

EST. 1992  
**Bakery**  
ON MAIN



*Instant Oatmeal*



serving  
suggestion



[bakeryonmain.com](http://bakeryonmain.com)





## The Bakery On Main Difference

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 CLEAN INGREDIENTS

MADE EXCLUSIVELY WITH PURITY  
PROTOCOL OATS

PLANT-BASED PRODUCTS



OUR FOUNDER

## OUR 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.**

- Made with amaranth, quinoa, chia and flax seeds
- 200 calories per packet
- 5g or more of fiber
- 33g or more Whole Grains
- Excellent source of ALA (an Omega-3)

## SUPERFOOD INSTANT OATMEAL PACKETS



Apple Pie



Maple Multigrain Muffin



Unsweetened

| Nutrition Facts                              | Amount per serving   | % Daily Value * | Amount per serving     | % Daily Value * |
|--|--|-----------------|------------------------|-----------------|
|  | Total Fat 3.5g   | 5%              | Sodium 40mg            | 2%              |
| 6 servings<br>Serving size<br>1 packet (50g) | Sat. Fat 0.5g  | 3%              | Total Carb. 36g        | 13%             |
|  | Trans Fat 0g   |                 | Dietary Fiber 5g       | 18%             |
|  | Polyunsat. Fat 1.5g  |                 | Total Sugars 11g       |                 |
|  | Monounsat. Fat 1g  |                 | Incl. 10g Added Sugars | 21%             |
| Calories per serving 200                     | Cholest. 0mg   | 0%              | Protein 6g             |                 |
|  | Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.9mg 10%<br>Potassium 170mg 4% |                 |                        |                 |

**INGREDIENTS:** Whole Grain Oats, Cane Sugar, Flax Meal, Dried Apples, Natural Flavors, Chia Seeds, Cinnamon, Quinoa, Amaranth, Sea Salt.

**Processed on Equipment that also Processes:**  
Almonds, Walnuts & Soy



| Nutrition Facts                              | Amount per serving   | % Daily Value * | Amount per serving     | % Daily Value * |
|--|--|-----------------|------------------------|-----------------|
|  | Total Fat 4g   | 5%              | Sodium 40mg            | 2%              |
| 6 servings<br>Serving size<br>1 packet (50g) | Sat. Fat 0.5g  | 3%              | Total Carb. 35g        | 13%             |
|  | Trans Fat 0g   |                 | Dietary Fiber 5g       | 17%             |
|  | Polyunsat. Fat 2g  |                 | Total Sugars 10g       |                 |
|  | Monounsat. Fat 1g  |                 | Incl. 10g Added Sugars | 21%             |
| Calories per serving 200                     | Cholest. 0mg   | 0%              | Protein 7g             |                 |
|  | Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.9mg 10%<br>Potassium 180mg 4% |                 |                        |                 |

**INGREDIENTS:** Whole Grain Oats, Cane Sugar, Flax Meal, Natural Flavors, Chia Seeds, Maple Sugar, Quinoa, Amaranth, Sea Salt.

**Processed on Equipment that also Processes:**  
Almonds, Walnuts & Soy



| Nutrition Facts                              | Amount per serving   | % Daily Value * | Amount per serving    | % Daily Value * |
|--|--|-----------------|-----------------------|-----------------|
|  | Total Fat 4g   | 5%              | Sodium 0mg            | 0%              |
| 6 servings<br>Serving size<br>1 packet (50g) | Sat. Fat 0.5g  | 3%              | Total Carb. 32g       | 12%             |
|  | Trans Fat 0g   |                 | Dietary Fiber 6g      | 20%             |
|  | Polyunsat. Fat 2g  |                 | Total Sugars 0g       |                 |
|  | Monounsat. Fat 1g  |                 | Incl. 0g Added Sugars | 0%              |
| Calories per serving 200                     | Cholest. 0mg   | 0%              | Protein 8g            |                 |
|  | Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 2.4mg 15%<br>Potassium 220mg 4% |                 |                       |                 |

**INGREDIENTS:** Whole Grain Oats, Flax Meal, Chia Seeds, Quinoa, Amaranth.

**Processed on Equipment that also Processes:** Almonds, Walnuts & Soy



6 - 1.75 oz. (50g) packets  
NET WT. 10.5 oz. (300g)

