the cleanest, most wholesome, and nutritious ingredients in our products.

**NON-GMO PROJECT
VERIFIED**

**NO ARTIFICIAL
SWEETENERS, FLAVORS,
OR COLORS**

**MADE IN A DEDICATED
GLUTEN-FREE
FACILITY**

**MADE WITH
EXCLUSIVELY PURITY
PROTOCOL OATS**

MADE WITH CLEAN INGREDIENTS

PLANT-BASED PRODUCTS

bakeryonmain.com



PURITY
PROTOCOL
GLUTEN-FREE
OATS



- Heart Healthy*
- 1.5g beta glucans per serving
- Ethically sourced from the USA and Canada
- Traceable back to the farmer
- Good source of fiber

- Third-party certified gluten-free
- Retail ready shelf tray for conventional and organic oats



Rolled Oats



Quick Oats



Steel Cut Oats

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 3g	4%	Total Carb. 30g	11%
About 15 servings per container	Sat. Fat 0.5g	3%	Dietary Fiber 5g	17%
Serving size 1/2 cup (45g)	Trans Fat 0g		Soluble Fiber 3g	
	Cholest. 0mg	0%	Total Sugars 0g	
	Sodium 0mg	0%	Incl. 0g Added Sugars	0%
			Protein 8g	
Calories per serving 180	Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 2.1mg 10% Potassium 190mg 4%			

INGREDIENTS: Whole Grain Oats
Processed on Equipment that also Processes: Almonds, Brazil Nuts, Cashews, Coconut, Hazelnuts, Pecans, Soy & Walnuts



Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 3g	4%	Total Carb. 30g	11%
About 15 servings per container	Sat. Fat 0.5g	3%	Dietary Fiber 5g	17%
Serving size 1/2 cup (45g)	Trans Fat 0g		Soluble Fiber 3g	
	Cholest. 0mg	0%	Total Sugars 0g	
	Sodium 0mg	0%	Incl. 0g Added Sugars	0%
			Protein 8g	
Calories per serving 180	Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 2.1mg 10% Potassium 190mg 4%			

INGREDIENTS: Whole Grain Oats
Processed on Equipment that also Processes: Almonds, Brazil Nuts, Cashews, Coconut, Hazelnuts, Pecans, Soy & Walnuts



Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 3g	4%	Total Carb. 30g	11%
About 15 servings per container	Sat. Fat 0.5g	3%	Dietary Fiber 5g	17%
Serving size 1/4 cup (45g)	Trans Fat 0g		Soluble Fiber 3g	
	Cholest. 0mg	0%	Total Sugars 0g	
	Sodium 0mg	0%	Incl. 0g Added Sugars	0%
			Protein 8g	
Calories per serving 180	Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 2.1mg 10% Potassium 190mg 4%			

INGREDIENTS: Whole Grain Oats
Processed on Equipment that also Processes: Almonds, Brazil Nuts, Cashews, Coconut, Hazelnuts, Pecans, Soy & Walnuts



Organic Rolled Oats



Organic Quick Oats

- Heart Healthy*
- Made with amaranth, quinoa, chia seeds, and flax meal
- 1.2g beta glucans per serving
- Ethically sourced from the USA and Canada



Organic Superfood Hot Cereal

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 3g	4%	Total Carb. 30g	11%
About 15 servings per container	Sat. Fat 0.5g	3%	Dietary Fiber 5g	17%
Serving size 1/2 cup (45g)	Trans Fat 0g		Soluble Fiber 3g	
	Cholest. 0mg	0%	Total Sugars 0g	
	Sodium 0mg	0%	Incl. 0g Added Sugars	0%
			Protein 8g	
Calories per serving 180	Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 2.1mg 10% Potassium 190mg 4%			

INGREDIENTS: Organic Whole Grain Oats
Processed on Equipment that also Processes: Almonds, Brazil Nuts, Cashews, Coconut, Hazelnuts, Pecans, Soy & Walnuts



Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 3g	4%	Total Carb. 30g	11%
About 15 servings per container	Sat. Fat 0.5g	3%	Dietary Fiber 5g	17%
Serving size 1/2 cup (45g)	Trans Fat 0g		Soluble Fiber 3g	
	Cholest. 0mg	0%	Total Sugars 0g	
	Sodium 0mg	0%	Incl. 0g Added Sugars	0%
			Protein 8g	
Calories per serving 180	Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 2.1mg 10% Potassium 190mg 4%			

INGREDIENTS: Organic Whole Grain Oats
Processed on Equipment that also Processes: Almonds, Brazil Nuts, Cashews, Coconut, Hazelnuts, Pecans, Soy & Walnuts



ORGANIC
SUPERFOOD
HOT CEREAL



- Traceable back to the farmer
- Good source of fiber

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 4g	5%	Sodium 0mg	0%
About 15 servings per container	Sat. Fat 0.5g	3%	Total Carb. 29g	11%
Serving size 1/2 cup (45g)	Trans Fat 0g		Dietary Fiber 5g	19%
	Polyunsat. Fat 2g		Total Sugars 0g	
	Monounsat. Fat 1g		Incl. 0g Added Sugars	
	Cholest. 0mg	0%	Protein 8g	0%
Calories per serving 180	Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 2.1mg 10% Potassium 190mg 4%			

INGREDIENTS: Organic Whole Grain Oats, Organic Amaranth Flakes, Organic Quinoa Flakes, Organic Chia Seeds, Organic Flax Meal
Processed on Equipment that also Processes: Almonds, Brazil Nuts, Cashews, Coconut, Hazelnuts, Pecans, Soy & Walnuts



EST. 1992
Bakery
ON MAIN



THE BAKERY ON MAIN STORY

Since 1992, we've prided ourselves on our ability to craft incredibly **delicious** gluten-free and celiac-friendly granola. It's our belief that everyone should be able to enjoy food that doesn't sacrifice taste for **wholesomeness**, or indulge in a snack that's filling, **nutritious**, and fits perfectly within any individualized dietary wants and needs.

Bakery on Main promises simple, effortless eating, on anybody's terms.

WITH BAKERY ON MAIN,
LIFE IS EASY ON MAIN STREET.



If you love our oats

THEN YOU'LL LOVE OUR OTHER AMAZING PRODUCTS...

**ORGANIC
GRANOLA BARS**

**INSTANT
OATMEAL**

**ORIGINAL
GRANOLA**