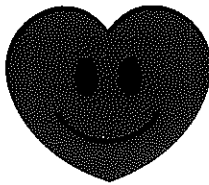


We Proudly Serve



All Natural



Chemical Free

No Artificial Flavors or Coloring

Phone: 410.525.3400

Orders: 410.644.7224

Toll-free: 866.427.2663

Fax: 410.644.2000

1013 Wilso Drive
Baltimore, MD 21223

AMERICAN HEARTH BAKERY

American Heath Bakery began life in a downtown Baltimore kitchen in 1989 making fresh scones for local coffee shops. By 2008 it had grown (sometimes painfully) and evolved into a premier baker of 190 different items which consist of muffins, cookies, brownies, danish, pastries, N.Y. style bagels, sandwich bread, granola and much more. All made fresh six days a week. They are known as the pre-eminent DC/Baltimore bakery with the highest quality of such an extensive selection of baked goods, initially sold only wholesale to coffee shops, delicatessens, hospitals, universities and caterers. In 2007 the company began an eighteen month project to eliminate an extensive list of unacceptable food ingredients from its recipes without significantly increasing costs and without sacrificing flavor. By 2008 over 95% of its sales are now **“Chemical Free”, “All Natural” and with “No Artificial Flavors or Coloring”**. All products now have labels available with ingredients, nutritional values and bar codes. Early in 2008 they introduced their products packaged and labeled, available fresh, par-baked and frozen raw or fully baked to distributors, gourmet and whole food markets.

American Hearth Bakery today is a multimillion dollar “small business”. Even in the most unstable economic times in the United States, **the company has had no bank debt and pays all its bills in 7 days or less**. It is owned by Kurt Miller who had been retired five years before buying the bakery in 2003, known then as A. Scone Co., as a challenge to retired life. Miller had to redesign and rebuild everything about the company. Replacing all the employees (except one, Paul Nygren, the manager and head baker), initiated modern bookkeeping, all new recipes and back-ups for all critical functions but most importantly creating an atmosphere where everybody can maximize their own personal potential in a “family” atmosphere where everybody looks forward to coming to work. They all work hard to please their customers and make them feel a part of the American Heath Bakery Team.



Our goal is to provide the highest quality, best tasting and safest products possible at an economical price.

The majority of our baked goods (although, not all) have no artificial additives, sweeteners, colorings, preservatives or hydrogenated fats. Our "clean label" products have a ♥ printed on the label and on the price list. In addition, there are no peanuts or peanut products processed in any of our facilities. We also, buy and use cage free/ hormone free dairy and poultry ingredients

Unacceptable Food Ingredients:

acesulfame-K (acesulfame potassium)
acetylated esters of mono- and diglycerides
ammonium chloride
artificial colors
artificial flavors
aspartame
azodicarbonamide
benzoates in food
benzoyl peroxide
BHA (butylated hydroxyanisole)
BHT (butylated hydroxytoluene)
bleached flour
bromated flour
brominated vegetable oil (BVO)
calcium bromate
calcium disodium EDTA
calcium peroxide
calcium propionate
calcium saccharin
calcium sorbate
calcium stearoyl-2-lactylate
caprocaprylobehenin.
certified colors
cyclamates
cysteine (l-cysteine), as bread additive
DATEM (Diacetyl tartaric and fatty acid esters of mono and diglycerides)
dimethylpolysiloxane
dioctyl sodium sulfosuccinate (DSS)
disodium calcium EDTA
disodium dihydrogen EDTA
disodium guanylate
disodium inosinate
EDTA
ethyl vanillin
ethylene oxide
ethoxyquin
FD & C colors
GMP (disodium guanylate)
High Fructose Corn Syrup
hexa-, hepta- and octa-esters of sucrose
hydrogenated fats

IMP (disodium inosinate)
irradiated foods
lactylated esters of mono- and diglycerides
lead soldered cans
methyl silicon
methylparaben
microparticulized whey protein derived fat substitute
monosodium glutamate (MSG)
natamycin
nitrates/nitrites
partially hydrogenated oil
polydextrose
potassium benzoate
potassium bisulfite
potassium bromate
potassium metabisulfite
potassium sorbate
propionates
propyl gallate
propylparaben
saccharin
sodium aluminum phosphate
sodium aluminum sulfate
sodium benzoate
sodium bisulfite
sodium diacetate
sodium glutamate
sodium nitrate/nitrite
sodium propionate
sodium stearoyl-2-lactylate
sodium sulfite
solvent extracted oils, as stand alone single-ingredient oils (except grapeseed oil).
sorbic acid
sucralose
sucroglycerides
sucrose polyester
sulfites (sulfur dioxide)
TBHQ (tertiary butylhydroquinone)
tetrasodium EDTA
vanillin