# SUPERFOOD INSTANT OATMEAL PACKETS



## Strawberry Shortcake



## Blueberry Scone

| Nutrition Facts       | Amount per serving                                   | % Daily Value * | Amount per serving     | % Daily Value * |
|-----------------------|--|-----------------|------------------------|-----------------|
|                       | <b>Total Fat</b> 4g                                  | <b>5%</b>       | <b>Sodium</b> 40mg     | <b>2%</b>       |
| 6 servings            | Sat. Fat 0.5g  | <b>3%</b>       | <b>Total Carb.</b> 35g | <b>13%</b>      |
| <b>Serving size</b>   | <i>Trans</i> Fat 0g                                  |                 | Dietary Fiber 5g       | <b>17%</b>      |
| <b>1 packet (50g)</b> | Polyunsat. Fat 2g                                    |                 | Total Sugars 11g       |                 |
|                       | Monounsat. Fat 1g                                    |                 | Incl. 10g Added Sugars | <b>20%</b>      |
| <b>Calories</b>       | <b>Cholest.</b> 0mg                                  | <b>0%</b>       | <b>Protein</b> 7g      |                 |
| <b>per serving</b>    | Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.9mg 10% |                 |                        |                 |
|                       | Potassium 180mg 4%                                   |                 |                        |                 |

**INGREDIENTS:** Whole Grain Oats, Cane Sugar, Flax Meal, Freeze Dried Strawberries, Chia Seeds, Quinoa, Amaranth, Natural Flavors, Sea Salt.

Processed on Equipment that also Processes: Almonds, Walnuts & Soy



## Variety Pack



| Nutrition Facts       | Amount per serving                                   | % Daily Value * | Amount per serving     | % Daily Value * |
|-----------------------|--|-----------------|------------------------|-----------------|
|                       | <b>Total Fat</b> 3.5g                                | <b>5%</b>       | <b>Sodium</b> 40mg     | <b>2%</b>       |
| 6 servings            | Sat. Fat 0.5g  | <b>3%</b>       | <b>Total Carb.</b> 36g | <b>13%</b>      |
| <b>Serving size</b>   | <i>Trans</i> Fat 0g                                  |                 | Dietary Fiber 5g       | <b>16%</b>      |
| <b>1 packet (50g)</b> | Polyunsat. Fat 1.5g                                  |                 | Total Sugars 11g       |                 |
|                       | Monounsat. Fat 1g                                    |                 | Incl. 11g Added Sugars | <b>21%</b>      |
| <b>Calories</b>       | <b>Cholest.</b> 0mg                                  | <b>0%</b>       | <b>Protein</b> 7g      |                 |
| <b>per serving</b>    | Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.9mg 10% |                 |                        |                 |
|                       | Potassium 190mg 4%                                   |                 |                        |                 |

**INGREDIENTS:** Whole Grain Oats, Cane Sugar, Flax Meal, Chia Seeds, Freeze Dried Blueberries, Natural Flavors, Quinoa, Amaranth, Sea Salt.

Processed on Equipment that also Processes: Almonds, Walnuts & Soy



# SUPERFOOD INSTANT OATMEAL PACKETS



## STRAWBERRY SHORTCAKE

| Nutrition Facts       | Amount per serving                                   | % Daily Value * | Amount per serving     | % Daily Value * |
|-----------------------|--|-----------------|------------------------|-----------------|
|                       | <b>Total Fat</b> 4g                                  | <b>5%</b>       | <b>Sodium</b> 40mg     | <b>2%</b>       |
| 2 servings            | Sat. Fat 0.5g  | <b>3%</b>       | <b>Total Carb.</b> 35g | <b>13%</b>      |
| per container         | <i>Trans</i> Fat 0g                                  |                 | Dietary Fiber 5g       | <b>17%</b>      |
| <b>Serving size</b>   | Polyunsat. Fat 2g                                    |                 | Total Sugars 11g       |                 |
| <b>1 packet (50g)</b> | Monounsat. Fat 1g                                    |                 | Incl. 10g Added Sugars | <b>20%</b>      |
|                       | <b>Cholest.</b> 0mg                                  | <b>0%</b>       | <b>Protein</b> 7g      |                 |
| <b>Calories</b>       | Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.9mg 10% |                 |                        |                 |
| <b>per serving</b>    | Potassium 180mg 4%                                   |                 |                        |                 |

**INGREDIENTS:** Whole Grain Oats, Cane Sugar, Flax Meal, Freeze Dried Strawberries, Chia Seeds, Quinoa, Amaranth, Natural Flavors, Sea Salt.

