

EST. 1992  
*Bakery*  
ON MAIN

Life is  
**EASY**  
—  
on Main Street

*Granola*



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.

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**NON-GMO PROJECT VERIFIED**

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

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

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**MADE WITH CLEAN INGREDIENTS**

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**MADE WITH EXCLUSIVELY PURITY  
PROTOCOL OATS**

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**PLANT-BASED PRODUCTS**

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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.

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

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

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- Made with navy beans and the ancient grains millet & teff
- Made with fruits and nuts
- Excellent Source of ALA ( An Omega-3)
- Only 7g added sugar

# DELICIOUS CRUNCHY CLUSTERS OAT-FREE



**Cranberry Almond Maple**

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	<b>Total Fat</b> 6g	<b>8%</b>	<b>Sodium</b> 10mg	<b>1%</b>
	Sat. Fat 0.5g	<b>3%</b>	<b>Total Carb.</b> 19g	<b>7%</b>
	Trans Fat 0g		Dietary Fiber 2g	<b>6%</b>
	Polyunsat. Fat 2g		Total Sugars 7g	
	Monounsat. Fat 3.5g		Incl. 7g Added Sugars	<b>13%</b>
	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 2g	
<b>Calories</b> 140	Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 0.7mg 4% Potassium 60mg 2%			

**INGREDIENTS:** Multigrain & Bean Crisps (Cornmeal, Brown Rice, Millet, Cane Sugar, Corn Starch, Rice Extract, Teff, Caramelized Pear Juice Concentrate, Navy Beans), Cane Sugar, Canola Oil, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Sunflower Seeds, Almonds, Invert Cane Sugar, Flax Seeds, Sesame Seeds, Maple Syrup, Natural Flavors, Sea Salt, Tocopherols (Vitamin E).

**Contains:** Almonds, Sesame

**Processed on Equipment that also Processes:**

Brazil Nuts, Cashews, Coconut, Hazelnuts, Pecans, Soy and Walnuts

**WARNING: MAY CONTAIN NUTSHELL FRAGMENTS**



**Extreme Nut & Fruit**

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**INGREDIENTS:** Multigrain & Bean Crisps (Cornmeal, Brown Rice, Millet, Cane Sugar, Corn Starch, Rice Extract, Teff, Caramelized Pear Juice Concentrate, Navy Beans), Cane Sugar, Mixed Nuts (Almonds, Dried Coconut, Walnuts, Brazil Nuts, Hazelnuts, Pecans), Canola Oil, Sunflower Seeds, Invert Cane Sugar, Raisins (Raisins, Sunflower Oil), Flax Seeds, Sesame Seeds, Sweetened Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Natural Flavors, Sea Salt, Tocopherols (Vitamin E).

**Contains:** Almonds, Brazil Nuts, Coconut, Hazelnuts, Pecans, Sesame, and Walnuts

**Processed on Equipment that also Processes:** Cashews, Soy

**WARNING: MAY CONTAIN NUTSHELL FRAGMENTS**



**Walnut Raisin Apple**

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	<b>Total Fat</b> 7g	<b>9%</b>	<b>Sodium</b> 15mg	<b>1%</b>
	Sat. Fat 0.5g	<b>3%</b>	<b>Total Carb.</b> 19g	<b>7%</b>
	Trans Fat 0g		Dietary Fiber 2g	<b>6%</b>
	Polyunsat. Fat 3g		Total Sugars 6g	
	Monounsat. Fat 3g		Incl. 5g Added Sugars	<b>9%</b>
	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 2g	
<b>Calories</b> 140	Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 0.7mg 4% Potassium 70mg 2%			

**INGREDIENTS:** Multigrain & Bean Crisps (Cornmeal, Brown Rice, Millet, Cane Sugar, Corn Starch, Rice Extract, Teff, Caramelized Pear Juice Concentrate, Navy Beans), Cane Sugar, Canola Oil, Walnuts, Sunflower Seeds, Invert Cane Sugar, Raisins (Raisins, Sunflower Oil), Dried Apples, Flax Seeds, Sesame Seeds, Cinnamon, Natural Flavors, Sea Salt, Tocopherols (Vitamin E).