QTY	COOKIES 2 1/2 - 3" Small	DOZ
✓	Chocolate Chip .50@	\$6.03
✓	Oatmeal Raisin	\$6.03
✓	Snickers Doodle	\$6.03
✓	Almond Macaroon 16-18ct	lb.10.76
✓	Alm. Mac. Choc. Dip 12-15ct	lb.12.71

QTY	COOKIES (SOLD BY POUND)	LB
	Butter Iced Sprinkle Cookie 15-18	\$7.09
	Butter Jelly Sandwich Cookie 10	\$7.09
	Chocolate Chunk	\$7.09
	Chocolate Dip Heart Cookie 15-18	\$7.09
	Chocolate Top 10-12	\$7.09
	Icebox 10-12	\$7.09
	Linzer Traditional Cookies Rasp.10	\$7.09
	Mini Chocolate Top 20-24	\$7.09
	Mini Icebox 20-24	\$7.09
	Mini Linzer Cookie Apricot 10	\$7.09
	Mini Linzer Cookie Raspberry 10	\$7.09
	Macaroons Vanilla Plain 6	\$7.30
	Macaroons Vanilla Choc Dipped 4	\$7.82

SH	SL	BROWNIES 8"x12"	1/4 SHEET
✓		Blondie Plain	\$13.35
✓		Blondie w/ Nuts	\$13.35
✓		Cheesecake	\$13.35
✓		Plain	\$13.35
✓		Rockyroad	\$13.35
✓		Raspberry Cream	\$13.35
✓		Espresso Cheese	\$13.35

QTY	SL	BAGELS 5 oz.	DOZ
✓		Plain	\$6.82
✓		Cinnamon Raisin	\$6.82
✓		Everything	\$6.82
✓		Blueberry	\$6.82
✓		Sun-Dried Tomato	\$6.82
✓		Onion	\$6.82
✓		Sesame	\$6.82
✓		Poppy	\$6.82
✓		Whole Wheat	\$6.82
✓		Egg	\$6.82
✓		Multi-Grain	\$6.82
✓		Pumpkin	\$6.82
✓		Jalapeno	\$6.82
✓		Granola	\$6.82

QTY	SL	BREAD	1 lb	2 lb
✓		\$2.87 Whole Wheat		\$4.74
✓		\$2.87 White		\$4.74
✓		\$2.87 Rye		\$4.74
✓		\$2.87 Pumpkin		\$4.74
✓		\$2.87 Marble		\$4.74
✓		\$2.87 Honey Oat		\$4.74
✓		\$3.15 Multi-Grain		\$5.02
✓		\$2.87 Potato		\$4.74
✓		\$2.87 Sunflower		\$4.74
✓		\$2.87 Sun-Dried Tomato		\$4.74
✓		\$2.87 Jewish Rye 3/8"		N/A
✓		\$2.87 Challah		\$4.74
✓		\$2.87 Braided Challah 24HR		N/A
✓		\$2.87 Cinnamon Raisin		\$4.74

QTY	HAND-ROLLED RUGG	14/LB
✓	Chocolate	\$7.55
✓	Raspberry	\$7.55
✓	Raisin Nut	\$7.55

QTY	BUNDT CAKE	EACH
✓	Chocolate/White	\$1.19
✓	Lemon	\$1.19

QTY	TARTS	4"	10" PIE
✓	Apple	\$1.40	\$9.71
✓	Cherry	\$1.40	\$9.71
✓	Peach	\$1.40	\$9.71
✓	Pecan*	\$2.01	N/A
✓	Pumpkin*	\$1.40	\$9.71

QTY	LARGE COOKIES	EACH
✓	Raspberry Lattice Linzer	\$1.20
✓	Lemon Lattice Linzer	\$1.20
✓	Chocolate Chip	\$1.12
✓	Oatmeal Raisin	\$1.12
✓	Snickers Doodle	\$1.12
✓	Oreo Chip Cookie	\$1.12

✓	B&W Cookie	\$1.44
✓	Ginger Boys	\$1.44

QTY	FOCCOCIA	EACH
✓	Rosemary	\$8.99
✓	Plain	\$8.11

1/2 DOZ	SANDWICH ROLLS	Pack
✓	Kaiser White 6 pk	.46@ \$2.73
✓	8" Sub Rolls White 6pk	.51@ \$3.05
✓	Slider /Dinner 5dz/cs Plain	.30@ \$17.72
✓	Multi 48 hrs	.30@ \$17.72
✓	Wheat 48 hrs	.30@ \$17.72
✓	Sunflower 48 hrs	.30@ \$17.72
✓	Rye 48 hrs	.30@ \$17.72

