



Crunchy. Addictive. Delicious.



Flavors ranked by popularity (highest first)

Sea Salt & Olive Oil

Nutrition Facts	
About 8 servings per container Serving size 3 crackers (28g)	
Amount per serving	
Calories 110	
% Daily Value	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 290mg	13%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Protein 3g	
Iron 0.9mg	6%

ingredients: unbleached enriched wheat flour [wheat flour, malted barley flour, niacin, iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, cornmeal, canola oil, wheat bran, salt, olive oil, sea salt



Garlic & Basil

Nutrition Facts	
About 8 servings per container Serving size 3 crackers (28g)	
Amount per serving	
Calories 100	
% Daily Value	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 340mg	15%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Protein 3g	
Iron 0.9mg	6%

ingredients: unbleached enriched wheat flour [wheat flour, malted barley flour, niacin, iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, cornmeal, canola oil, wheat bran, red onions, salt, garlic, olive oil, basil



Everything Good

Nutrition Facts	
About 8 servings per container Serving size 3 crackers (28g)	
Amount per serving	
Calories 100	
% Daily Value	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 220mg	10%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Protein 3g	
Iron 1mg	6%

ingredients: unbleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, cornmeal, canola oil, wheat bran, onion, sesame seed, poppy seed, sea salt, garlic



Red Onion & Rosemary

Nutrition Facts	
About 8 servings per container Serving size 3 crackers (28g)	
Amount per serving	
Calories 100	
% Daily Value	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 340mg	15%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Protein 3g	
Iron 0.9mg	6%

ingredients: unbleached enriched wheat flour [wheat flour, malted barley flour, niacin, iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, cornmeal, canola oil, wheat bran, red onions, salt, olive oil, rosemary



Kalamata Olive

Nutrition Facts	
About 8 servings per container Serving size 3 crackers (28g)	
Amount per serving	
Calories 100	
% Daily Value	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 380mg	17%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Protein 3g	
Iron 0.9mg	6%

ingredients: unbleached enriched wheat flour [wheat flour, malted barley flour, niacin, iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, cornmeal, canola oil, wheat bran, kalamata olives, red onions, salt, olive oil



Salt & Pepper

Nutrition Facts	
About 8 servings per container Serving size 3 crackers (28g)	
Amount per serving	
Calories 120	
% Daily Value	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 350mg	15%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Protein 3g	
Iron 0.9mg	6%

ingredients: unbleached enriched wheat flour [wheat flour, malted barley flour, niacin, iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, cornmeal, canola oil, wheat bran, salt, olive oil, sea salt, tellicherry pepper

