HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

HONEY BUNNIES

EASTER SCHEDULE (APRIL 13-15)

Honey Whole Wheat, Old Fashioned White, Challah, Cinnamon Chip White, Light Wheat Virginia Rolls, Basil Oregano Virginia Rolls, Easter Ambrosia, Hot Cross Buns, Bunnies.

Accepting orders for Bunnies only!

$2 of each BUNNY sold goes to Paws & Claws.

APRIL *Hop on down and see what's baking today*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

THURSDAY (APRIL 13 WILL FOLLOW EASTER SCHEDULE)
9 Grain · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
April 6 - Whole Grain White April 13 - NO Sourdough
April 20 - White April 27 - Jalapeno Cheddar

FRIDAY (APRIL 14 WILL FOLLOW EASTER SCHEDULE)
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Apple Cinnamon Swirl
Chipotle Cheddar

SATURDAY (APRIL 15 WILL FOLLOW EASTER SCHEDULE)
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

Easter Schedule (April 13-15) Thursday - Saturday
Honey Whole Wheat, Old Fashioned White, Challah, Cinnamon Chip White, Light Wheat Virginia Rolls, Basil Oregano Virginia Rolls, Easter Ambrosia, Hot Cross Buns, Bunnies.

APRIL *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Maple Nut Goodie Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin
Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Butterscotch Muffin · Double Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Maple Muffin · Turtle Cookie · Cinnamon Roll

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The Freshest **WHOLE GRAIN** Breads

April means that Spring is in the air at Great Harvest! Shower yourself with our fresh and delicious Wednesday Specials all month long:

April 4
Blueberry Cheesecake Swirl

April 11
Caraway Rye

April 18
Mexican Chocolate

April 25
Brioche

APRIL *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic
Wednesday Special (see left)

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Blueberry Lemon
Sourdough (available after 1PM)
April 5 - Whole Grain White April 12 - Cranberry Walnut
April 19 - White April 26 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

APRIL *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Maple Nut Goodie Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin
Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Berry Cream Cheese Scone · Blueberry Muffin · Double Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin & Coffee Cake · Turtle Cookie
Cinnamon Roll

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MONDAY-FRIDAY 6:30AM-6:00PM, SATURDAY 6:30AM-5:00PM, CLOSED SUNDAY

Bread.
The way it *ought* to be.

Why we get up at 3:00 AM

Every morning we get up early knowing we are keeping our promise to deliver you fresh, healthy, real, great tasting whole grain breads and sweets.

We could sleep in if we used pre-made bread dough or frozen par baked cookies, muffins, scones, and other sweet treats; but we don't and won't.

We know you have many bread choices and truly appreciate that you make that extra stop at Great Harvest Bread Co. Thank you for supporting your local neighborhood bakery!

AUGUST *Your Local Whole Grain Headquarters!*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/ berries · Cinnamon Chip White · Blueberry Lemon
Green Chili Cheddar

TUESDAY
Cranberry Orange · Dakota · Cinnamon Chip Wheat · Cheddar Garlic

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat · Blueberry Lemon

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta
Sourdough (available after 1PM)
Aug 4 - White
Aug 11 - Sundried Tomato
Aug 18 - Jalapeno Cheddar
Aug 25 - Cranberry Walnut

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar
Blueberry Lemon

SATURDAY
Rosemary Garlic · Apple Cinnamon Swirl · Cinnamon Chip White

AUGUST *Sweet Spot!*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Triple Chocolate Scone · Pumpkin Chocolate Chip Muffin & Bread · Jumble Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Milk Chocolate Peanut Butter Cookie

WEDNESDAY
Lemon Poppy Scone · Pumpkin Chocolate Chip Muffin & Bread · Turtle Cookie

THURSDAY
Mocha Chip Scone · Vegan Berry Bran Muffin · Maple Nut Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Triple Chocolate Scone · Vegan Berry Bran Muffin · Monster Cookie
Cinnamon Rolls

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Bread.
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We could sleep in if we used pre-made bread dough or frozen par-baked cookies, muffins, scones, and other sweet treats; but we don't and won't.

We know you have many bread choices and truly appreciate that you make that extra stop at Great Harvest Bread Co. Thank you for supporting your local neighborhood bakery!

AUGUST *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · Cinnamon Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Peanut Butter Chocolate Chip · Garden Wheat

THURSDAY
Cinnamon Chip White · 9 Grain · Spinach Feta
Sourdough (available after 1pm)
Aug 3 - Whole Grain White Aug 10 - Jalapeno Cheddar
Aug 17 - Cranberry Walnut Aug 24 - 3 Cheese Aug 31 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Pepperoni Bread
Bacon Cheddar Beer · High 5 Fiber · Anadama (loaves & buns)

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

AUGUST *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Berry Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Jumble Cookie · Cinnamon Twists

WEDNESDAY
Lemon Poppy Scone · Pumpkin Chocolate Chip Muffin & Bread
Milk Chocolate Peanut Butter Cookie

THURSDAY
Mocha Chip Scone · Butterscotch Muffin · Cinnamon Twists · Maple Nut Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Triple Chocolate Scone · Butterscotch Muffin · Turtle Cookie
Cinnamon Roll · Cinnamon Twists

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MONDAY-FRIDAY 6:30AM-6:00PM, SATURDAY 6:30AM-5:00PM, CLOSED SUNDAY

Change Your Loaf FOREVER!

Sink your teeth into a slice of this delicious & festive summer bread! Loaded with dried cranberries, wild blueberries, white chocolate chips and a splash of vanilla! This bread is bound to spark your taste buds. We l be baking Red, White & Blueberry bread throughout July!

JULY *Breads*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/berries · Cinnamon Chip White · Red Pepper Swiss · Red, White, & Blueberry

TUESDAY
Dakota · Cinnamon Chip Wheat · Cheddar Garlic · Cranberry Orange · Onion Dill Rye

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat · Red, White, & Blueberry

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta · Onion Dill Rye
Sourdough:(available after 1pm)
July 7 - Jalapeno Cheddar *July 14 - Cranberry Walnut*
July 21 - Whole Grain White *July 28 - Jalapeno Cheddar*

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar · Red, White, & Blueberry

SATURDAY
Cinnamon Chip White · Apple Cinnamon Swirl · Rosemary Garlic

JULY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Caramel Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Turtle Cookie

WEDNESDAY
Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Raisin Cookie · Maple Oatmeal Scone

THURSDAY
Mocha Chip Scone · Lemon Poppy Muffin · Snickerdoodles

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Walnut Chocolate Chip Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin · Snickerdoodles · Cinnamon Rolls

Fresh from our Bakery

Bakery Box Lunch

$7.99, Classic Sandwich

$8.99, Signature Sandwich

Individual box lunches including your choice of sandwich made on fresh baked bread, chips, a pickle and a giant Great Harvest cookie.

Sandwiches feature our famous 100% whole grain Honey Whole Wheat bread made with 5 simple ingredients: wheat, water, honey, yeast and salt.

Classic Sandwiches:
Ham & Swiss, Turkey Swiss, and Roast Beef & Provolone.

Signature Sandwiches:
Harvest veggie, Pepper Blue Roast Beef, California Cobb, Chicken Salad and Tuna Salad.

Add $1.00 for individual boxes (rather than bags).

Sandwich Platter

6 Classic Sandwich Platter...$33
6 Signature Sandwich Platter...$39
12 Classic Sandwich Platter...$65
12 Signature Sandwich Platter...$77

Sandwiches platters are a great option for offering a variety of choices. Sandwiches are halved. Mayo and mustard packets are included.

Larger sandwich orders are available upon request.

Great Harvest Bread Co.

Fresh from our Bakery

Bakery Box Lunch

$7.99, Classic Sandwich

$8.99, Signature Sandwich

Individual box lunches including your choice of sandwich made on fresh baked bread, chips, a pickle and a giant Great Harvest cookie.

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Signature Sandwiches:
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12 Classic Sandwich Platter...$65
12 Signature Sandwich Platter...$77

Sandwiches platters are a great option for offering a variety of choices. Sandwiches are halved. Mayo and mustard packets are included.

Larger sandwich orders are available upon request.

Great Harvest Bread Co.

Salad
$40
Add chicken for $7.50

A fresh mix of spinach and spring mix lettuce with wedges of tomatoes, sliced onions, craisins, sliced almonds, strawberries, feta cheese, croutons and a light raspberry vinaigrette dressing.

Soup
$12
Choose from a variety of soups including our Chicken & Noodle, Stuffed Green Pepper with Beef, Cheddar Broccoli, and many more. Each soup (32oz) order includes freshly baked rolls. Ideal for groups up to 4.

The Great Big Cookie Box
$17.00, Bakers dozen
Choose from chocolate chip, snickerdoodle, peanut butter chocolate chip, dillon, and more. Varieties change daily.

Sweets Spot
Large...$60 (25 item assortment)
Small...$33 (15 item assortment)
These boxes include an assortment of muffins, bars and scones. The large box also includes a fresh sliced batter bread.