Processed on Equipment that also Processes: Almonds, Walnuts & Soy



## APPLE PIE

| Nutrition Facts       | Amount per serving                                   | % Daily Value * | Amount per serving     | % Daily Value * |
|-----------------------|--|-----------------|------------------------|-----------------|
|                       | <b>Total Fat</b> 3.5g                                | <b>5%</b>       | <b>Sodium</b> 40mg     | <b>2%</b>       |
| 2 servings            | Sat. Fat 0.5g  | <b>3%</b>       | <b>Total Carb.</b> 36g | <b>13%</b>      |
| per container         | <i>Trans</i> Fat 0g                                  |                 | Dietary Fiber 5g       | <b>18%</b>      |
| <b>Serving size</b>   | Polyunsat. Fat 1.5g                                  |                 | Total Sugars 11g       |                 |
| <b>1 packet (50g)</b> | Monounsat. Fat 1g                                    |                 | Incl. 10g Added Sugars | <b>21%</b>      |
|                       | <b>Cholest.</b> 0mg                                  | <b>0%</b>       | <b>Protein</b> 6g      |                 |
| <b>Calories</b>       | Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.9mg 10% |                 |                        |                 |
| <b>per serving</b>    | Potassium 170mg 4%                                   |                 |                        |                 |

**INGREDIENTS:** Whole Grain Oats, Cane Sugar, Flax Meal, Dried Apples, Natural Flavors, Chia Seeds, Cinnamon, Quinoa, Amaranth, Sea Salt.

Processed on Equipment that also Processes: Almonds, Walnuts & Soy



## MAPLE MULTIGRAIN MUFFIN

| Nutrition Facts       | Amount per serving                                   | % Daily Value * | Amount per serving     | % Daily Value * |
|-----------------------|--|-----------------|------------------------|-----------------|
|                       | <b>Total Fat</b> 4g                                  | <b>5%</b>       | <b>Sodium</b> 40mg     | <b>2%</b>       |
| 2 servings            | Sat. Fat 0.5g  | <b>3%</b>       | <b>Total Carb.</b> 35g | <b>13%</b>      |
| per container         | <i>Trans</i> Fat 0g                                  |                 | Dietary Fiber 5g       | <b>17%</b>      |
| <b>Serving size</b>   | Polyunsat. Fat 2g                                    |                 | Total Sugars 10g       |                 |
| <b>1 packet (50g)</b> | Monounsat. Fat 1g                                    |                 | Incl. 10g Added Sugars | <b>21%</b>      |
|                       | <b>Cholest.</b> 0mg                                  | <b>0%</b>       | <b>Protein</b> 7g      |                 |
| <b>Calories</b>       | Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.9mg 10% |                 |                        |                 |
| <b>per serving</b>    | Potassium 180mg 4%                                   |                 |                        |                 |

**INGREDIENTS:** Whole Grain Oats, Cane Sugar, Flax Meal, Natural Flavors, Chia Seeds, Maple Sugar, Quinoa, Amaranth, Sea Salt.

Processed on Equipment that also Processes: Almonds, Walnuts & Soy



6 - 1.75 oz. (50g) packets  
NET WT. 10.5 oz. (300g)



ORGANIC  
PROBIOTIC HOT  
CEREAL CUPS



- 5g or more of fiber
- 36g or more Whole Grains
- 10g protein (Almond Vanilla flavor only)
- Made with probiotic cultures
- Good source of ALA (Oats & Ancient Grains, Cranberry Almond Apple, Walnut Banana flavors only)



Walnut Banana

| Nutrition Facts                                 | Amount per serving   | % Daily Value * | Amount per serving     | % Daily Value * |
|---|--|-----------------|------------------------|-----------------|
|   | <b>Total Fat</b> 6g  | <b>8%</b>       | <b>Sodium</b> 0mg      | <b>0%</b>       |
| 1 servings<br>Serving size<br>1 container (54g) | Sat. Fat 1g  | 4%              | <b>Total Carb.</b> 36g | <b>13%</b>      |
|   | Trans Fat 0g   |                 | Dietary Fiber 5g       | 17%             |
|   | Polyunsat. Fat 3.5g  |                 | Total Sugars 10g       |                 |
|   | Monounsat. Fat 1.5g  |                 | Incl. 8g Added Sugars  | 17%             |
| <b>Calories</b><br>per serving <b>220</b>       | <b>Cholest.</b> 0mg  | <b>0%</b>       | <b>Protein</b> 7g      |                 |
|   | Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 2mg 10%<br>Potassium 240mg 6% |                 |                        |                 |