QTY	GRANOLA	EA
✓	Box 12-1 lb Snack Bags	\$5.15 \$61.83
✓	Box 24- 3 oz bars	\$1.15 \$27.50

QTY	MINI FRENCH PASTRIES	EACH
✓	Mini Chocolate Mousse Cups	\$1.03
✓	Mini Eclairs	\$1.03
✓	Mini Kiwi Tarts	\$1.19
✓	Mini Mandarin Orange Tarts	\$1.19
✓	Mini Petit Fours	\$1.03
✓	Mini Strawberry Tarts	\$1.19
✓	Mini Chocolate Dipped Strawberries	\$1.30
✓	Mini White Chocolate Dipped Strawberries	\$1.30
✓	Mini Radial Bars	\$1.03
✓	Mixed Fruit Tort	\$2.26
✓	Petit Fours Large 3"x3"x3"	\$6.13

QTY	CUPCAKES small (SOLD IN 6PK)	PACK
✓	Chocolate w/ Chocolate Icing	\$5.94
✓	Chocolate w/ White Icing	\$5.94
✓	Yellow w/ Chocolate Icing	\$5.94
✓	Yellow w/ White Icing	\$5.94
✓	Black Bottom Cupcakes 60/cs	\$57.68

QTY	RIBBON CAKES 4"x12"	EACH
✓	Chocolate	\$25.88
✓	Jelly	\$25.88

QTY	POUNDCAKES 17 Cuts	EACH
✓	Plain Chocolate	\$17.85
✓	Plain Chocolate w/ Choc Icing	\$18.90
✓	Plain Marble	\$17.85
✓	Plain Marble w/ Choc Icing	\$18.90
✓	Plain Lemon	\$17.85
✓	Plain Lemon w/ White Icing	\$18.90
✓	Plain Lemon w/ Lemon Icing	\$18.90
✓	Plain	\$17.85
✓	Plain Pound cake, Choc Ice	\$18.90
✓	Plain Pound cake, Lemon Ice	\$18.90
✓	Plain Pound cake, White Ice	\$18.90
✓	Plain Pumpkin (Seasonal)	\$18.90

CAKES	Round 10 ct	FULL 75-100 ct
Chocolate Mousse	\$25.88	\$88.20
Chocolate Chocolate Ice	\$25.88	\$88.20
Chocolate White Ice	\$25.88	\$88.20
Checkerboard Chocolate Ice	\$25.88	\$88.20
Coconut Cake Devil's Food	\$25.88	\$88.20
Checkerboard Coconut Ice	\$25.88	\$88.20
Coconut Cake	\$25.88	\$88.20
German Chocolate	\$27.78	\$88.20
Pimlico	\$26.51	\$88.20
Strawberry Shortcake	\$27.78	\$88.20
Yellow Caramel Icing	\$25.88	\$98.70
Yellow Chocolate Ice	\$25.88	\$88.20
Yellow White Ice	\$25.88	\$88.20
Lemon Crunch Cake	\$25.88	\$88.20
Pineapple Shortcake	\$26.51	\$88.20
Single Layer		\$98.70
DECO Full 48 Hour Notice		\$56.70
DECO Half 48 Hour Notice		\$113.40
DECO Quarter 48 Hour Notice		\$65.10
		\$33.08

QTY	5 1/2 oz. MUFFINS	4 oz. EACH
♥	\$1.40 Apple Crumb	\$1.05
♥	\$1.40 Banana Nut	\$1.05
♥	\$1.60 Black Bottom	\$1.25
♥	\$1.40 Blueberry	\$1.05
♥	\$1.40 Apple Bran	\$1.05
♥	\$1.40 Blueberry Bran	\$1.05
♥	\$1.40 Cappucino Chocolate	\$1.05
♥	\$1.40 Carrot Rasin	\$1.05
♥	\$1.40 Cherry Crumb	\$1.05
♥	\$1.40 Cranberry	\$1.05
♥	\$1.40 Lemon Poppy	\$1.05
♥	\$1.40 Pumpkin	\$1.05
♥	\$1.40 Corn	\$1.05
♥	\$1.40 Cheese	\$1.05
♥	\$1.40 Zucchini Nut	\$1.05
♥	\$1.40 Double Choc Chip	\$1.05
♥	60/cs Black Bottom cupcake	\$64.17
♥	\$1.40 Pumpkin Cheese	\$1.05

QTY	HAMENTASCHEN	EACH
	Rich and Dense	
	Almond	\$1.77
	Almond Chocolate Dip	\$2.00
	Apple	\$1.63
	Apricot	\$1.63
	Poppy	\$1.63
	Prune	\$1.63
	Raspberry	\$1.63
	QTY HAMENTASHEN	EACH
	Light Butter, Flaky	
	Apple	\$1.54
	Raspberry	\$1.54
	Chocolate	\$1.54
	Cherry	\$1.54
	Poppy Seed	\$1.54
	Prune	\$1.54
	Apricot	\$1.54

