

SEASONS' YIELD BAKERY AND CAFE AT HAYWOOD'S
ALLERGEN GUIDE

• = allergen is present

Ingredients are listed in full on the following page.

	Wheat	Dairy	Soy	Egg	Nuts
BREAD LOAVES					
- Baguette	•				
- Cinnamon Raisin Loaf	•				
- Cranberry Walnut Loaf	•				•
- Garlic Potato Rosemary Loaf	•				
- Gluten-Free* Loaf					
- Honey Wheat Sandwich Loaf	•				
- Mandelstollen Loaf (Seasonal)	•	•		•	•
- Oakland Loaf	•				
- Pullman Sandwich Loaf	•	•			
- Sourdough Rolls	•	•			
- Sprouted Spelt Loaf	•				
- Sprouted Quinoa Loaf	•				
- Sunflower Whole Wheat Loaf	•				
PASTRIES					
- Blueberry Muffin	•	•		•	•
- Cheese Danish	•	•		•	
- Coffee Cake	•	•		•	
- Dark Chocolate Croissant	•	•	•	•	
- Fig and Brie Croissant	•	•		•	
- Focaccia	•	see ingredients			see ingredients
- Gluten-Free* Pumpkin Muffin		•		•	
- Ham and Cheese Croissant	•	•		•	
- Harvest Croissant	•	•		•	
- Maple Glaze Croissant	•	•		•	
- Maple Spice Croissant	•	•		•	
- Morning Bun	•	•		•	
- Pumpkin Chai Cake	•	•		•	
- Regular Croissant	•	•		•	
TOASTS					
- Apple Orchard Toast	•	•		•	•
- Avocado Toast	•	•			
- Pumpkin Patch Toast	•	•		•	•
- Toast and Jam	•	•			
- West Coast Toast	•	•			•
SANDWICHES					
- Autumn Grilled Cheese	•	•			
- Steak Sandwich	•	•			
SALADS					
- Chicken Salad	•			•	•
- Fall Slaw					
- Pear and Pecan Salad		•		•	•
MISC					
- Yogurt and Granola		•			•

*Gluten Free Disclaimer: These products are made on separate bakeware without gluten-containing ingredients, but they are processed in a shared facility. As a result, they may experience cross contamination and may not be suitable for individuals with Celiac's disease or a severe gluten allergy.

INGREDIENTS LIST

BREAD LOAVES

- Baguette
 - Ingredients: 90% white flour, 10% fresh milled wheat, water, yeast, sea salt
 - Allergens: **Wheat**

- Cinnamon Raisin Loaf
 - Ingredients: 70% white flour, 20% fresh milled wheat, 10% sprouted spelt, raisins, cinnamon, maple syrup, water, sea salt
 - Allergens: **Wheat**

- Cranberry Walnut Loaf
 - Ingredients: 70% white flour, 20% fresh milled wheat, 10% sprouted spelt, walnut halves, dried cranberries, walnut oil, water, sea salt
 - Allergens: **Wheat, Nuts**

- Garlic Potato Rosemary Loaf
 - Ingredients: 70% white flour, 20% fresh milled wheat, 10% sprouted spelt, Yukon gold potatoes, minced garlic, fresh rosemary, water, sea salt
 - Allergens: **Wheat**

- Gluten-Free* Loaf
 - Ingredients: gluten-free flour (brown rice, psyllium, potato starch, and cassava flours), maple syrup, water, salt, apple cider vinegar
 - Allergens: None

- Honey Whole Wheat Sandwich Loaf
 - Ingredients: 100% fresh milled wheat, honey, water
 - Allergens: **Wheat**

- Mandelstollen Loaf (Seasonal)
 - Ingredients: flour, eggs, butter, salt, sourdough starter, rum-soaked dried fruit (currants, raisins, golden raisins, apricots), sliced almonds
 - Allergens: **Wheat, Dairy, Egg, Nuts**

- Oakland Loaf
 - Ingredients: 70% white flour, 20% fresh milled wheat, 10% sprouted spelt, water, sea salt
 - Allergens: **Wheat**

- Pullman Sandwich Loaf
 - Ingredients: 100% white flour, butter, milk, honey/maple syrup, sea salt
 - Allergens: **Wheat, Dairy**

- Sourdough Roll Pack
 - Ingredients: 90% white flour, 10% fresh milled wheat, water, yeast, sea salt, butter, sugar
 - Allergens: **Wheat, Dairy**

- Sprouted Spelt Loaf
 - Ingredients: 60% sprouted spelt, 25% white flour, 15% fresh milled wheat, water, sea salt
 - Allergens: **Wheat**

- Sprouted Quinoa Loaf
 - Ingredients: 70% white flour, 20% fresh milled wheat, 10% sprouted spelt, sprouted quinoa berries, water, sea salt
 - Allergens: **Wheat**

- Sunflower Whole Wheat Loaf
 - Ingredients: 50% white flour, 50% fresh milled wheat, water, sunflower seeds, sea salt
 - Allergens: **Wheat**