**INGREDIENTS:** Organic Whole Grain Oats, Organic Cane Sugar, Organic Walnuts, Organic Flax Meal, Organic Dried Bananas, Natural Flavors, Organic Quinoa, Organic Molasses, Organic Cardamom, Organic Cloves, Organic Cinnamon, Organic Inulin, Bacillus coagulans GBI-306086.  
**Contains:** Walnuts  
**Processed on Equipment that also Processes:** Almonds & Soy  
**WARNING: MAY CONTAIN NUTSHELL FRAGMENTS**



Cranberry Almond Apple

| Nutrition Facts                                 | Amount per serving   | % Daily Value * | Amount per serving     | % Daily Value * |
|---|--|-----------------|------------------------|-----------------|
|   | <b>Total Fat</b> 4g  | <b>5%</b>       | <b>Sodium</b> 0mg      | <b>0%</b>       |
| 1 servings<br>Serving size<br>1 container (54g) | Sat. Fat 0.5g  | 3%              | <b>Total Carb.</b> 38g | <b>14%</b>      |
|   | Trans Fat 0g   |                 | Dietary Fiber 5g       | 18%             |
|   | Polyunsat. Fat 1.5g  |                 | Total Sugars 12g       |                 |
|   | Monounsat. Fat 1.5g  |                 | Incl.11g Added Sugars  | 22%             |
| <b>Calories</b><br>per serving <b>210</b>       | <b>Cholest.</b> 0mg  | <b>0%</b>       | <b>Protein</b> 7g      |                 |
|   | Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 2mg 10%<br>Potassium 200mg 4% |                 |                        |                 |

**INGREDIENTS:** Organic Whole Grain Oats, Organic Cane Sugar, Organic Sweetened Dried Cranberries (Organic Cranberries, Organic Cane Sugar, Organic Sunflower Oil), Organic Dried Apples, Organic Almonds, Organic Flax Meal, Natural Flavors, Organic Buckwheat, Organic Sprouted Chia Seeds, Organic Cinnamon, Organic Cardamom, Organic Inulin, Bacillus coagulans GBI-306086.  
**Contains:** Almonds  
**Processed on Equipment that also Processes:** Soy & Walnuts  
**WARNING: MAY CONTAIN NUTSHELL FRAGMENTS**



No Sugar Added Oats  
& Ancient Grains

| Nutrition Facts                                 | Amount per serving   | % Daily Value * | Amount per serving     | % Daily Value * |
|---|--|-----------------|------------------------|-----------------|
|   | <b>Total Fat</b> 4.5g  | <b>6%</b>       | <b>Sodium</b> 0mg      | <b>0%</b>       |
| 1 servings<br>Serving size<br>1 container (54g) | Sat. Fat 0.5g  | 4%              | <b>Total Carb.</b> 35g | <b>13%</b>      |
|   | Trans Fat 0g   |                 | Dietary Fiber 6g       | 23%             |
|   | Polyunsat. Fat 2g  |                 | Total Sugars 0g        |                 |
|   | Monounsat. Fat 1g  |                 | Incl. 0g Added Sugars  | 0%              |
| <b>Calories</b><br>per serving <b>210</b>       | <b>Cholest.</b> 0mg  | <b>0%</b>       | <b>Protein</b> 9g      |                 |
|   | Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 2.5mg 15%<br>Potassium 240mg 6% |                 |                        |                 |

**INGREDIENTS:** Organic Whole Grain Oats, Organic Amaranth, Organic Quinoa, Organic Chia Seeds, Organic Flax Meal, Bacillus coagulans GBI-306086.  
**Processed on Equipment that also Processes:** Almonds, Soy, and Walnuts  
**WARNING: MAY CONTAIN NUTSHELL FRAGMENTS**