To order, call Sam or Steph at (918) 878-7878
or visit us at:
5203 S Sheridan Road, Tulsa, OK 74145
Mon-Fri 7am-6pm
Sat 7am-4pm

1. Order 24 hours in advance to ensure availability.
2. We gladly deliver. Prices vary according to distance. Please check with us regarding your location.
3. Payment to be made at time of order. We gladly accept Visa, Discover, Mastercard and American Express.

Great Harvest Bread Co.

www.tulsaok.greatharvestbread.com

Salad
$40
Add chicken for $7.50

A fresh mix of spinach and spring mix lettuce with wedges of tomatoes, sliced onions, craisins, sliced almonds, strawberries, feta cheese, croutons and a light raspberry vinaigrette dressing.

Soup
$12
Choose from a variety of soups including our Chicken & Noodle, Stuffed Green Pepper with Beef, Cheddar Broccoli, and many more. Each soup (32oz) order includes freshly baked rolls. Ideal for groups up to 4.

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Made Fresh Daily

Give AND Be Merry!

MERRY BERRY!
Cranberries and White Chocolate packed into a sweet, white bread will make you very merry! Available every day in December.

Holiday Hours:
Open Christmas Eve & New Year's Eve
6:30 - 3:00 pm

Rolls! Rolls! Rolls!
Dec 21 - 24
We will make lots of rolls in addition to scheduled breads. Also - Finnish Pulla, Light Wheat Virginia Rolls & Basil Oregano Virginia Rolls.

Sorry - No orders
Dec 21 - 24

DECEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah · Merry Berry

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · Merry Berry

TUESDAY
Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Mexican Chocolate · Merry Berry

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Merry Berry

THURSDAY
9 Grain · Cinnamon Chip White · Rosemary Garlic · Merry Berry
Sourdough (available after 1PM)
Dec 1 - Cranberry Walnut
Dec 8 - White
Dec 15 - Jalapeno Cheddar
Dec 22 - Cranberry Walnut
Dec 29 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Butterscotch Delight · Merry Berry

SATURDAY
Cinnamon Chip White · White Rosemary Garlic · Apple Cinnamon Swirl · Merry Berry

Christmas WEEK (Wednesday - Saturday)
Honey Whole Wheat (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Basil Oregano Virginia Rolls,
Light Wheat Virginia Rolls, & Finnish Pulla

DECEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Oatmeal Chocolate Chip Cookies
Savannah Bars · Ginger Cookies

MONDAY
Egg Nog Scone · Christmas Cookie · Pumpkin Choc Chip Muffin & Bread

TUESDAY
Cinnamon Chip Cream Cheese Scone · Chocolate Mint Cookie · Blueberry Muffin

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie · Raspberry White Chocolate Muffin

THURSDAY
Egg Nog Scone · Snickerdoodle Cookie · Pumpkin Choc Chip Muffin & Bread

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Chocolate Muffin
Cinnamon Rolls

SATURDAY
Egg Nog Scone · Christmas Cookie · Raspberry White Chocolate Muffin
Cinnamon Rolls

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Made From Scratch

Give AND Be Merry!

MERRY BERRY!
Cranberries and White Chocolate packed into a sweet, white bread will make you very merry! Available every day in December.

Holiday Hours:
Open Christmas Eve
6:30 - 3:00 pm
Closed Dec 25 - 26 &
Dec 31 - Jan 2

Rolls! Rolls! Rolls!
Dec 20 - 24
We will make lots of rolls in addition to scheduled breads. Also - Finnish Pulla, Light Wheat Virginia Rolls & Basil Oregano Virginia Rolls.

Sorry - No orders
Dec 20 - 24

DECEMBER Bread Schedule

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · Merry Berry

TUESDAY
Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Mexican Chocolate · Merry Berry

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Merry Berry

THURSDAY
9 Grain · Cinnamon Chip White · Rosemary Garlic · Merry Berry
Sourdough (available after 1PM)
Dec 7 - Cranberry Walnut Dec 14 - Jalapeno Cheddar
Dec 21 - Cranberry Walnut Dec 29 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Butterscotch Delight · Merry Berry

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl · Merry Berry

Christmas WEEK (Wednesday - Sunday)
Honey Whole Wheat (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Finnish Pulla,
Basil Oregano Virginia Rolls, & Light Wheat Virginia Rolls

DECEMBER Sweet Spot

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Ginger Cookie

MONDAY
Egg Nog Scone · Christmas Cookie · Pumpkin Choc Chip Muffin & Bread

TUESDAY
Cinnamon Chip Cream Cheese Scone · Chocolate Mint Cookie · Blueberry Muffin

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie · Raspberry White Chocolate Muffin

THURSDAY
Egg Nog Scone · Snickerdoodle Cookie · Pumpkin Choc Chip Muffin & Bread

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Chocolate Muffin
Cinnamon Roll

SATURDAY
Egg Nog Scone · Christmas Cookie · Raspberry White Chocolate Muffin
Cinnamon Roll

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White CHOCOLATE CHERRY Swirl

Chocolate Lovers Rejoice!

Every February we celebrate chocolate big time, and not just for Valentine's Day. Enjoy specialty chocolate treats all month!

Fun Fact

Did you know chocolate stimulates endorphins (which make us happy!) and contains serotonin (which acts as an antidepressant). The Harvard School of Public Health said that a person who eats chocolate up to 3 times per month lives almost a year longer. So eat up without the guilt!

FEBRUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · White Chocolate Cherry Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Blueberry Cheesecake Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · White Chocolate Cherry Swirl
Flax Oatbran · Potato Fennel Thyme

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate Sourdough (available after 1PM)
Feb 2 - White Feb 9 - Cranberry Walnut
Feb 16 - 3 Cheese Feb 23 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Peanut Butter Chocolate Chip
Chipotle Cheddar · White Chocolate Cherry Swirl · High 5 Fiber

SATURDAY
Cinnamon Chip White · Potato Fennel Thyme · White Chocolate Cherry Swirl

FEBRUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Chocolate Bliss Cookie

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Chocolate Cherry Scone · Red Velvet Cupcake · Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Chocolate Cappuccino Muffin · Peanut Butter M & M Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Chocolate Cherry Scone · Raspberry Chocolate Muffin · Turtle Cookie · Cinnamon Roll

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FEBRUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · White Chocolate Cherry Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Blueberry Cheesecake Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · White Chocolate Cherry Swirl
Flax Oatbran · Potato Fennel Thyme

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate
White Sourdough (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Peanut Butter Chocolate Chip
Chipotle Cheddar · White Chocolate Cherry Swirl · High 5 Fiber

SATURDAY
Cinnamon Chip White · Rosemary Garlic · White Chocolate Cherry Swirl

FEBRUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Chocolate Bliss Cookie

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Chocolate Cherry Scone · Red Velvet Cupcake · Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Chocolate Cappuccino Muffin · Peanut Butter M & M Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Chocolate Cherry Scone · Raspberry Chocolate Muffin · Turtle Cookie · Cinnamon Roll

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FEBRUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · White Chocolate Cherry Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Blueberry Cheesecake Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · White Chocolate Cherry Swirl
Flax Oatbran · Potato Fennel Thyme

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate
Sourdough (available after 1PM)
Feb 2 - White Feb 9 - Cranberry Walnut
Feb 16 - 3 Cheese Feb 23 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Peanut Butter Chocolate Chip
Chipotle Cheddar · White Chocolate Cherry Swirl · High 5 Fiber

SATURDAY
Cinnamon Chip White · Potato Fennel Thyme · White Chocolate Cherry Swirl

FEBRUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Chocolate Bliss Cookie

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Chocolate Cherry Scone · Red Velvet Cupcake · Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Chocolate Cappuccino Muffin · Peanut Butter M & M Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Chocolate Cherry Scone · Raspberry Chocolate Muffin · Turtle Cookie · Cinnamon Roll

Great Harvest Bread Co.

FRESH MADE SANDWICHES

Premium Great Harvest bread combined with select fresh ingredients make a delicious and wholesome sandwich. Come in and let us make one fresh for you!

Ham and Swiss
Turkey and Swiss
Roast Beef and Provolone
Veggie Three-Seed Hummus
Baja Chipotle Turkey
Chimichurri Roast Beef
The Italian
Big Sky Chicken Salad
Peanut Butter & Jelly

- Special -

Ham and Brie

Refer to our sandwich menu for full description of our delicious sandwich options served daily from 11 a.m. - 2 p.m.

Hot Fresh Bread Handcrafted Every Day!

September & October Bread and Sweets Menu

EVERY DAY BREAD
Honey Whole Wheat, Harvest White, Cinnamon Chip, and Savory Biscuits

MONDAY, WEDNESDAY & FRIDAY BREAD
Dakota, Hummus, and Bacon Cheddar Beer - Made with locally-brewed beer!

TUESDAY, THURSDAY, & SATURDAY BREADS
Anadama, Cheddar Garlic and Oregon Herb

MONDAY, WEDNESDAY & FRIDAY SWEETS TREATS
Dillon Cookie, Salted Caramel Cookie, Berry Cream Cheese Scone, Pumpkin Chocolate Chip Muffin and Batter Bread, Savannah Bars, and Brownies

TUESDAY, THURSDAY & SATURDAY SWEET TREATS
Oatmeal Raisin Cookie, Chocolate Chip Hazelnut Scone, Pumpkin Chocolate Chip Muffin and Batter Bread, and Savannah Bar

ADDITIONAL PRODUCTS OFFERINGS
Chocolate Chip Cookie Mix, Pancake Mix, Groovy Granola, 9 Grain Hot Cereal, Cinnamon Raisin Oatmeal Cereal Mix, Corn Bread Mix, Harvest Bars, and Dog Treats

Offering fresh brewed coffee from our local coffee guys!