PASTRIES

- Blueberry Muffin
 - Ingredients: fresh milled wheat, almond flour, sourdough starter, milk, eggs, maple syrup, cinnamon, blueberries, baking soda
 - Allergens: **Wheat, Dairy, Egg, Nuts**
- Cheese Danish
 - Ingredients: white flour, sugar, salt, whole milk, yeast, butter (pre-ferment), egg wash, lemon juice, cream cheese, egg yolk, vanilla extract
 - Allergens: **Wheat, Dairy, Egg**
- Coffee Cake
 - Ingredients: white flour, sugar, butter, eggs, cinnamon, vanilla, sour cream
 - Allergens: **Wheat, Dairy, Egg**
- Dark Chocolate Croissant
 - Ingredients: white flour, sugar, salt, whole milk, yeast, butter (pre-ferment), dark chocolate (44%)
 - Allergens: **Wheat, Dairy, Soy** (soy present in the chocolate), **Egg**
- Fig and Brie Croissant
 - Ingredients: white flour, sugar, salt, whole milk, yeast, butter (pre-ferment), egg wash, fig jam, brie cheese
 - Allergens: **Wheat, Dairy, Egg**
- Focaccia
 - Ingredients: 90% white flour, 10% fresh milled wheat, water, yeast, sea salt, various toppings
 - Allergens: **Wheat, Dairy** (if there's parmesan), **Nuts** (if there's pesto)
- Gluten-Free* Pumpkin Muffin
 - Ingredients: brown rice flour, cassava, eggs, pumpkin, vanilla, poppy seeds, pumpkin seeds, oats, butter, cinnamon, sugar
 - Allergens: **Dairy, Egg**
- Ham and Cheese Croissant
 - Ingredients: white flour, sugar, salt, whole milk, yeast, butter (pre-ferment), egg wash, smoked ham, gruyere cheese
 - Allergens: **Wheat, Dairy, Egg**
- Harvest Croissant
 - Ingredients: white flour, sugar, salt, whole milk, yeast, butter (pre-ferment), egg wash, butternut squash, apple, onion, parmesan, thyme
 - Allergens: **Wheat, Dairy, Egg**
- Maple Glazed Croissant
 - Ingredients: white flour, sugar, salt, whole milk, yeast, butter (pre-ferment), egg wash, maple glaze (maple syrup, confectioner's sugar)
 - Allergens: **Wheat, Dairy, Egg**
- Maple Spice Croissant
 - Ingredients: white flour, sugar, salt, whole milk, yeast, butter (pre-ferment), egg wash, maple spice (cinnamon, nutmeg, allspice, cardamom)
 - Allergens: **Wheat, Dairy, Egg**
- Morning Bun
 - Ingredients: white flour, sugar, salt, whole milk, yeast, butter (pre-ferment), egg wash, filling (sugar, cinnamon)
 - Icing pack: cream cheese, orange juice, powdered sugar, vanilla
 - Allergens: **Wheat, Dairy, Egg**

- Pumpkin Chai Cake
 - Ingredients: milled flour, pumpkin puree, eggs, sugar, salt, baking powder, cinnamon, cardamom, allspice, nutmeg
 - Icing: cream cheese, confectioner's sugar, butter, cinnamon, cardamom, allspice, nutmeg
 - Allergens: **Wheat, Dairy, Egg**
- Regular Croissant
 - Ingredients: white flour, sugar, salt, whole milk, yeast, butter (pre-ferment), egg wash
 - Allergens: **Wheat, Dairy, Egg**

TOASTS

- Apple Orchard
 - Ingredients: sourdough bread (70% white flour, 20% fresh milled wheat, 10% sprouted spelt, water, sea salt), cream cheese, spiced pecans (cinnamon, egg white, sugar), apples, cinnamon, cardamom, allspice, nutmeg, maple syrup
 - Allergens: **Wheat, Dairy, Egg, Nuts**
- Avocado Toast
 - Ingredients: sourdough bread (70% white flour, 20% fresh milled wheat, 10% sprouted spelt, water, sea salt), avocado mash (avocado, lime), brittle (pumpkin seeds, sunflower seeds, black and white sesame seeds, cayenne, maple syrup) goat cheese, olive oil, sea salt
 - Allergens: **Wheat, Dairy**
- Pumpkin Patch
 - Ingredients: sourdough bread (70% white flour, 20% fresh milled wheat, 10% sprouted spelt, water, sea salt), butter, pumpkin butter (pumpkin, apple cider, sugar, lemon, cinnamon), spiced pecans (cinnamon, egg white, sugar)
 - Allergens: **Wheat, Dairy, Egg, Nuts**
- Toast and Jam
 - Ingredients: sourdough bread (70% white flour, 20% fresh milled wheat, 10% sprouted spelt, water, sea salt), butter, seasonal jam (refer to label of seasonal jam for specific ingredients)
 - Allergens: **Wheat, Dairy**
- West Coast
 - Ingredients: sourdough bread (70% white flour, 20% fresh milled wheat, 10% sprouted spelt, water, sea salt), ricotta cheese, figs, pistachios, lemon zest, honey, glaze (balsamic vinegar, cooked grape must, sugar, stabilizer, xanthan gum), sea salt
 - Allergens: **Wheat, Dairy, Nuts**