Almond Vanilla

| Nutrition Facts                                 | Amount per serving   | % Daily Value * | Amount per serving     | % Daily Value * |
|---|--|-----------------|------------------------|-----------------|
|   | <b>Total Fat</b> 4.5g  | <b>6%</b>       | <b>Sodium</b> 85mg     | <b>4%</b>       |
| 1 servings<br>Serving size<br>1 container (54g) | Sat. Fat 0.5g  | 3%              | <b>Total Carb.</b> 35g | <b>13%</b>      |
|   | Trans Fat 0g   |                 | Dietary Fiber 5g       | 17%             |
|   | Polyunsat. Fat 1.5g  |                 | Total Sugars 11g       |                 |
|   | Monounsat. Fat 2g  |                 | Incl. 10g Added Sugars | 19%             |
| <b>Calories</b><br>per serving <b>210</b>       | <b>Cholest.</b> 0mg  | <b>0%</b>       | <b>Protein</b> 10g     |                 |
|   | Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 2.1mg 10%<br>Potassium 170mg 4% |                 |                        |                 |

**INGREDIENTS:** Organic Whole Grain Oats, Organic Cane Sugar, Organic Almonds, Organic Isolated Soy Protein, Organic Vanilla Extract, Organic Quinoa, Sea Salt, Organic Inulin, Bacillus coagulans GBI-306086.  
**Contains:** Almonds & Soy  
**Processed on Equipment that also Processes:** Walnuts  
**WARNING: MAY CONTAIN NUTSHELL FRAGMENTS**



NET WT. 1.9oz (54g)





serving  
suggestion



- Made with plant based protein
- 10G of Protein per serving
- 27g or more Whole Grains
- Good source of fiber

# PROTEIN OATMEAL

Coming Soon!



Blueberry

| Nutrition Facts                 | Amount per serving   | % Daily Value * | Amount per serving    | % Daily Value * |
|---------------------------------|--|-----------------|-----------------------|-----------------|
|                                 | Total Fat 2.5g   | 3%              | Total Carb. 29g       | 10%             |
|                                 | Sat. Fat 0g  | 0%              | Dietary Fiber 3g      | 11%             |
|                                 | Trans Fat 0g   |                 | Total Sugars 8g       |                 |
| 6 servings                      | Cholest. 0mg   | 0%              | Incl. 8g Added Sugars | 16%             |
| Serving size                    | Sodium 150mg   | 7%              | Protein 10g           |                 |
| 1 packet (45g)                  |  |                 |                       |                 |
| <b>Calories per serving 170</b> | Vitamin D 0mcg 0% • Calcium 60mg 4% • Iron 2.6mg 15%<br>Potassium 160mg 4% |                 |                       |                 |

**INGREDIENTS:** Whole Grain Oats, Cane Sugar, Pea Protein Crisp (Pea Protein Isolate, Pea Starch, Rice Flour, Calcium Carbonate), Soy Protein Isolate, Dried Blueberries, Sea Salt, Natural Flavors.

**Contains:** Soy  
**Processed on Equipment that also Processes:** Almonds & Walnuts



Maple & Brown Sugar

| Nutrition Facts                 | Amount per serving   | % Daily Value * | Amount per serving    | % Daily Value * |
|---------------------------------|--|-----------------|-----------------------|-----------------|
|                                 | Total Fat 2.5g   | 3%              | Total Carb. 28g       | 10%             |
|                                 | Sat. Fat 0g  | 0%              | Dietary Fiber 3g      | 11%             |
|                                 | Trans Fat 0g   |                 | Total Sugars 9g       |                 |
| 6 servings                      | Cholest. 0mg   | 0%              | Incl. 9g Added Sugars | 18%             |
| Serving size                    | Sodium 150mg   | 7%              | Protein 10g           |                 |
| 1 packet (45g)                  |  |                 |                       |                 |
| <b>Calories per serving 170</b> | Vitamin D 0mcg 0% • Calcium 60mg 4% • Iron 2.6mg 15%<br>Potassium 140mg 4% |                 |                       |                 |

**INGREDIENTS:** Whole Grain Oats, Cane Sugar, Pea Protein Crisp (Pea Protein Isolate, Pea Starch, Rice Flour, Calcium Carbonate), Soy Protein Isolate, Brown Sugar, Natural Flavors, Maple Sugar, Sea Salt

**Contains:** Soy  
**Processed on Equipment that also Processes:** Almonds & Walnuts



6 - 1.75 oz. (50g) packets  
NET WT. 10.5 oz. (300g)

EST. 1992  
**Bakery**  
ON MAIN

Life is  
**EASY**  
—  
on Main Street



*If you love our Instant Oatmeal*

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

**ORGANIC  
GRANOLA BARS**

**ORIGINAL  
GRANOLA**

**ROLLED OATS  
AND HOT CEREAL**