1234 My Street, City, State 55555
406-123-1234
www.MyWebsite.com
www.Facebook.com/myGreatHarvestBread

Hours: M - F: 7 a.m. to 6 p.m. and Sat: 7 a.m. to 5 p.m.

GREAT HARVEST BREAD CO.
JOB APPLICATION

Name:_____ Date:_____

Address:_____
Street city/state zip

Phone #: _____ Best time to call: _____

Under 18 years old?_____ If in school, what year? _____

Hours per week desired (list minimum needed and max.) _____

If part-time, list available hours from 4am to 7pm and days from Monday to Sunday:

_____

_____

_____

Will your availability listed above change in the next 6 months?_____

How long do you plan on working for us? _____

Highest grade completed/ years of college/ degrees earned: _____

Have you ever been convicted of a crime? _____ (if yes, date, place & nature)

Please answer the following: (Use back of application for your answers)

1. Give us your 2 best work-related references (like previous employers) and phone #'s.
2. List a brief job history. Include supervisors' names, dates employed and reason for leaving.
3. Why did you choose to apply at Great Harvest?
4. Great Harvest is a very service-oriented business. What does good service mean to you?
5. Great Harvest is a high-volume business with a workday that can be long and stress-filled. What makes you believe you can perform well and excel under these working conditions?

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A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Apple Cherry Pecan	140	2.5	0	0	0	290	26	3	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (ingredient components may vary), Honey, Dried Apples (Ingredient components may vary), Pecans, Eggs, Yeast, Salt. CONTAINS: WHEAT, PECANS, SOY, AND EGG.
Apple Cinnamon Walnut	140	2	0	0	0	270	27	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Walnuts, Yeast, Salt, Eggs, Apple Juice (Ingredient components may vary), Ground Cinnamon. CONTAINS: WHEAT, WALNUTS, SOY, AND EGG
Apple Crunch	130	2g	1	0	10	290	23	4	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Apples, Honey, Brown Sugar, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, SOY, AND EGG
Apple Crunch Blend	130	2	1	0	10	290	24	3	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Enriched White Flour (Ingredient components may vary), Apples, Honey, Brown Sugar, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, SOY, AND EGG
Apricot Almond	140	2	0	0	0	310	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Apricots (Ingredient components may vary), Honey, Almonds, Yeast, Salt, Eggs. CONTAINS: WHEAT, ALMONDS, SOY, AND EGG
Asiago Pesto	160	6	1.5	0	10	440	22	1	2	5	Enriched White Flour (ingredient components may vary), Water, Pesto Sauce (ingredient components may vary), Asiago Cheese (ingredient components may vary), Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic, Dried Onion. CONTAINS: WHEAT, SOY, MILK, EGG, PINE NUTS
Bacon Cheddar Beer	150	4	2	0	20	320	21	3	5	7	Fresh Ground 100% Whole Wheat Flour, Beer, ale, Cheddar Cheese (Ingredient components may vary), Honey, Bacon, cooked, Yeast, Eggs, Kosher Salt, Salt, Dried Onion, Dried Garlic, Black Pepper, Chives. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Breakfast Blast	140	1.5	0	0	0	210	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dates, Rolled Oats, Cinnamon Chips (Ingredient components may vary), Yeast, Eggs, Salt, Ground Cinnamon. CONTAINS: WHEAT, SOY, EGG, AND MILK
Burley Bread	140	2	0	0	0	300	26	4	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Sunflower Seeds, Cracked Rye, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
Caraway Rye	130	0.5	0	0	0	300	25	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Dark Rye Flour, Honey, Yeast, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Carrot Poppyseed	120	1	0	0	0	290	22	4	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Carrots, Honey, Applesauce (Ingredient components may vary), Yeast, Orange, Poppy Seeds, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, SOY, AND EGG
Challah	140	1.5	0	0	20	240	26	3	4	5	Enriched White Flour (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Sesame Seeds, Yeast, Salt. CONTAINS: WHEAT, EGGS, AND SOY.
Cheddar Garlic	160	4.5	2.5	0	15	370	23	1	4	6	Enriched White Flour (Ingredient components may vary), Water, Cheddar Cheese (ingredient components may vary), Honey, Yeast, Salt, Eggs, Sesame Seeds, Dried Onion, Dried Garlic, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Cherry Apple Berry	130	0.5	0	0	0	280	27	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Cherries (Ingredient components may vary), Dried Blueberries (Ingredient components may vary), Dried Apples (Ingredient components may vary), Yeast, Blueberries, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Cherry Walnut	140	2	0	0	5	270	26	3	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (Ingredient components may vary), Honey, Walnuts, Yeast, Eggs, Salt. CONTAINS: WHEAT, WALNUTS, EGGS, AND SOY
Cinnamon Chip	170	3	0.5	0	0	340	32	1	11	3	Enriched White Flour (Ingredient components may vary), Water, Cinnamon Chips (Ingredient components may vary), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, MILK, SOY AND EGG
Cinnamon Chip (100% Whole Wheat)	150	3	0.5	0	0	270	28	3	10	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Cinnamon Chips (Ingredient components may vary), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, SOY, MILK AND EGG.
Cinnamon Raisin Walnut	140	2	0	0	0	310	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Walnuts, Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS:WHEAT, SOY, AND EGG
Cinnamon Swirl	160	2.5	1.5	0	5	220	29	4	12	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Honey, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon. CONTAINS :WHEAT, MILK, SOY AND EGG

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BREAD NUTRITION

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Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Corn Bread	140	2.5	1	0	5	270	28	1	4	3	Enriched White Flour (Ingredient components may vary), Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Butter (Milk), Yeast, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
Corn Bread (100% Whole Wheat)	140	2.5	1	0	5	270	26	3	4	4	: Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Butter (Milk), Yeast, Salt, Eggs. CONTAINS:WHEAT, MILK, SOY, AND EGG
Jalapeno Corn Bread	140	2	1	0	5	270	26	1	4	3	Enriched White Flour (Ingredient components may vary), Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Peppers, Butter (Milk), Yeast, Chile Peppers, jalapenos, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
Jalapeno Corn Bread (100% Whole Wheat)	140	2.5	1	0	5	270	24	3	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Peppers, Butter (Milk), Yeast, Chile Peppers, jalapenos, Salt, Eggs. CONTAINS:WHEAT, MILK, SOY, AND EGG
Country	120	0.5	0	0	0	340	23	4	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Cracked Pepper Swiss	140	3	1.5	0	10	280	22	4	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Swiss Cheese (Ingredient components may vary), Honey, Eggs, Yeast, Salt, Black Pepper, Cayenne Pepper, Oregano, Basil, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Cranberry Orange	130	0.5	0	0	0	280	27	4	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cranberries (Ingredient components may vary), Honey, Yeast, Salt, Eggs, Orange Peel. CONTAINS: WHEAT, SOY, AND EGG
Dakota	150	4	0	0	0	270	23	4	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs. CONTAINS: WHEAT, SOY AND EGG
Finnish Pulla	160	4.5	2.5	0	35	140	26	1	5	4	Enriched White Flour (Ingredient components may vary), Milk, Eggs, Honey, Butter (Milk), Water, Yeast, Natural Sugar, Salt, Cardamom. CONTAINS: WHEAT, MILK, SOY, AND EGG
Flax Oatbran	130	3.5	0	0	0	330	22	4	6	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Oat Bran, Pecans, Flax Meal, Yeast, Rolled Oats, Salt, Eggs, Flax Seeds. CONTAINS:WHEAT, PECANS, SOY, AND EGG
Focaccia	140	1.5	0	0	0	380	29	1	5	4	Enriched White Flour (Ingredient components may vary), Water, Honey, Yeast, Salt, Olive Oil, Oregano, Basil. CONTAINS: WHEAT AND SOY
Golden Wheat, Apple, Cinnamon Chip, Walnut	140	2.5	0	0	0	290	26	3	8	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Cinnamon Chips (Ingredient components may vary), Dried Apples (Ingredient components may vary), Walnuts, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, WALNUTS AND EGG
Golden Wheat Chocolate Cherry Swirl	150	2.5	1	0	5	240	30	3	8	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Dried Cherries (Ingredient components may vary), Honey, Chocolate Chips (Ingredient components may vary), Brown Sugar, Butter (Milk), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Harvest Buckwheat Brown Rice	140	4.5	2	0	35	90	22	2	6	3	Water, Cultured Buttermilk (Ingredient components may vary), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Yeast, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
Harvest Buckwheat Brown Rice Bread Dakota	140	6	1.5	0	25	75	19	2	5	4	Water, Cultured Buttermilk (Ingredient components may vary), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Sunflower Seeds, Pumpkin Seeds, Yeast, Millet, Sesame Seeds, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
Harvest Buckwheat Brown Rice Bread Cinnamon Chip	160	6	2	0	25	80	25	2	9	3	Water, Cultured Buttermilk (Ingredient components may vary), Cinnamon Chips (Ingredient components may vary), Honey, Brown Rice Flour, Eggs, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Yeast, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
Hearty Caraway Rye	130	0.5	0	0	0	310	26	4	2	5	Water, Fresh Ground 100% Whole Wheat Flour, Rye Flour (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Molasses, Yeast, Salt, Eggs, Caraway Seeds. CONTAINS: WHEAT, SOY, AND EGG
High 5 Fiber	140	3	0	0	0	230	23	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS:WHEAT, SOY, AND EGG.
High Five Fiber with Blueberries	140	2.5	0	0	0	200	25	5	7	5	Water, Fresh Ground 100% Whole Wheat Flour, Dried Blueberries (Ingredient components may vary), Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS: WHEAT, EGGS, AND SOY

