



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



## PURITY PROTOCOL GLUTEN-FREE OATS





**Rolled** Oats



**Quick Oats** 



**Steel Cut Oats** 

Heart Healthy\*

Nutrition

About 15 servings

Calories 180

Nutrition

About 15 servings

**INGREDIENTS:** Whole Grain Oats

Nutrition

About 15 servings

Calories 180

Pecans, Soy & Walnuts

**INGREDIENTS:** Whole Grain Oats

Processed on Equipment that also Processes:

Almonds, Brazil Nuts, Cashews, Coconut, Hazelnuts,

Facts

per container

Serving size

1/4 cup (45g)

Processed on Equipment that also Processes:

Almonds, Brazil Nuts, Cashews, Coconut, Hazelnuts, Pecans, Soy & Walnuts

Facts

per container

Serving size

1/2 cup (45g)

INGREDIENTS: Whole Grain Oats

Hazelnuts, Pecans, Soy & Walnuts

Processed on Equipment that also Processes:

Almonds, Brazil Nuts, Cashews, Coconut,

Facts

per container

Serving size

1/2 cup (45g)

- 1.5g beta glucans per serving
- Ethically sourced from the USA
- and Canada

• Third-party certified aluten-free

% Daily Value

% Daily Value

11%

17%

11%

17%

 Retail ready sh conventional a

Amount per serving

Total Carb. 30g

Protein 8g

Amount per serving

Dietary Fiber 5q

Total Sugars 0g

Soluble Fiber 3g

Incl. 0g Added Sugars 0%

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% Daily Value \*

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11%

17%

0%

4% Total Carb. 30g

Protein 8g

Amount per serving

Total Carb. 30g

Protein 8q

Dietary Fiber 5g

Total Sugars 0g

Soluble Fiber 3q

Incl. 0g Added Sugars

Dietary Fiber 5g

Total Sugars 0g

Soluble Fiber 3g

Incl. 0g Added Sugars 0%

Amount per serving

Sat. Fat 0.5g

Trans Fat 0g

Potassium 190mg 4%

Amount per serving

Sat. Fat 0.5g

Trans Fat 0g

Potassium 190mg 4%

Total Fat 3g

Cholest. Omg

Sodium Omg

Amount per serving

Sat. Fat 0.5g

Trans Fat 0g

Potassium 190mg 4%

Total Fat 3g

Cholest. 0mg

Sodium Omg

Total Fat 3g

Cholest. 0mg

Sodium Omg

% Daily Value \*

% Daily Value \*

% Daily Value \*

4%

3%

0%

0%

Vitamin D 0mcg 0% · Calcium 20mg 2% · Iron 2.1mg 10%

Calories 180 Vitamin D 0mcg 0% · Calcium 20mg 2% · Iron 2.1mg 10%

3%

0%

0%

4%

3%

0%

0%

Vitamin D 0mcg 0% · Calcium 20mg 2% · Iron 2.1mg 10%

- Traceable back to the farmer
- Good source of fiber

ertined gluten-free	
helf tray for	
and organic oats	







About 15 se per contain Serving size 1/2 cup (45g

Walnuts

**Organic Quick Oats** 

Bakery

WHOLE GRAIN

ORGANIC

**QUICK DATS** 

· Heart Healthy

- seeds, and flax meal
- and Canada



### **Organic Superfood Hot Cereal**



per containe Serving size 1/2 cup (45g)

Calories per serving

**INGREDIENTS:** Flakes, Organic Meal Processed on Ec Nuts, Cashews, Coconut, Hazelnuts, Pecans, Soy & Walnuts

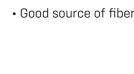


\*Diets low in saturated fat and cholesterol that include 3 grams of beta-glucan soluble fiber per day from oatmeal may reduce the risk of heart disease. One serving of oatmeal provides 1.5 grams of this soluble fiber.

- Heart Healthy\*
- Made with amaranth, quinoa, chia
- 1.2g beta glucans per serving
- Ethically sourced from the USA







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

tion	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 3g	4%	Total Carb. 30g	11%
	Sat. Fat 0.5g	3%	Dietary Fiber 5g	17%
ervings	Trans Fat 0g		Soluble Fiber 3g	
ner	Cholest. 0mg	0%	Total Sugars 0g	
e	Sodium Omg	0%	Incl. 0g Added Su	gars 0%
g)			Protein 8g	

Calories 180 Per serving 180 Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 2.1mg 10% Potassium 190mg 4% Potassium 190mg 4%

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

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• Traceable back to the farmer

## DRGANIC SUPERFOOD HOT CEREAL

ion	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *	
ION	Total Fat 4g	5%	Sodium Omg	0%	
	Sat. Fat 0.5g	3%	Total Carb. 29g	11%	
rvings	Trans Fat 0g		Dietary Fiber 5g	19%	
er	Polyunsat. Fat	2g	Total Sugars 0g		
	Monounsat. Fa	at 1g	Incl. 0g Added	Sugars	
)	Cholest. Omg	0%	Protein 8g	0%	
180	Vitamin D 0mcg 0 Potassium 190mg		20mg 2% • Iron 2.1n	ng 10%	
	Whole Grain Oats, Or lakes, Organic Chia		lax		

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# 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.





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

ORGANIC Granola Bars

Life is

Main

INSTANT DATMEAL ORIGINAL GRANOLA

bakeryonmain.com