White Sandwich Bread
Wheat flour, water, high fructose corn syrup or sugar, yeast, contains 2% or less of: soybean oil, barley malt, wheat gluten, salt, calcium carbonate, sodium stearoyl lactylate, vitamin d3, vinegar, mono and diglycerides, calcium sulfate, monocalcium phosphate, yeast nutrients (ammonium chloride, ammonium sulfate), enzymes, yeast extract, wheat starch, calcium dioxide, ferrous sulfate (iron), B vitamins (niacin, thiamine mononitrate, riboflavin, folic acid, sugar, yeast, wheat, corn starch, sodium propionate (preservative), datem, sorbic acid).

White English Muffins
Wheat flour, water, yeast, contains 2% or less of: fermented dough, sugar, malt, salt, yeast, salt, yeast, calcium propionate, soy lecithin.

Zeppy's Onion Bagels
Enriched High Gluten Flour, (Thiamin, Riboflavin, Niacin, Iron, Folic Acid), Water, Malt, Salt, Yeast, Chopped Onions. Contains 2% or less of each of the following conditioners (Datem, Ascorbic Acid, Potassium Iodate, L-Cysteine, ADA, Enzymes, Calcium Propionate.)

Zeppy's Sesame Bagels
Enriched High Gluten Flour, (Thiamin, Riboflavin, Niacin, Iron, Bromate, Folic Acid), water, sugar, malt, salt, yeast, sesame seeds. Contains 2% of less of each of the following conditioners (Ascorbic Acid, L-Cysteine, SSL, Enzymes, Calcium Propionate.)

Zeppy's Poppy Seed Bagels
Enriched High Gluten Flour, (Thiamin, Riboflavin, Niacin, Iron, Folic Acid), water, sugar, malt, salt, yeast, poppy seeds. Contains 2% or less of each of the following conditioners (Ascorbic Acid, L-Cysteine, SSL, Enzymes, Calcium Propionate.)

Zeppy's Blueberry Bagels
Enriched High Gluten Flour, (Thiamin, Riboflavin, Niacin, Iron, Folic Acid), water, sugar, malt, salt, yeast, blueberries. Contains 2% of less of each of the following conditioners (Ascorbic Acid, L-Cysteine, SSL, Enzymes, Calcium Propionate.)

Zeppy's Cinnamon Raisin Bagels
Enriched High Gluten Flour, (Thiamin, Riboflavin, Niacin, Iron, Folic Acid), water, sugar, salt, yeast, raisins, cinnamon, contains 2% or less of each of the following conditioners (Ascorbic Acid, L-Cysteine, SSL, Enzymes, Calcium Propionate.)

Zeppy's French Toast Bagels
Unbromated Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Ac), water, sugar, yeast, contains 2% or less of each of the following conditioners (Ascorbic Acid, Potassium Iodate, L-Cysteine, ADA, Enzymes, Calcium Propionate.)

Zeppy's The Works Bagels
Enriched High Gluten Flour, (Thiamin, Riboflavin, Niacin, Iron, Folic Acid), water, malt, Salt, Yeast, Onion, Sesame, Poppy, Garlic. Contains 2% or less of each of the following Conditioners (Datem, Ascorbic Acid, Potassium Iodate, L-Cysteine, ADA, Enzymes, Calcium Propionate.)

White Pita
Enriched Unbleached Wheat Flour (Wheat Flour, malted Barley Flour, niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, yeast, contains 2% or less of: Salt, Sugar, Calcium Propionate (preservative).

Middle East Bakery Whole Wheat Square Lavash
LaRonga Sesame Roll
Enriched wheat flour (flour, malted barley flour, niacin, iron (ferrous sulfate, reduced iron), thiamine mononitrate, riboflavin, folic acid), water, sugar, salt, partially hydrogenated soy and or cottonseed oil, malt, calcium propionate (preservative), dough conditioners (ascorbic acid, azodicarbonamide, l-cysteine, potassium bromate), ammonium chloride (yeast nutrient), corn flour, soybean oil, mono- & diglycerides, spices, artificial color, soybean lecithin, natural and artificial flavor

LaRonga All White Sub Roll
Enriched wheat flour (flour, malted barley flour, niacin, iron (ferrous sulfate, reduced iron), thiamine mononitrate, riboflavin, folic acid), water, soybean oil, yeast, sugar, salt, malt, calcium propionate (preservative), dough conditioners (sodium stearoyl lactylate, ascorbic acid, azodicarbonamide, l-cysteine, potassium bromate), calcium propionate (preservative), cornstarch, calcium sulfate, acetic acid, lactic acid.