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Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
High Country Crunch	150	5	0.5	0	0	230	22	4	4	5	Water, Fresh Ground 100% Whole Wheat Flour, Semolina Flour, Sunflower Seeds, Honey, Millet, Pecans, Flax Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, PECANS, SOY, AND EGG
High Fiber Apple, Cinnamon Chip, Walnut	140	2	0	0	0	280	26	5	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Cinnamon Chips (Ingredient components may vary), Walnuts, Maltodextrin (Dietary Fiber), Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, EGGS, AND WALNUTS.
High Fiber Tuscan Herb	140	0.5	0	0	0	210	26	5	4	6	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Honey, Water, Yeast, Maltodextrin (Dietary Fiber), Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Honey Whole Wheat	130	0.5	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Irish Baked Potato	150	2	1	0	5	440	28	1	4	4	Enriched White Flour (Ingredient components may vary), Water, Dehydrated Potatoes (Ingredient components may vary), Honey, Butter (Milk), Yeast, Garlic (Ingredient components may vary), Salt, Eggs, Cheddar Cheese (Ingredient components may vary), Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGG
Irish Soda Bread	130	0.5	0	0	5	180	27	2	9	4	Cultured Buttermilk (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Eggs, Salt, Baking Powder (Ingredient components may vary), Baking Soda. CONTAINS: WHEAT, SOY, EGG, AND MILK
Italian Herb Focaccia	150	2.5	0	0	0	290	27	1	2	4	Enriched White Flour (Ingredient components may vary), Water, Olive Oil, Honey, Salt, Yeast, Oregano, Basil, Dried Garlic, Black Pepper, Parsley. CONTAINS: WHEAT AND SOY.
Merry Berry	130	0.5	0	0	0	290	27	3	9	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Golden Raisins (Ingredient components may vary), Dried Cherries (Ingredient components may vary), Dried Blueberries (Ingredient components may vary), Yeast, Salt, Coconut (Ingredient components may vary), Eggs. CONTAINS: WHEAT, EGGS, COCONUT, AND SOY.
Nine Grain	130	0.5	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Nine Grain Mix (Ingredient components may vary), Yeast, Salt, Eggs. CONTAINS: WHEAT AND EGG
Oatmeal Poppyseed	130	1	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Yeast, Poppy Seeds, Salt, Eggs. CONTAINS:WHEAT, SOY, AND EGG
Onion Dill Rye	130	0.5	0	0	0	320	25	3	6	4	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Enriched White Flour (Ingredient components may vary), Rye Flour, Yeast, Salt, Eggs, Dried Onion, Dill, Poppy Seeds, Sesame Seeds. CONTAINS: WHEAT, SOY, AND EGG
Panza	130	3	1	0	5	590	22	2	4	5	Enriched White Flour (Ingredient components may vary), Water, Fresh Ground 100% Whole Wheat Flour, Calamata Olives (Ingredient components may vary), Parmesan Cheese (Ingredient components may vary), Honey, Sun Dried Tomatoes (Ingredient components may vary), Yeast, Salt, Eggs, Oregano, Basil, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Peanut Butter Chocolate Chip	180	6	1.5	0	0	300	27	2	8	5	Enriched White Flour (Ingredient components may vary), Water, Natural Peanut Butter (Ingredient components may vary), Chocolate Chips (Ingredient components may vary), Honey, Yeast, Salt, Eggs. CONTAINS:WHEAT, PEANUTS, SOY, MILK AND EGGS
Pecan Swirl	190	7	2	0	5	190	27	4	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Pecans, Honey, Butter (Milk), Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS: WHEAT, PECANS, MILK, EGGS, AND SOY.
Pizza Bread	140	4.5	1.5	0	15	450	19	2	4	7	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Mozzarella Cheese (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Water, Pepperoni (Ingredient components may vary), Honey, Eggs, Yeast, Salt, Dried Onion, Parsley, Oregano, Basil. CONTAINS: WHEAT, MILK, SOY, AND EGG
Popeye	120	1	0.5	0	5	370	22	2	4	5	Enriched White Flour (Ingredient components may vary), Water, Spinach, Fresh Ground 100% Whole Wheat Flour, Honey, Parmesan Cheese (Ingredient components may vary), Red Peppers (Ingredient components may vary), Yeast, Salt, Eggs, Dried Onion, Dried Garlic. CONTAINS: WHEAT, SOY, EGGS, AND MILK
Popeye (100% Whole Wheat)	120	1.5	0.5	0	5	360	21	3	4	6	Golden Fresh Ground 100% Whole Wheat Flour, Water, Spinach, Honey, Parmesan Cheese (Ingredient components may vary), Red Peppers (Ingredient components may vary), Eggs, Yeast, Salt, Dried Onion, Dried Garlic. CONTAINS: WHEAT, MILK, SOY, AND EGGS
Potato Chive	150	2	1	0	5	440	29	1	4	4	Enriched White Flour (Ingredient components may vary), Water, Dehydrated Potatoes (Ingredient components may vary), Honey, Butter (Milk), Yeast, Roasted Garlic, Salt, Eggs, Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGG

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Pumpernickel Rye	120	0.5	0	0	0	330	23	5	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Pumpernickel Rye Flour, Molasses, Yeast, caramel color, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGGS, AND SOY
Pumpkin Swirl	140	2	0.5	0	5	190	29	2	12	3	Enriched White Flour (Ingredient components may vary), Water, Brown Sugar, Pumpkin (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Honey, Walnuts, Butter (Milk), Yeast, Salt, Eggs, Pumpkin Pie Spice (Ingredient components may vary). CONTAINS: WHEAT, MILK, EGGS, SOY, AND WALNUTS.
Raisin Cinnamon Chip	150	2.5	0.5	0	0	240	28	3	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Cinnamon Chips (Ingredient components may vary), Raisins, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK AND EGG
Raisin	130	0	0	0	0	310	27	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Red, White and Blueberry	140	0	0	0	5	360	30	1	8	3	Enriched White Flour (Ingredient components may vary), Water, Honey, Dried Cherries (Ingredient components may vary), Blueberries, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Rosemary Garlic	130	0.5	0	0	0	320	24	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Sonoma	160	4	1.5	0	20	135	26	3	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Dried Cranberries (Ingredient components may vary), Golden Raisins (Ingredient components may vary), Pumpkin Seeds, Butter (Milk), Sunflower Seeds, Yeast, Raw turbinado sugar, Salt, Orange, Lemon, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, EGGS, MILK, AND SOY.
Spinach Feta	130	3	2	0	15	400	19	2	4	5	Feta Cheese (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Water, Fresh Ground 100% Whole Wheat Flour, Spinach, Honey, Eggs, Yeast, Salt, Dried Garlic, Oregano, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Star Spangled Swirl	150	1.5	0.5	0	5	220	30	4	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Blueberries (Ingredient components may vary), Dried Cherries (Ingredient components may vary), Honey, Dried Apples (Ingredient components may vary), Brown Sugar, Eggs, Yeast, Butter (Milk), Blueberries, Salt. CONTAINS: WHEAT, EGG, SOY, AND MILK
Stuffing Bread	100	0	0	0	0	250	20	3	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Onion, Celery, Honey, Yeast, Salt, Eggs, Thyme, Black Pepper, Sage. CONTAINS: WHEAT, EGGS, AND SOY.
Sunflower	140	3	0	0	0	300	24	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Swedish Rye	130	1	0	0	0	380	27	3	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Enriched White Flour (Ingredient components may vary), Rye Flour, Yeast, Orange, Salt, Sesame Seeds, Eggs, Caraway Seeds, Anise Seed. CONTAINS: WHEAT, SOY, AND EGG
Trail Bread	140	2	0	0	0	290	25	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS:WHEAT, SOY, AND EGG
Tuscan Herb	120	0.5	0	0	0	250	23	4	5	5	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Honey, Water, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Walnut Raisin Rosemary Blue Cheese	150	4	1.5	0	10	330	22	3	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Blue Cheese, Honey, Walnuts, Raisins, Yeast, Molasses, Eggs, Salt, Rosemary. CONTAINS: WHEAT, MILK, EGG, WALNUTS, AND SOY.
White Chocolate Cherry Swirl	150	2.5	1.5	0	5	250	31	1	8	3	Enriched White Flour (Ingredient components may vary), Water, Dried Cherries (Ingredient components may vary), White Chocolate Chips (Ingredient components may vary), Honey, Brown Sugar, Butter (Milk), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, SOY, EGGS, AND MILK
White	130	0	0	0	0	400	29	1	5	4	Enriched White Flour (Ingredient components may vary), Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Whole Grain Goodness	140	3	0	0	0	240	22	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Eggs, Millet, Barley, Flax Seeds, Yeast, Pecans, Oat Bran, Salt, Almonds. CONTAINS: WHEAT, PECANS, SOY, AND ALMONDS

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Bread. The way it *ought* to be.