SANDWICHES

- Autumn Grilled Cheese
 - Ingredients: sourdough bread (70% white flour, 20% fresh milled wheat, 10% sprouted spelt, water, sea salt), garlic confit, roasted sweet potatoes, arugula, caramelized red onions, gruyere cheese
 - Allergens: **Wheat, Dairy**
- Steak Sandwich
 - Ingredients: sourdough bread (70% white flour, 20% fresh milled wheat, 10% sprouted spelt, water, sea salt), steak, arugula, shaved parmesan, stone ground mustard, caramelized onions
 - Allergens: **Wheat, Dairy**

SALADS

- Chicken Salad
 - Ingredients: chicken, pickled grapes, toasted pecans, celery, dressing (mayo, apple cider, maple syrup, poppy seeds)
 - Croutons: sourdough bread (70% white flour, 20% fresh milled wheat, 10% sprouted spelt, water, sea salt), olive oil, salt
 - Allergens: **Wheat, Egg, Nuts**

- Fall Slaw
 - Ingredients: broccoli, beets, carrots, radishes, apple, red onion, sunflower seeds, tahini-maple dressing (tahini, apple cider vinegar, lemon juice, maple syrup, sea salt, black pepper, olive oil)
 - Allergens: None

- Pear and Pecan Salad
 - Ingredients: Local greens, pears, cranberries, spiced pecans (cinnamon, egg white, sugar), goat cheese, balsamic garlic dressing (balsamic, olive oil, garlic)
 - Allergens: **Dairy, Egg, Nuts**

MISC.

- Yogurt and Granola*
 - Ingredients: Greek yogurt, granola (oats, walnuts, sunflower seeds, almonds, currants, maple syrup, coconut oil, cinnamon), seasonal fruit, maple syrup
 - Allergens: **Dairy, Nuts**

**Gluten Free Disclaimer: These products are made on separate bakeware without gluten-containing ingredients, but they are processed in a shared facility. As a result, they may experience cross contamination and may not be suitable for individuals with Celiac's disease or a severe gluten allergy.*

SPECIALTY DIET GUIDE

Gluten-Free* Items

- Gluten-Free* Loaf
- Gluten-Free* Pumpkin Muffins
- *NO* toasts or sandwiches
- Chicken salad without croutons
- Fall Slaw
- Pear and Pecan Salad
- Yogurt and Granola*

Dairy-Free Items

- All loaves except for the Pullman, the Mandelstollen, and the Sourdough Rolls (butter)
- *NO* pastries (butter in everything)
- Avocado Toast without the goat cheese
- Pumpkin Patch Toast without the regular butter
- *NO* sandwiches
- Chicken Salad
- Fall Slaw
- Pear and Pecan Salad without the goat cheese

Egg-Free Items

- All loaves except the Mandelstollen
- *NO* pastries (egg wash prior to baking, muffins and cakes contain eggs)
- Avocado Toast
- Apple Orchard without pecans (egg white in the spice)
- Pumpkin Patch without pecans (egg white in the spice)
- Fall Slaw
- *NOT* Chicken Salad (mayo)
- Pear and Pecan Salad without pecans (egg white in the spice)

Peanut-Free Items

- Everything is peanut-free

Nut-Free Items

- All loaves except Cranberry Walnut and the Mandelstollen
- All pastries except for the muffins (contain almond flour)
- Avocado Toast
- Apple Orchard Toast without the pecans
- Pumpkin Patch Toast without the pecans
- West Coast Toast without the pistachios
- Both sandwiches
- Fall Slaw
- Pear and Pecan Salad without the pecans
- *NO* granola

Soy-Free Items

- All bread loaves
- All pastries *EXCEPT* for the Chocolate Croissant
- All toasts
- All sandwiches
- All salads
- Yogurt and Granola

Vegetarian Items

- All bread loaves
- All pastries *EXCEPT* for the Ham and Cheese Croissant
- All toasts
- Autumn Grilled Cheese
- Fall Slaw
- Pear and Pecan Salad
- Yogurt and Granola

Vegan Items

- All bread loaves except the Pullman, the Mandelstollen, and the Sourdough Rolls (butter)
- *NO* pastries (all contain butter, egg, or egg wash)
- Avocado Toast without goat cheese
- Pumpkin Patch Toast without the butter or pecans (egg white in the spice)
- Toast and Jam without the butter
- Fall Slaw
- Pear and Pecan Salad without the goat cheese or pecans (egg white in the spice)

Fish-Free Items

- Not the Kale Caesar Salad (seasonal) - contains anchovies

**Gluten Free Disclaimer: These products are made on separate bakeware without gluten-containing ingredients, but they are processed in a shared facility. As a result, they may experience cross contamination and may not be suitable for individuals with Celiac's disease or a severe gluten allergy.*