LaRonga Oval Light
Enriched wheat flour (flour, malted barley flour, niacin, iron (ferrous sulfate, reduced iron), thiamine mononitrate, riboflavin, folic acid), water, rye flour, rye meal, yeast, salt, ground caraway seeds, soybean oil, wheat gluten, whole caraway seeds, dough conditioners (sodium stearoyl lactylate, ascorbic acid, calcium sulfate, azodicarbonamide, l-cysteine, potassium bromate), calcium propionate (preservative), cornstarch, calcium sulfate, acetic acid, lactic acid.

Oval Multigrain
Enriched wheat flour (flour, malted barley flour, niacin, iron (ferrous sulfate, reduced iron), thiamine mononitrate, riboflavin, folic acid), water, flaxseeds, wheat flour, yeast, sugar, salt, soybean oil, sunflower seeds, rye flour, corn grits, rye meal, cracked buckwheat, sesame seeds, barley flakes, rolled oats, wheat bran, vinegar, soy bran, millet, rye malt, buckwheat groats, potassium bromate, calcium propionate (preservative), caramel color, rice flour, triticale, mono- & diglycerides, ammonium chloride, malted barley flour, spices, calcium sulfate, organic corn grits, ascorbic acid.

LaRonga Oval Sour
Enriched wheat flour (flour, malted barley flour, niacin, iron (ferrous sulfate, reduced iron), thiamine mononitrate, riboflavin, folic acid), water, yeast, soybean oil, rye flour, cornstarch, acetic acid, lactic acid, calcium propionate (preservative), dough conditioners (calcium sulfate, ascorbic acid)

Whole Wheat Pita
Stone ground Whole Wheat Flour, Water, Yeast, Contains Two Percent or Less of: Sugar, Salt, Calcium Propionate (to preserve freshness)

Whole Wheat Tortilla
Stone ground Whole Wheat Flour, Water, Hydrokized Soybean and Cottonseed Oil, Salt, Baking Power (Calcium Acid Phosphate, Bicarbonate of Soda, Corn Starch), yeast, Cultured Wheat Starch

Kavanaugh's Weiner Rolls
Wheat Flour, Water, high Fructose Corn Syrup, Soybean oil, yeast, Contains less than 2% of each of the following: Mono and Diglycerides, Sodium Stearoyl Lactylate, Calcium Propionate, Yeast Nutrients, Monocalcium Phosphate.
Bread and Bagel Offerings

La Ronga Wheat hamburger
Whole Wheat flour, Enriched Wheat Flour (flour, malted barley flour, niacin, iron (ferrous sulfate, reduced iron), thiamine mononitrate, riboflavin, folic acid), water, yeast, soybean oil, salt, sugar, malt, wheat gluten, wheat bran, dough conditioners (sodium stearoyl lactylate, calcium sulfate, ascorbic acid, azodicarbonamide, l-cysteine, potassium bromate), calcium propionate (preservative), mono and diglycerides, caramel color, ammonium chloride (yeast nutrient).

La Ronga French Bread
Enriched Wheat Flour (flour, malted barley flour, niacin, iron (ferrous sulfate, reduced iron), thiamine mononitrate, riboflavin, folic acid), water, yeast, soybean oil, salt, sugar, malt, wheat gluten, dough conditioners (ascorbic acid, azodicarbonamide, calcium sulfate, l-cysteine, mono and diglycerides, potassium bromate, sodium stearoyl lactylate), calcium propionate (preservative), ammonium chloride (yeast nutrient).

La Ronga 100% Wheat Deluxe Roll
Stone ground whole wheat flour, water, wheat gluten, wheat bran, yeast, molasses salt, malt, brown sugar, soybean oil, cultured wheat starch, wheat flour, mono and diglycerides, dough conditioners (ascorbic acid, calcium sulfate).

Lydia’s Hot Dog Rolls
Enriched Bleached Bromated Wheat Flour (Wheat Flour, Malted Barley Flour, niacin, Reduced Iron, Potassium Bromate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water Sugar, Yeast, Contains 2% or less of each of the following: Soybean Oil, Salt, Monoglycerides, Calcium Stearoyl Lactylate (CSL), Calcium Propionate (preservative), Calcium Sulfate, Monocalcium Phosphate, Mono and diglycerides, Ammonium Sulfate, Yeast, Ascobic Acid, Azodicarbonamide (ADA), Enzymes (Wheat), L-Cysteine, Calcium Peroxide.