USDA Dietary Guidelines recommend eating at least three servings of whole grains a day to help control weight. Grains offer other health benefits, including a reduced risk of cancer, heart attacks and diabetes. Great Harvest has the freshest and most nutritious whole grains anywhere!
Store bread is made from flour that is weeks or months old. Because of that, nutrients are lost; and unhealthy fats, oils,dough conditioners, and preservatives are added. But with our onsite milling and baking process, nutrients are naturally preserved. That's why it tastes so delicious.

JANUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Mexican Chocolate

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
Jan 5 - Cinnamon Raisin Pecan Jan 12 - 3 Cheese
Jan 19 - Sundried Tomato Jan 26 - Cinnamon Raisin Pecan

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Cinnamon Raisin
Green Chili Cheddar

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

JANUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin
Chocolate Chip Sugar Cookie · M & M Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Cranberry Orange Walnut Muffin · Snickerdoodle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Maple Muffin · Turtle Cookie · Cinnamon Roll

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Store bread is made from flour that is weeks or months old. Because of that, nutrients are lost; and unhealthy fats, oils,dough conditioners, and preservatives are added. But with our onsite milling and baking process, nutrients are naturally preserved. That's why it tastes so delicious.

JANUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
Jan 4 - Whole Grain White Jan 11 - 3 Cheese
Jan 18 - Sundried Tomato Jan 25 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Cinnamon Swirl

JANUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin · Oatmeal Raisin Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Blueberry Muffin · Snickerdoodle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Maple Muffin · Turtle Cookie · Cinnamon Roll

Great Harvest Bread CO.

706 N. Broadway
Rochester, MN

Hours: 6:30 a.m. – 6:00 p.m., Mon. – Friday
6:30 a.m. – 5:00 p.m. Saturday

Great Harvest Bread Co. is an Equal Opportunity Employer. We do not discriminate on the basis of race, religion, color, sex, age, national origin, or disability.

Date:_____

Name: _____
List Previous, Maiden, or Alias

Telephone # _____daytime _____evening

Current Address: _____

E-mail address _____ Date available to start to work? _____

How did you hear about us?_____ Position Desired?_____

How long do you plan on working for us?_____ Under 18 years old? Yes No

Highest grade or college completed_____

We are a non-smoking company. Can you work under these conditions? Yes No

Have you been convicted of a felony within the last 7 years? Yes No

If yes, please explain_____

Are you a U.S. Citizen, or do you have a permit which allows you to work? Yes No
(Proof of citizenship or immigration will be required on employment)

Great Harvest jobs may include standing for long periods of time, lifting regularly, stooping & bending frequently, performing repetitive hand motions; and most importantly, smiling and having fun at all times. Can you do these things, with or without accommodations? Please explain necessary accommodations.

The following questions do not have "right" answers but are intended to help us get to know you better. Short answers are OK, use more paper if you want.

Why are you interested in working at Great Harvest Bread Co?

Great Harvest is a very service-oriented business. What does good service mean to you?

Tell us about hobbies, special interests, experiences, or skills (Not necessarily job related). List something that you are particularly proud of.

What type(s) of music do you enjoy? Favorite radio station?

What skills from previous jobs would qualify you for a position at Great Harvest?

What are your goals for the next six to twelve months? Two years? Five years?

What are your preferred working hours and available days and hours? Will your availability change in the next six months?

Give us a couple references (with phone #) who you have known for at least 1 year.
Exclude friends or relatives.

Anything else you would like us to know about you?

Employment History

Please tell us about your recent job history starting with the present: (5 years)

Company_____ Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back? _____# of days taken off?_____
_____

Company_____ Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back? _____# of days taken off?_____
_____

Company_____ Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back? _____# of days taken off? _____

Employment Agreement

I certify that the facts contained in this application are true and correct, and I confirm that my omission or misrepresentation of any fact on this application is sufficient reason for Great Harvest to deny me employment. If employed, such an omission or misrepresentation shall be grounds for dismissal. I further authorize investigation of all statements contained herein and contact with references listed. I agree that if an employment relationship is established with Great Harvest, it will be of an "at will" nature. Meaning that I may resign at any time & Great Harvest may dismiss me at any time with or without cause.

Signature_____ Date_____

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Rochester MN 55906
507-286-1101
www.greatharvestrochester.com

MONDAY-FRIDAY 6:30AM-6:00PM, SATURDAY 6:30AM-5:00PM, CLOSED SUNDAY

Change Your Loaf FOREVER!

Sink your teeth into a slice of this delicious & festive summer bread! Loaded with dried cranberries, wild blueberries, white chocolate chips and a splash of vanilla! This bread is bound to spark your taste buds. We l be baking Red, White & Blueberry bread throughout July!

JULY *Breads*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/berries · Cinnamon Chip White · Red Pepper Swiss · Red, White, & Blueberry

TUESDAY
Dakota · Cinnamon Chip Wheat · Cheddar Garlic · Cranberry Orange · Onion Dill Rye

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat · Red, White, & Blueberry

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta · Onion Dill Rye
Sourdough:(available after 1pm)
July 7 - Jalapeno Cheddar *July 14 - Cranberry Walnut*
July 21 - Whole Grain White *July 28 - Jalapeno Cheddar*

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar · Red, White, & Blueberry

SATURDAY
Cinnamon Chip White · Apple Cinnamon Swirl · Rosemary Garlic

JULY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Caramel Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Turtle Cookie

WEDNESDAY
Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Raisin Cookie · Maple Oatmeal Scone

THURSDAY
Mocha Chip Scone · Lemon Poppy Muffin · Snickerdoodles

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Walnut Chocolate Chip Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin · Snickerdoodles · Cinnamon Rolls

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HANDCRAFTED EVERY DAY AT:

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706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

CHERRY APPLE BERRY bread

It's summer grilling time! Light the coals and slice up some Garden Wheat, Bacon Cheddar Beer, Green Chili Cheddar, Cheddar Garlic, Chipotle Cheddar, or Rosemary Garlic. Grilled Great Harvest breads make a wonderful addition to any BBQ. Spread olive oil onto your slices and place on the grill, oil side down. Cherry Apple Berry is the specialty bread for this month. 100% whole wheat packed full of dried fruits.

JUNE *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Cheddar Garlic · Apple Cinnamon Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Green Chili Cheddar

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Cherry Apple Berry · Bacon Cheddar Beer

THURSDAY
Heritage Harvest Sunflower · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
June 1 - Whole Grain White June 8 - Jalapeno Cheddar
June 15 - White June 22 - Cranberry Walnut June 29 - 3 Cheese

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Cherry Apple Berry
Chipotle Cheddar · High 5 Fiber · Anadama (loaves & buns) · Cinnamon Raisin

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Blueberry Cheesecake Swirl

JUNE *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Scotchie Cookie

TUESDAY
Caramel Apple Scone · Cappuccino Muffin · Turtle Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Carmel Cookie

THURSDAY
Caramel Apple Scone · Blueberry Muffin · Blueberry Coffee Cake
Double Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Lemon Poppy Muffin · Snickerdoodle Cookie
Cinnamon Roll

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706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

IRELAND

Thank your lucky stars that we love the flavors of Ireland at Great Harvest. During March, we highlight many wonderful recipes that come to us from Irish bakers.

Stop in for our favorite March breads like authentic Irish Soda Bread, Irish Baked Potato and, of course, the very popular Guinness & Gouda.

We are sweet on all things Irish! Featured goodies include Blarney Scones, Paddy Muffins, Mint Blarney Cookies, and Snockerdoodles.

Look for other March surprises like Irish (Whisky) Coffee Cake and our GH Reuben sandwich.

MARCH *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah · Irish Soda Bread

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Irish Baked Potato

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Garden Wheat
Heritage Harvest (NEW!)

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Guinness & Gouda

THURSDAY
Heritage Harvest Sunflower (NEW!) · Cinnamon Chip White
Bacon Cheddar Beer
Sourdough (available after 1PM)
March 2 - Sundried Tomato March 9 - Whole Grain White
March 16 - 3 Cheese March 23 - Jalapeno Cheddar March 30 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Guinness & Gouda
Irish Baked Potato · High 5 Fiber

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

MARCH *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Raisin Cookie

THURSDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Snockerdoodle Cookie · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Caramel Apple Scone · Paddy's Muffin · Snockerdoodle Cookie · Cinnamon Roll

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Rochester MN 55906
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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

HONEY BUNNIES

EASTER SCHEDULE
(March 29 - 31)
On Thursday, March 29 we will begin Easter Schedule. Accepting orders for Bunnies only! $2 of each BUNNY sold goes to Paws & Claws.