QTY	DANISH	EACH
♥	Cheese	\$1.54
♥	Apple	\$1.54
♥	Cherry	\$1.54
♥	Cherry Cheese	\$1.54
♥	Blueberry	\$1.54
♥	Lemon	\$1.54
♥	Peach	\$1.54
♥	Chocolate	\$1.54
♥	Cinnamon	\$1.54
	Chocolate Almond	\$1.54
	Chocolate Raisin	\$1.54
	Coconut Custard	\$1.54
	Pinapple	\$1.54
	Raisin	\$1.54
	Raspberry	\$1.54

QTY	MINIS (Assorted Only)	MIN.	DOZ
	Muffins 1 oz.	.48@	\$5.73
	Muffins 2 oz.	.83@	\$9.99
	Scones	.69@	\$8.33
	Eclairs	\$1.05@	\$12.60
	Black Bott Cupcake 1.2oz 30/cs	.74@	\$22.17
	Danish Mini 3"	.77@	\$9.07
	Danish Medium 4"	\$1.19@	\$14.24
	Croissants (Plain) wk notice	.59@	\$7.10
	Bagels (Plain) 24 HR	.42@	\$5.04
	Mini Betty - Apple	.87@	\$10.44
	Mini Betty - Peach	.87@	\$10.44
	Mini Cheese Pockets	.84@	\$10.08
	Mini Pecan Sticky Buns 1 1/2"	.84@	\$10.08

QTY	SCONE 5 oz.	EACH
♥	Chocolate Chunk	\$1.40
♥	Butter Pecan	\$1.40
♥	Iced Raisin Cinn	\$1.40
♥	Apple Cinnamon	\$1.40
♥	Peach	\$1.40
♥	Cran Orange Walnut	\$1.40
♥	Raspberry	\$1.40
♥	Blueberry	\$1.40
♥	Mixed	\$1.40

QTY	PASTRIES	EACH
♥	Elephant Ears	\$1.40
♥	Chocolate Cigar Stick	\$1.54
♥	Raspberry Cigar Stick	\$1.54
♥	Cinnamon Cigar Stick	\$1.40
♥	Walnut Raisin Bobka	\$1.86
♥	Chocolate Almond Bobka	\$1.86
♥	Apple Turnover	\$1.54
♥	Cherry Turnover	\$1.54
♥	Apple Betty	\$1.73
♥	Peach Betty	\$1.73
♥	Apple Betty- Large	\$1.94
♥	Coconut Mac. Plain	\$1.40
♥	Coconut Mac. Choco dip	\$1.66
♥	Maple Walnut Twist	\$1.54

MINI HAMENTASCH		30 CASE
Rich and Dense		
	Almond 1/2cs=15, 1cs=30	\$1.16
	Almond Chocolate Dip	\$1.36
	Apple	\$1.05
	Apricot	\$1.05
	Poppy	\$1.05
	Prune	\$1.05
	Raspberry	\$1.05

QTY	BREAKFAST BREADS	1/4 sheet
♥	Cranberry Apple	\$12.82
♥	Banana Blueberry	\$12.82
♥	Zucchini	\$12.82
♥	French Nut	\$12.82
♥	Pumpkin	\$12.82

QTY	BOBKA	EACH
	Bobka Chocolate 8"	\$11.55
	Bobka Cinnamon 8"	\$11.21
	MINI BOBKA	EACH
	Bobka Mini Chocolate 3 1/2"	\$2.74

QTY	BREAKFAST ITEMS	EACH
	Cinnamon Nut Sticks	\$1.94
	Rolled Sugar Crisp	\$1.62
	Bear Claws Apple	\$2.47
	Cheese Pockets	\$1.62
	Eclair	\$1.77
	Radial Bars	\$1.93
	Radial Bars Chocolate Mousse	\$2.02
	Medium Radial Bars	\$1.46

QTY	CROISSANTS	EACH
♥	Plain Sandwich.	\$1.37
♥	Plain French Butter	\$1.42
♥	Chocolate	\$1.54
♥	Almond	\$1.95

QTY	DANISH STICKS	EACH
	Apple Crumb Danish Stick	\$1.56
	Cinnamon Danish Stick	\$1.56

1/2 DOZ	JUMBO BUNS 4"	1/2 DOZ
♥	Cinnamon	\$1.50@ \$9.01
♥	Pecan Sticky	\$1.67@ \$10.02
♥	Caramel Apple	\$1.67@ \$10.02

	Large Apple Strudel	\$20.82
	Poppy Danish Strip (5095)	\$19.72
	Chocolate Danish Strip (5097)	\$20.34

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