**CONTAINS:** Walnuts, Sesame

**Processed on Equipment that also Processes:**

Almonds, Brazil Nuts, Cashews, Coconut, Hazelnuts, Pecans, and Soy

**WARNING: MAY CONTAIN NUTSHELL FRAGMENTS**



NET WT. 11oz (312g)



# DECADENT GLUTEN-FREE CLUSTERS



- Made with 16g-17g whole grains (White Chip and Monster Cookie Only)
- Made with real raspberries (White Chip flavor only)
- Made with 2 ancient grains (Dark Chocolate Sea Salt only)
- Vegan (White Chip & Monster Cookie Only)



**Monster Cookie**

## Nutrition Facts

About 11 servings per container  
Serving size 1/3 cup (30g)

**Calories** per serving **140**

Amount per serving	% Daily Value *
<b>Total Fat</b> 5g	<b>6%</b>
Sat. Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholest.</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>

Vitamin D 0mcg 0% • Calcium 10mg 2% • Iron 1.1mg 6%  
Potassium 80mg 2%

Amount per serving	% Daily Value *
<b>Total Carb.</b> 20g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 7g	
Incl. 7g Added Sugars	<b>15%</b>
<b>Protein</b> 3g	



**INGREDIENTS:** Whole Grain Oats, Cane Sugar, Canola Oil, Brown Rice Syrup, Invert Syrup, Dark Chocolate Chips (Cane Sugar, Unsweetened Chocolate, Cocoa Butter), Brown Rice, Rainbow sprinkles (sugar, oil [palm or coconut], starch [potato or corn], maltodextrin, sunflower lecithin, beet juice, blueberry juice, annatto extract, spirulina extract, turmeric, beta-carotene, paprika, anthocyanins, carnauba wax, cellulose gum), Almonds, Natural Flavors, Sea Salt, Tocopherols (Vitamin E).

**CONTAINS:** Almonds

**Processed on Equipment that also Processes:** Brazil Nuts, Cashews, Coconut, Hazelnuts, Pecans, Sesame, Soy and Walnuts

**WARNING: MAY CONTAIN NUTSHELL FRAGMENTS**



**White Chip Raspberry Swirl**

## Nutrition Facts

About 11 servings per container  
Serving size 1/3 cup (30g)

**Calories** per serving **130**

Amount per serving	% Daily Value *
<b>Total Fat</b> 4.5g	<b>6%</b>
Sat. Fat 1g	<b>4%</b>
Trans Fat 0g	
<b>Cholest.</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>

Vitamin D 0mcg 0% • Calcium 10mg 2% • Iron 0.9mg 6%  
Potassium 90mg 2%

Amount per serving	% Daily Value *
<b>Total Carb.</b> 21g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 7g	
Incl. 7g Added Sugars	<b>14%</b>
<b>Protein</b> 3g	



**INGREDIENTS:** Whole Grain Oats, Canola Oil, Cane Sugar, Invert Syrup, Brown Rice Syrup, White Chips (Cane Sugar, Palm Oil, Natural Flavors, Sunflower Lecithin, Salt), Brown Rice, Dried Raspberries, Natural Flavors, Sea Salt, Tocopherols (Vitamin E).

**Processed on Equipment that also Processes:**

Almonds, Brazil Nuts, Cashews, Coconut, Hazelnuts, Pecans, Sesame, Soy and Walnuts

**WARNING: MAY CONTAIN NUTSHELL FRAGMENTS**



**Dark Chocolate Sea Salt**

## Nutrition Facts

About 10 servings per container  
Serving size 1/2 cup (30g)

**Calories** per serving **140**

Amount per serving	% Daily Value *
<b>Total Fat</b> 5g	<b>7%</b>
Sat. Fat 3.5g	<b>16%</b>
Trans Fat 0g	
<b>Cholest.</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>

Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.2mg 6%  
Potassium 70mg 2%

Amount per serving	% Daily Value *
<b>Total Carb.</b> 20g	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 8g	
Incl. 8g Added Sugars	<b>15%</b>
<b>Protein</b> 3g	

**INGREDIENTS:** Whole Grain Blend (Gluten Free Oats, Amaranth, Millet), Cane Sugar, Chocolate Chips (Cane Sugar, Unsweetened Chocolate, Cocoa Butter), Honey, Brown Rice, Coconut Oil, Cornmeal, Almonds, Cocoa Powder, Chia Seeds, Brown Rice Syrup, Coconut, Natural Flavors, Sea Salt, Sesame Seeds, Corn Starch, Rice Bran Extract, Sunflower Oil, Tocopherols (Vitamin E).