The rest of the month, however, stop in for our favorite March breads like authentic Irish Soda Bread, Irish Baked Potato and the popular Gouda & Stout. We are sweet on all things Irish! Featured goodies include Blarney Scones, Paddy's Muffins, Mint Blarney Cookies, and Snockerdoodles.

Look for other specials on March 16 & 17 like Irish (Whisky) Coffee Cake and our GH Reuben sandwich.

MARCH *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah · Irish Soda Bread

MONDAY
Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries · Irish Baked Potato

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Garden Wheat · Pepperoni

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Gouda & Stout

THURSDAY (MARCH 29 WILL FOLLOW EASTER SCHEDULE)
Cinnamon Chip White · Bacon Cheddar Beer · Brioche · 9 Grain
Sourdough (available after 1 PM)
March 1 - Whole Grain White March 8 - Jalapeno Cheddar
March 15 -Sundried Tomato March 22 - Jalapeno Cheddar March 29 -No Sourdough

FRIDAY (MARCH 30 WILL FOLLOW EASTER SCHEDULE)
Italian Herb Focaccia · Cinnamon Chip White · Gouda & Stout
Irish Baked Potato · High 5 Fiber

SATURDAY (MARCH 31 WILL FOLLOW EASTER SCHEDULE)
Cinnamon Chip White · Rosemary Garlic · Cinnamon Swirl

Easter Schedule (March 29 - 31) Thursday - Saturday
Honey Whole Wheat (rolls), Old Fashioned White (rolls), Cinnamon Chip White, Challah (rolls), Light Wheat Virginia Rolls, Easter Ambrosia, Hot Cross Buns, & Bunnies

MARCH *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Raisin Cookie

THURSDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Snockerdoodle Cookie · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Caramel Apple Scone · Paddy's Muffin · Snockerdoodle Cookie · Cinnamon Roll

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(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

The Freshest **WHOLE GRAIN** Breads

Look for these exciting featured breads this month:
-Heritage Harvest - made from a limited supply of Rouge de Bordeaux heritage wheat that originated centuries ago in France. Rare and delicious. Once it's gone, it's gone.
-Mexican Chocolate - this whole-wheat bread is packed with chocolate and has a pinch of cinnamon and cayenne for just the right kick.
-Bacon Cheddar Beer - we're thrilled to partner with local brewery Kinney Creek to bring you different varieties of this bread each week.

Also, it's blueberry bonanza! Indulge in various breads and sweets throughout the month.

MAY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Chipotle Cheddar · Mexican Chocolate

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Heritage Harvest

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Blueberry Lemon · Bacon Cheddar Beer

THURSDAY
Heritage Harvest Sunflower · Cinnamon Chip White · Brioche · Garden Wheat
Sourdough (available after 1PM)
May 4 - Whole Grain White
May 11 - Jalapeno Cheddar
May 18 - White
May 25 - Cranberry Walnut

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Apple Cinnamon Swirl
Red Pepper Swiss · High 5 Fiber · Anadama (loaves & buns)

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Blueberry Cheesecake Swirl

MAY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Blueberry Coffee Cake
Chocolate Crinkle Cookie

WEDNESDAY
Vanilla Almond Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Carmel Cookie

THURSDAY
Mocha Chip Scone · Blueberry Muffin · Blueberry Coffee Cake
Chocolate Crinkle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Red Velvet Cupcake · Oatmeal Raisin Cookie
Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

MAY / JUNE *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Rosemary Garlic · Pepperoni Bread

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Caraway Rye · Bacon Cheddar Beer

THURSDAY
Blueberry Lemon · Cinnamon Chip White · 9 Grain · Garden Wheat
Sourdough - See variety to the left - (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Blueberry Cheesecake Swirl
High 5 Fiber · Bacon Cheddar Beer · Potato Fennel Thyme

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl
Pepperoni Bread

Bacon, Cheddar Beer Bread

Bacon Cheddar Beer is back! We are thrilled to be partnering with local brewery Kinney Creek to bring you different varieties of beer in this bread each week.

Sourdough Schedule:
May 3 -Whole Grain
May 10 -Jalapeno Cheddar
May 17 -White
May 24 -Sundried Tomato
May 31 -Whole Grain

Jun 7 -Cranberry Walnut
Jun 14 -Jalapeno Cheddar
Jun 21 -White
Jun 28 -3 Cheese

MAY / JUNE *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Triple Chocolate Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Morning Glory Muffin · Peanut Butter M&M Cookie

WEDNESDAY
Vanilla Nut Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Carmel Cookie

THURSDAY
Mocha Chip Scone · Morning Glory Muffin · Peanut Butter Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin & Coffee Cake
Snickerdoodle Cookie · Cinnamon Roll

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Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Enjoy a
A FRESH & FLAVORFUL
Thanksgiving

We are NOT accepting orders for Thanksgiving Week. Instead we will all be working to make as much bread and rolls as we can for you.

Grab the best buns in town! We will have a variety of bread and rolls to compliment your feast.

Soup & Sandwiches will NOT be available Thanksgiving Week.

NOVEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
MN Wild Rice

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Potato Fennel Thyme

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Potato Chive

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate
Cranberry Orange · Whole Grain White Sourdough (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · White Cheddar Garlic · Apple Cinnamon Swirl · Anadama

THANKSGIVING WEEK (Monday - Wednesday)
Honey Whole Week (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Cranberry Orange, Basil Oregano Virginia Rolls,
Light Wheat Virginia Rolls, STUFFING BREAD

NOVEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Oatmeal Chocolate Chip Cookies ·
Pumpkin Chocolate Chip Muffins & Bread · Savannah Bars

MONDAY
Maple Oatmeal Scone · Dakota Cookie

TUESDAY
Caramel Apple Scone · Double Chocolate Chip Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Oatmeal Raisin Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Turtle Cookie · Cinnamon Rolls

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Enjoy a
A FRESH & FLAVORFUL
Thanksgiving

We are NOT accepting orders for Thanksgiving Week. Instead we will all be working to make as much bread and rolls as we can for you.

Grab the best buns in town! We will have a variety of bread and rolls to compliment your feast.

Soup & Sandwiches will NOT be available Thanksgiving Week.

NOVEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah
MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
White Cheddar Garlic
TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Potato Fennel Thyme
WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Potato Chive
THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat
Cranberry Orange · White Sourdough (available after 1PM)
FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Pumpkin Swirl · Autumn Apple
SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl · Anadama

THANKSGIVING WEEK (Monday - Wednesday)
Honey Whole Wheat (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Cranberry Orange, Basil Oregano Virginia Rolls,
Light Wheat Virginia Rolls, STUFFING BREAD

NOVEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Pumpkin Chocolate Chip Muffin & Bread · Savannah Bar
MONDAY
Maple Oatmeal Scone · Snickerdoodle Cookie
TUESDAY
Caramel Apple Scone · Double Chocolate Chip Cookie
WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie
THURSDAY
Vanilla Pecan Scone · Oatmeal Raisin Cookie
FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Roll
SATURDAY
Berry Cream Cheese Scone · Turtle Cookie · Cinnamon Roll

Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / www.tulsaok.greatharvestbread.com

STUFFING BREAD!

Enjoy the taste of Thanksgiving stuffing in a hearty loaf of Great Harvest bread! This simply delicious bread is flavored with sage, thyme, salt & pepper in our famous freshly ground whole wheat dough. We chop up the onions and celery, and hand knead the veggie mix into every loaf! Use this bread as the starting point for your own stuffing, or slice it up to make turkey sandwiches (that taste like a meal when covered with hot left over gravy). Either way, Stuffing Bread is a great addition to any holiday meal.

NOVEMBER BREADS

EVERYDAY	Honey Whole Wheat • Harvest White • Dakota Pumpkin Chocolate Chip
MONDAY	High 5 Fiber • Hummus Bread • Extreme Cinnamon Swirl
TUESDAY	Cranberry Walnut Flax • Asiago Pesto • Cinnamon Chip Jewish Apple Coffee Cake
WEDNESDAY	Cranberry Orange • Low Carb Dakota **STUFFING BREAD** • Extreme Cinnamon Swirl
THURSDAY	Pumpkin Swirl • Spinach Feta • Cinnamon Crunch Cranberry Orange Pound Cake
FRIDAY	White Chocolate Cherry Swirl • Superfood Bread Cheddar Garlic • Strawberry Shortcake
SATURDAY	Woodstock • Trail Bread Pepperjack Cornbread • Lemon Blueberry

THANKSGIVING WEEK MENU

We will follow a special Thanksgiving Week bread and sweets schedule from Monday, Nov 24th through Wednesday, Nov 26th. Our Thanksgiving menu and order form will be available online at www.tulsaok.greatharvest.com, or you can stop in at the bakery and pick up a copy. Please order early so we can have your Thanksgiving order waiting for you!