La Ronga Jr. Hamburger Bun
Enriched Wheat flour (flour, malted barley flour, niacin, iron (ferrous sulfate, reduced iron), thiamine mononitrate, riboflavin, folic acid), water, sugar, partially hydrogenated soybean and/or cottonseed oil, salt, soybean oil, malt, calcium propionate (preservative), dough conditioners (calcium sulfate, ascorbic acid, ADA, L-cysteine, potassium bromate), ammonium chloride (yeast nutrient), mono and diglycerides, spices, artificial color, soybean lecithin, natural and artificial flavor.

Middle East Bakery Whole Wheat Pita

La Ronga Soft Bulkie Rolls
Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Iron (ferrous sulfate, reduced iron), thiamine mononitrate, riboflavin, folic acid), water, sugar, yeast, salt, wheat gluten, soybean oil, malt, dough conditioners (ascorbic acid, ADA, calcium sulfate, potassium bromate, sodium stearoyl lactylate), calcium propionate (preservative), ammonium chloride (yeast nutrient, paprika, turmeric.

La Ronga 6” Jr. Sub Rolls
Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Iron (ferrous sulfate, reduced iron), thiamine mononitrate, riboflavin, folic acid), water, yeast, salt, sugar, partially hydrogenated soybean and/or cottonseed oil, malt, dough conditioners (ascorbic acid, ADA, calcium sulfate, L-Cysteine, potassium bromate, sodium stearoyl lactylate), calcium propionate (preservative), ammonium chloride (yeast nutrient).

La Ronga Wheat Deluxe Rolls
Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Iron (ferrous sulfate, reduced iron), thiamine mononitrate, riboflavin, folic acid), water, soybean oil, sugar, salt, partially hydrogenated soybean and/or cottonseed oil, wheat bran, dough conditioners (sodium stearoyl lactylate, calcium sulfate, ascorbic acid, ADA, L-Cysteine, potassium bromate), calcium propionate (preservative), ammonium chloride (yeast nutrient), malt.

La Ronga 100% Whole Wheat Dinner Roll
Stoneground whole wheat flour, filtered water, wheat gluten, brown sugar, sea salt, yeast, moasses, cold pressed soybean oil, malt, wheat flour, cultured wheat starch, mono and diglycerides, guar gum, corn syrup solids, dough conditioners (ascorbic acid, L-cysteine).

Middle East Bakery White Square Lavash
Unbleached Enriched Wheat Flour (Enriched with Thiamine Mononitrate, Vitamin B1, Riboflavin, Vitamin B2, Niacin, Folic Acid), Water, Sugar, Salt, Baking Powder, Yeast, Calcium Propionate (preservative).

Middle East bakery Whole Wheat Square Lavash

Marble Rye Sandwich Bread
Enriched Wheat flour (Flour, Malted Barley Flour, Niacin, Iron (ferrous sulfate, reduced iron), thiamine mononitrate, riboflavin, folic acid), water, rye flour, rye meal, ground caraway seeds, soybean oil, yeast, salt, caramel color, whole caraway seeds, wheat gluten, calcium propionate (preservative), mono and diglycerides, dough conditioners (sodium stearoyl lactylate, ascorbic acid, ADA, L-cysteine, potassium bromate), corn starch, calcium sulfate, acetic acid, lactic acid.

Middle East Bakery Whole Wheat Tortilla
Bread and Bagel Offerings

Rich’s Natural Grain Bread Dough

Rich’s Wheat Bread Dough

Rich’s White Bread Dough

Rich’s Wheat Dinner Roll Dough

Rich’s Homestyle Roll Dough

Guttenplan’s Scali Bread
Enriched flour (wheat flour, unbleached, unbromated, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, yeast, contains 2% or less of: salt, high fructose corn syrup, soybean oil, DATEM, guar gum, calcium sulfate, ammonium sulfate, mono-diglycerides, ascobic acid, enzyme, wheat sour. Contains: wheat, soy.

Signature Breads French Breadstick

Signature Breads Country loaf
Enriched Flour (Wheat Flour, Malted Barley Flour, niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water. Contains less than 2% of the following: Salt, Yeast, Dough Conditioner (Ascorbic Acid, L-Cysteine, Azodicarbonamide, Enzyme, DATEM), Soy Oil, Dextrose, Wheat Gluten. Contains Wheat.

Signature Breads French Parisian
Enriched Flour (Wheat Flour, Malted Barley Flour, niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid) Water. Contains less than 2% of: Salt, Yeast, Dough Conditioner (Ascorbic Acid, L-Cysteine, Azodicarbonamide, Enzyme), Dextrose, Soybean Oil.

Rich’s White Bread Dough

Rich’s Natural Grain Bread Dough

Rich’s Wheat Bread Dough

Rich’s White Bread Dough

Rich’s Homestyle Roll Dough