**CONTAINS:** Almonds, Coconut, & Sesame

**Processed on Equipment that also Processes:**

Brazil Nuts, Cashews, Hazelnuts, Pecans, Soy and Walnuts

**WARNING: MAY CONTAIN NUTSHELL FRAGMENTS**



NET WT. 11oz (312g)



# **BULK GRANOLA**

Non-GMO Project Verified, good source of  
fiber, Certified Gluten-Free, dairy &  
casein free

**+Blueberry Flax**

**+Vanilla Almond**

**+No Sugar Added Apple Cinnamon**

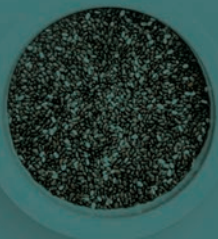
**+Organic Sprouted Maple Quinoa**

**+Organic Coconut Cashew Butter**

**+Organic Lemon Blueberry**

**+Dark Chocolate Sea Salt**

**+Grain-free Maple Vanilla Cluster**





# ORGANIC SPROUTED GRAINS GRANOLA



- 18g or more whole grains
- Made with sprouted ancient grains
- Certified USDA Organic
- Vegan (Maple Quinoa & Blueberry Flax only)



Maple Quinoa

## Nutrition Facts

About 10 servings per container  
Serving size 1/3 cup (30g)

**Calories** per serving **130**

Amount per serving	% Daily Value *
<b>Total Fat</b> 2.5g	<b>4%</b>
Sat. Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholest.</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>

Vitamin D 0mcg 0% • Calcium 10mg 2% • Iron 1mg 6%  
Potassium 100mg 2%

Amount per serving	% Daily Value *
<b>Total Carb.</b> 22g	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 6g	
Incl. 6g Added Sugars	<b>12%</b>
<b>Protein</b> 4g	



**INGREDIENTS:** Organic Whole Grain Oats, Organic Invert Cane Sugar, Organic Brown Rice Syrup, Organic Sprouted Millet, Organic Cane Sugar, Organic Sunflower Oil, Organic Brown Rice, Organic Sprouted Quinoa, Organic Maple Syrup, Natural Flavors, Sea Salt, Corn Starch, Organic Rice Bran Extract, Tocopherols (Vitamin E).

**Processed on Equipment that also Processes:**

Almonds, Brazil Nuts, Cashews, Coconut, Hazelnuts, Pecans, Sesame, Soy and Walnuts

**WARNING: MAY CONTAIN NUTSHELL FRAGMENTS**



Grains & Honey

## Nutrition Facts

About 10 servings per container  
Serving size 1/3 cup (30g)

**Calories** per serving **130**

Amount per serving	% Daily Value *
<b>Total Fat</b> 3.5g	<b>5%</b>
Sat. Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholest.</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>

Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 1mg 6%  
Potassium 90mg 2%

Amount per serving	% Daily Value *
<b>Total Carb.</b> 21g	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 7g	
Incl. 6g Added Sugars	<b>13%</b>
<b>Protein</b> 3g	



**INGREDIENTS:** Organic Whole Grain Oats, Organic Cane Sugar, Organic Honey, Organic Sprouted Millet, Organic Sunflower Oil, Organic Coconut, Organic Brown Rice, Organic Brown Rice Syrup, Natural Flavors, Organic Sprouted Quinoa, Sea Salt, Corn Starch, Organic Rice Bran Extract, Tocopherols (Vitamin E).