SWEET SPOT

EVERYDAY	Brownies • Power Bars • Trek Bars • Pumpkin Chocolate Chip Muffins Cinnamon Rolls & Cinnamon Twist Muffins
MONDAY	Dillon Cookies • Pumpkin Scones • Oat Berry Muffins Savory Breakfast Biscuits • Pumpkin Bars • Savannah Bars
TUESDAY	Salted Caramel Cookies • Cinnamon Chip Scones • Orange Burst Muffins Whole Wheat Coffee Cake • Peppermint Brownies
WEDNESDAY	Chocolate Chip Cookies • Savory Breakfast Biscuits Cranberry Almond Scones • Ultra lo-fat Cinnamon Apple Muffins Lemon Bars • Savannah Bars
THURSDAY	Ginger Bop Cookies • Cranberry Orange Scones Cranberry Orange Muffins • Oat Berry Muffins • S'more Bars
FRIDAY	Monster Cookies • Lo-fat Cran Flax Cookies Maple Oatmeal Scones • Morning Glory Muffins • Pumpkin Bars Savannah Bars
SATURDAY	Peanut Butter Chocolate Chip Cookies • Cappuccino Muffins White Chocolate Raspberry Scones • Lemon Blueberry Muffins Lemon Bars

BAKERY HOURS: Monday-Friday 7am to 6pm, Saturday 7am to 4pm, closed Sundays for a little Loafin'

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BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size 1 slice 2 oz (56 g)	Calories	Fat (g) (% DV)	Saturated Fat (g) (% DV)	Trans Fats (g)	Cholesterol (mg) (% DV)	Sodium (mg) (% DV)	Carbohydrates (g) (% DV)	Fiber (g) (% DV)	Sugar (g)	Protein (g)	Ingredients
Apple Cherry Pecan	140	2.0 3%	0 0%	0	0 0%	260 11%	26 9%	3 12%	12	4	French Classic (100% Whole Wheat Flour, Water, Dried Cherries [sugar, sulfur dioxide to preserve color], Honey, Dried Apples [sugar, sulfur dioxide to preserve color], Pecans, Eggs, Yeast, Salt. CONTAINS: WHEAT, PECANS, EGG AND EGG.
Apple Cinnamon Walnut	140	2 3%	0 0%	0	0 0%	270 11%	27 9%	4 16%	9	0	French Ground (100% Whole Wheat Flour, Water, Honey, Dried Apples, Walnuts, Yeast, Salt, Eggs, Apple Juice [to guard freshness during shipping], Ground Cinnamon. CONTAINS: WHEAT, WALNUTS, EGG AND EGG.
Apple Crunch	130	2g 3%	1 4%	0	10 3%	260 11%	23 8%	4 16%	7	4	French Ground (100% Whole Wheat Flour, Water, Apples, Honey, Cheese, Eggs, Butter [Milk], Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, EGG AND EGG.
Apple Crunch Bleu	130	2 3%	1 4%	0	10 3%	260 11%	26 8%	3 10%	7	4	French Classic (100% Whole Wheat Flour, Water, Unbleached White Flour [ingredient sweetening], Apples, Honey, Cheese, Eggs, Butter [Milk], Eggs, Yeast, Salt, Classic Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, EGG AND EGG.
Apricot Almond	140	3 5%	0 1%	0	0 1%	260 12%	25 9%	4 16%	9	5	French Classic (100% Whole Wheat Flour, Water, Dried Apricots [to guard freshness during shipping], Honey, Almonds, Yeast, Salt, Eggs. CONTAINS: WHEAT, ALMONDS, EGG AND EGG.
Asiago Pesto	140	6 9%	3.0 16%	0	10 3%	440 19%	22 7%	3 9%	2	6	Unbleached White Flour [ingredient sweetening], Water, Pesto Sauce [ingredient sweetening], Asiago Cheese [ingredient sweetening], Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic, Dried Onion. CONTAINS: WHEAT, EGG, MILK, EGG, PINE NUTS.
Bacon Cheddar Bear	150	4 6%	2 10%	0	20 7%	330 12%	21 7%	3 12%	5	7	French Classic (100% Whole Wheat Flour, Bacon, Cheddar Cheese [to guard freshness during shipping], Honey, Bacon, cooked, Yeast, Eggs, Yellow Corn Meal, Dried Onion, Dried Garlic, Black Pepper, Chives. CONTAINS: WHEAT, MILK, EGG AND EGG.
Breakfast Blast	140	1.5 3%	0 2%	0	0 1%	250 9%	25 9%	4 15%	9	5	French Classic (100% Whole Wheat Flour, Water, Honey, Oats, Rolled Oats, Cheese, Chips [sugar, sulfur dioxide to preserve color], Yeast, Eggs, Salt, Ground Cinnamon. CONTAINS: WHEAT, EGG, EGG AND MILK.
Barley Bread	140	2 3%	0 1%	0	0 1%	300 12%	25 9%	4 16%	6	6	French Ground (100% Whole Wheat Flour, Water, Honey, Rolled Oats, Sunflower Seeds, Cracked Rye, Yeast, Salt, Eggs. CONTAINS: WHEAT, EGG, AND EGG.
Birthday Rye	130	0.5 1%	0 1%	0	0 0%	300 12%	25 9%	5 20%	5	5	French Classic (100% Whole Wheat Flour, Water, Dark Rye Flour, Honey, Yeast, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGG, AND EGG.
Carrot Poppyseed	120	1 3%	0 1%	0	0 1%	270 12%	22 7%	4 15%	5	5	French Classic (100% Whole Wheat Flour, Water, Carrots, Honey, Apple sauce [sugar, sulfur dioxide to preserve color], Yeast, Oranges, Poppy Seeds, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, EGG AND EGG.
Challah	140	1.5 3%	0 0%	0	20 7%	240 10%	25 9%	3 12%	4	5	Unbleached White Flour [ingredient sweetening], French Ground (100% Whole Wheat Flour, Water, Honey, Eggs, Molasses, Canola, Yeast, Salt. CONTAINS: WHEAT, EGG, AND EGG.
Cheddar Garlic	160	4.5 7%	2.5 13%	0	15 5%	370 15%	23 8%	1 3%	4	6	Unbleached White Flour [ingredient sweetening], Water, Cheddar Cheese [ingredient sweetening], Honey, Yeast, Salt, Eggs, Olive Oil, Canola, Dried Onion, Dried Garlic, Parsley. CONTAINS: WHEAT, MILK, EGG AND EGG.
CherryApple Berry	120	0.5 1%	0 0%	0	0 0%	240 12%	27 9%	4 16%	3	5	French Classic (100% Whole Wheat Flour, Water, Honey, Dried Cherries [ingredient sweetening], Dried Blueberries [ingredient sweetening], Dried Apples [ingredient sweetening], Yeast, Blueberry Juice, Salt, Eggs. CONTAINS: WHEAT, EGG AND EGG.
Cherry Walnut	140	2 3%	0 1%	0	5 1%	270 11%	25 9%	3 12%	11	5	French Classic (100% Whole Wheat Flour, Water, Dried Cherries [sugar, sulfur dioxide to preserve color], Honey, Walnuts, Yeast, Eggs, Salt. CONTAINS: WHEAT, WALNUTS, EGG AND EGG.
Cinnamon Chip	170	3 4%	0.5 4%	0	0 1%	340 14%	32 11%	1 4%	11	3	Unbleached White Flour [ingredient sweetening], Water, Cinnamon Chips [ingredient sweetening], Honey, Yeast, Sugar, Salt, Eggs, Cinnamon, Cinnamon. CONTAINS: WHEAT, MILK, EGG AND EGG.
Cinnamon Chip (100% Whole Wheat)	150	3 5%	0.5 3%	0	0 0%	270 11%	29 9%	3 12%	10	4	French Classic (100% Golden Whole Wheat Flour, Water, Cinnamon, Chips [ingredient sweetening], Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, EGG, MILK AND EGG.
Cinnamon Raisin Walnut	140	2 3%	0 0%	0	0 0%	260 12%	26 9%	4 16%	9	5	French Classic (100% Whole Wheat Flour, Water, Raisins, Honey, Walnuts, Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS: WHEAT, EGG, AND EGG.
Cinnamon Swirl	160	2.5 4%	1.5 8%	0	5 2%	220 9%	30 10%	4 16%	12	5	French Classic (100% Whole Wheat Flour, Water, Brown Sugar, Honey, Butter [Milk], Eggs, Yeast, Salt, Classic Cinnamon. CONTAINS: WHEAT, MILK, EGG AND EGG.