**CONTAINS:** Coconut

**Processed on Equipment that also Processes:**

Almonds, Brazil Nuts, Cashews, Hazelnuts, Pecans, Sesame, Soy and Walnuts

**WARNING: MAY CONTAIN NUTSHELL FRAGMENTS**



Blueberry Flax

## Nutrition Facts

About 10 servings per container  
Serving size 1/3 cup (30g)

**Calories** per serving **130**

Amount per serving	% Daily Value *
<b>Total Fat</b> 3g	<b>4%</b>
Sat. Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholest.</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>

Vitamin D 0.1mcg 0% • Calcium 20mg 2% • Iron 1.1mg 6%  
Potassium 120mg 2%

Amount per serving	% Daily Value *
<b>Total Carb.</b> 22g	<b>8%</b>
Dietary Fiber 2g	<b>9%</b>
Total Sugars 6g	
Incl. 6g Added Sugars	<b>12%</b>
<b>Protein</b> 4g	



**INGREDIENTS:** Organic Gluten Free Oats, Organic Invert Cane Sugar, Organic Sprouted Millet, Organic Brown Rice Syrup, Organic Sunflower Oil, Organic Brown Rice, Organic Cane Sugar, Organic Sweetened Dried Blueberries (Organic Blueberries, Organic Cane Sugar, Organic Sunflower Oil), Organic Sprouted Flax Seeds, Natural Flavors, Organic Sprouted Quinoa, Corn Starch, Organic Rice Bran Extract, Tocopherols (Vitamin E).

**Processed on Equipment that also Processes:**

Almonds, Brazil Nuts, Cashews, Coconut, Hazelnuts, Pecans, Sesame, Soy and Walnuts

**WARNING: MAY CONTAIN NUTSHELL FRAGMENTS**



NET WT. 11oz (312g)

- MCT oil added
- No sugar alcohols added
- Keto & Paleo Certified
- Instant source of energy
- 7g net carbs

## GRAIN-FREE CLUSTERS KETO + PALEO



Maple Vanilla

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 14g	17%	Sodium 65mg	3%
About 8 servings per container Serving size 1/3 cup (30g)	Sat. Fat 4.5g	22%	Total Carb. 10g	4%
	Trans Fat 0g		Dietary Fiber 3g	10%
	Polyunsat. Fat 3.5g		Total Sugars 5g	
	Monounsat. Fat 5g		Incl. 4g Added Sugars	9%
	Cholest. 0mg	0%	Protein 5g	
<b>Calories per serving 170</b>	Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.1mg 6% Potassium 160mg 4%			

**INGREDIENTS:** Almonds, Sunflower Seeds, Coconut, Pumpkin Seeds, Coconut Sugar, Honey, Maple Syrup, Cashews, Chia Seeds, MCT (Medium Chain Triglyceride) Oil (From Coconut), Tapioca Syrup, Coconut Oil, Cinnamon, Sea Salt, Vanilla Extract, Tocopherols (Vitamin E).

**Contains:** Almonds, Cashews, Coconut

**Processed on Equipment that also Processes:**

Brazil Nuts, Hazelnuts, Pecans, Sesame, Soy and Walnuts

**WARNING: MAY CONTAIN NUTSHELL FRAGMENTS**



Chocolate

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	Total Fat 13g	17%	Total Carb. 10g	4%
About 8 servings per container Serving size 1/3 cup (30g)	Sat. Fat 5g	26%	Dietary Fiber 3g	9%
	Trans Fat 0g		Total Sugars 6g	
	Cholest. 0mg	0%	Incl. 5g Added Sugars	9%
	Sodium 65mg	3%	Protein 4g	
<b>Calories per serving 160</b>	Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.2mg 6% Potassium 160mg 4%			

**INGREDIENTS:** Almonds, Sunflower Seeds, Coconut, Pumpkin Seeds, Coconut Sugar, Chocolate Chips (Coconut Sugar, Unsweetened Chocolate, Cocoa Butter), Honey, Maple Syrup, Tapioca Syrup, MCT (Medium Chain Triglyceride) Oil (From Coconut), Cocoa Powder, Cashews, Coconut Oil, Sea Salt, Chia Seeds, Vanilla Extract, Tocopherols (Vitamin E).

**Contains:** Almonds, Cashews, Coconut

**Processed on Equipment that also Processes:**

Brazil Nuts, Hazelnuts, Pecans, Sesame, Soy and Walnuts

**WARNING: MAY CONTAIN NUTSHELL FRAGMENTS**



NET WT. 8oz (227g)







# 3 GRAMS NET CARB GRANOLA



- 3g net carbs
- No Added Sugars\*
- No Sugar Alcohols
- Grain Free
- Keto-Certified



**CINNAMON**

## Nutrition Facts

About 7 servings  
per container  
Serving size  
1/3 cup (30g)

**Calories**  
per serving **180**

Amount per serving	% Daily Value *
<b>Total Fat</b> 17g	<b>21%</b>
Sat. Fat 3g	<b>16%</b>
Trans Fat 0g	
<b>Cholest.</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>

Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.6mg 4%  
Potassium 90mg 2%

Amount per serving	% Daily Value *
<b>Total Carb.</b> 8g	<b>3%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 1g	
Incl. 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	

**INGREDIENTS:** Almonds, Sunflower Seeds, Pecans, Coconut, Soluble Tapioca Fiber, Sunflower Oil, Cinnamon, Natural Flavors, Sunflower Lecithin, Sea Salt, Mixed Tocopherols (For Freshness), Monk Fruit Extract.

**Contains:** Almonds, Coconut, Pecans

**Processed On Equipment That Also Processes:**

Brazil Nuts, Cashews, Hazelnuts, Walnuts, Sesame & Soy

**WARNING: MAY CONTAIN NUTSHELL FRAGMENTS**



**Maple Vanilla**

## Nutrition Facts

About 7 servings  
per container  
Serving size  
1/3 cup (30g)

**Calories**  
per serving **180**

Amount per serving	% Daily Value *
<b>Total Fat</b> 16g	<b>21%</b>
Sat. Fat 3.5g	<b>17%</b>
Trans Fat 0g	
Polyunsat. Fat 4.5g	
Monounsat. Fat 8g	
<b>Cholest.</b> 0mg	<b>0%</b>

Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1mg 6%  
Potassium 160mg 4%

Amount per serving	% Daily Value *
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carb.</b> 8g	<b>3%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 1g	
Incl. 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	

**INGREDIENTS:** Almonds, Sunflower Seeds, Pecans, Coconut, Soluble Tapioca Fiber, Sunflower Oil, Natural Flavors, Sunflower Lecithin, Sea Salt, Mixed Tocopherols (For Freshness), Monk Fruit Extract.

**Contains:** Almonds, Coconut, Pecans

**Processed on Equipment that also Processes:**

Brazil Nuts, Cashews, Hazelnuts, Walnuts, Sesame & Soy

**WARNING: MAY CONTAIN NUTSHELL FRAGMENTS**



**Raspberry**

## Nutrition Facts

About 7 servings  
per container  
Serving size  
1/3 cup (30g)

**Calories**  
per serving **180**

Amount per serving	% Daily Value *
<b>Total Fat</b> 17g	<b>21%</b>
Sat. Fat 4g	<b>21%</b>
Trans Fat 0g	
Polyunsat. Fat 4g	
Monounsat. Fat 7g	
<b>Cholest.</b> 0mg	<b>0%</b>

Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.7mg 4%  
Potassium 100mg 2%

Amount per serving	% Daily Value *
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carb.</b> 8g	<b>3%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 1g	
Incl. 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	

**INGREDIENTS:** Almonds, Sunflower Seeds, Pecans, Coconut, Soluble Tapioca Fiber, Sunflower Oil, Freeze-Dried Raspberries, Natural Flavors, Sunflower Lecithin, Sea Salt, Mixed Tocopherols (For Freshness), Monk Fruit Extract.

**Contains:** Almonds, Coconut, Pecans

**Processed on Equipment that also Processes:**

Brazil Nuts, Cashews, Hazelnuts, Walnuts, Sesame & Soy

**WARNING: MAY CONTAIN NUTSHELL FRAGMENTS**



\*Contains 1g of naturally occurring sugar. Not a low-calorie food.

**NET WT. 8oz (267g)**

EST. 1992  
**Bakery**  
ON MAIN



*If you love our granola*

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

**ORGANIC  
GRANOLA BARS**

**INSTANT  
OATMEAL**

**ROLLED OATS  
AND HOT CEREAL**