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

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BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g) % DV	Saturated Fat (g) % DV	Trans Fats (g)	Cholesterol (mg) % DV	Sodium (mg) % DV	Carbohydrates (g) % DV	Fiber (g) % DV	Sugar (g)	Protein (g)	Ingredients
Corn Bread	140	2.5 4%	1 5%	0	5 2%	270 11%	24 9%	1 4%	4	3	Enriched White Flour [ingredient sources vary by bakery], Water, Corn Flour, Honey, Cultured Buttermilk [ingredient sources vary by bakery], Butter [MILK], Yeast, Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Corn Bread (100% Whole Wheat)	140	2.5 4%	1 5%	0	5 2%	270 11%	24 9%	3 12%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk [ingredient sources vary by bakery], Butter [MILK], Yeast, Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Jalapeno Corn Bread	140	3 3%	1 5%	0	5 2%	270 11%	24 9%	1 4%	4	3	Enriched White Flour [ingredient sources vary by bakery], Water, Corn Flour, Honey, Cultured Buttermilk [ingredient sources vary by bakery], Pepperoni, Butter [MILK], Yeast, Chile Pepperoni, jalapenos, Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Jalapeno Corn Bread (100% Whole Wheat)	140	2.5 4%	1 5%	0	5 2%	270 11%	24 9%	3 12%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk [ingredient sources vary by bakery], Pepperoni, Butter [MILK], Yeast, Chile Pepperoni, jalapenos, Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Country	120	0.5 1%	0 1%	0	0 1%	340 14%	23 8%	4 15%	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Molasses, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY AND EGG.
Cracked Pepper Swiss	140	3 4%	1.5 6%	0	10 3%	240 12%	22 7%	4 15%	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Gluten Cheese [cultured sources pasteurized, may vary], Honey, Eggs, Yeast, Salt, Wheat Pepper, Cayenne Pepper, Oregano, Basil Parsley. CONTAINS WHEAT, MILK, SOY AND EGG.
Cranberry Orange	130	0.5 1%	0 0%	0	0 0%	240 12%	27 9%	4 15%	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cranberries [ingredient sources pasteurized, may vary], Honey, Yeast, Salt, Eggs, Orange, Peel. CONTAINS WHEAT, SOY AND EGG.
Dakota	150	4 6%	0 2%	0	0 0%	270 11%	23 8%	4 15%	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs. CONTAINS WHEAT, SOY AND EGG.
French Pull	160	4.5 7%	2.5 10%	0	25 12%	140 6%	28 9%	1 4%	5	4	Enriched White Flour [ingredient sources vary by bakery], Milk, Eggs, Honey, Butter [Milk], Water, Yeast, Natural Flavor, Salt, Carotenoid. CONTAINS WHEAT, MILK, SOY AND EGG.
Rise Ciabatta	130	2.5 5%	0 1%	0	0 1%	230 14%	27 7%	4 15%	6	6	Water, French Ground 100% Whole Wheat Flour, Honey, Oat Bran, Pecans, Flax Meal, Yeast, Rolled Oats, Salt, Eggs, Flax Seeds. CONTAINS WHEAT, PECANS, SOY AND EGG.
Focaccia	140	1.5 2%	0 1%	0	0 0%	240 16%	29 10%	1 4%	5	4	Enriched White Flour [ingredient sources pasteurized, may vary], Water, Honey, Yeast, Salt, Olive Oil, Oregano, Basil. CONTAINS WHEAT AND SOY
Golden Wheat, Apple, Cinnamon Chip, Walnut	140	2.5 4%	0 0%	0	0 1%	290 12%	28 9%	3 12%	8	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Cinnamon Chips [ingredient sources pasteurized, may vary], Dried Apples [ingredient sources vary by bakery], Walnuts, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY, MILK, WALNUTS AND EGG.
Golden Wheat Chocolate Cherry Swirl	150	2.5 4%	1 5%	0	5 2%	240 10%	30 10%	3 12%	8	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Dried Cherries [ingredient sources vary by bakery], Honey, Chocolate Chips [ingredient sources vary by bakery], Brown Sugar, Butter [Milk], Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS WHEAT, SOY, EGGS, AND MILK.
Harvest Buckwheat Brown Rice	140	4.5 7%	2 10%	0	25 12%	90 4%	22 7%	2 8%	6	3	Water, Cultured Buttermilk [ingredient sources vary by bakery], Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Meal, Cornstarch, Flour, Inactivated Butter [Milk], Sunflower Seeds, Pumpkin Seeds, Yeast, Millet, Sesame Seeds, Xanthan Gum, Salt, Distilled Vinegar [ingredient sources vary by bakery]. CONTAINS MILK, SOY, AND EGG.
Harvest Buckwheat Brown Rice Bread Dakota	140	4 9%	1.5 8%	0	25 8%	75 3%	19 6%	2 8%	6	4	Water, Cultured Buttermilk [ingredient sources vary by bakery], Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Seeds, Cornstarch, Flour, Inactivated Butter [Milk], Sunflower Seeds, Pumpkin Seeds, Yeast, Millet, Sesame Seeds, Xanthan Gum, Salt, Distilled Vinegar [ingredient sources vary by bakery]. CONTAINS MILK, SOY, AND EGG.
Harvest Buckwheat Brown Rice Bread Cinnamon Chip	150	4 9%	2 10%	0	25 8%	40 2%	25 8%	2 8%	9	3	Water, Cultured Buttermilk [ingredient sources vary by bakery], Cinnamon Chips [ingredient sources may vary], Honey, Brown Rice Flour, Eggs, Tapioca Flour, Flax Seeds, Cornstarch, Flour, Inactivated Butter [Milk], Yeast, Xanthan Gum, Salt, Distilled Vinegar [ingredient sources may vary]. CONTAINS MILK, SOY, AND EGG.
Hearty Germany Rye	120	0.5 1%	0 1%	0	0 1%	160 12%	24 9%	4 15%	2	5	Water, French Ground 100% Whole Wheat Flour, Rye Flour [ingredient sources vary by bakery], Enriched White Flour [ingredient sources vary by bakery], Molasses, Yeast, Salt, Eggs, Caraway Seeds. CONTAINS WHEAT, SOY, AND EGG.
High 5 Fiber	140	3 5%	0 0%	0	0 0%	240 10%	23 8%	5 20%	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY AND EGG.
High Fiber Fiber with Blueberries	140	2.5 4%	0 0%	0	0 0%	200 8%	25 8%	5 20%	7	5	Water, Fresh Ground 100% Whole Wheat Flour, Dried Blueberries [ingredient sources may vary], Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY, EGGS, AND SOY

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BREAD NUTRITION

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Serving Size 1 slice 2 oz (56 g)	Calories	Fat (g) % DV*	Saturated Fat (g) % DV*	Trans Fats (g)	Cholesterol (mg) % DV*	Sodium (mg) % DV*	Carbohydrates (g) % DV*	Fiber (g) % DV*	Sugar (g)	Protein (g)	Ingredients
High Country Crunch	160	2.5 4%	0.5 3%	0	0 0%	210 15%	32 7%	4 15%	4	6	Water, Fresh Ground 100% Whole Wheat Flour, Sunflower Flour, Cracked Wheat, Honey, Millet, Pecans, Flax Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, PECANS, SOY, AND EGGS.
High Fiber Apple, Cinnamon Chip, Walnut	140	2 3%	0 0%	0	0 0%	240 12%	26 9%	5 20%	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Cinnamon Chips [organic cane sugar, cocoa butter, chocolate liquor, soy lecithin, vanilla extract], Walnuts, Molasses, Canola Oil, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, EGGS, AND WALNUTS.
High Fiber Tuscan Herb	140	0.5 1%	0 1%	0	0 1%	280 9%	26 9%	5 21%	4	6	Fresh Ground 100% Whole Wheat Flour, Tomatoes [organic cane sugar, citric acid], Honey, Water, Yeast, Molasses, Canola Oil, Salt, Eggs, Dried Garlic, Parmesan Cheese [organic cane sugar, cultures, salt, enzymes], Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Honey Whole Wheat	120	0.5 1%	0 1%	0	0 0%	300 12%	25 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Irish Baked Potato	150	2 3%	1 6%	0	5 2%	440 18%	29 9%	1 5%	4	4	Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Water, Dehydrated Potatoes [organic cane sugar, sodium acid pyrophosphate, sodium bisulfite], Honey, Butter [Milk], Yeast, Garlic [organic cane sugar, citric acid], Salt, Eggs, Cheddar Cheese [cultured pasteurized milk, salt, enzymes, annatto extract], Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Irish Soda Bread	120	0.5 1%	0 1%	0	5 2%	140 6%	27 9%	2 8%	9	4	Cake and Pastry Flour [organic cane sugar, cornstarch, sodium bicarbonate, monocalcium phosphate, salt, enzymes], Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Buttermilk [cultured pasteurized skim milk, salt, enzymes], Sugar, Canola Oil, Whole Wheat Flour, Raisins, Honey, Eggs, Salt, Baking Powder [organic cornstarch, sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], Baking Soda. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Italian Herb Focaccia	150	2.5 4%	0 0%	0	0 0%	390 16%	27 9%	1 4%	2	4	Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Water, Olive Oil, Honey, Salt, Yeast, Oregano, Dried Onion, Dried Garlic, Black Pepper, Parsley. CONTAINS: WHEAT AND SOY.
Merry Berry	120	0.5 1%	0 0%	0	0 0%	190 8%	27 9%	3 12%	9	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Golden Raisins [organic cane sugar, sunflower oil], Dried Cherries [organic cane sugar, cherry juice concentrate, sunflower oil], Dried Blueberries [organic cane sugar, sunflower oil], Yeast, Salt, Coconut [organic cane sugar, sunflower oil], Eggs. CONTAINS: WHEAT, EGGS, COCONUT, AND SOY.
New Grains	120	0.5 1%	0 1%	0	0 0%	300 12%	25 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Nine Grain Mix [organic cane sugar, yeast, salt], Yeast, Salt, Eggs. CONTAINS: WHEAT AND EGGS.
Oatmeal Poppyseed	120	1 2%	0 1%	0	0 1%	300 12%	25 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Yeast, Poppy Seeds, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Onion Dill Rye	120	0.5 1%	0 1%	0	0 1%	320 13%	25 8%	3 12%	6	4	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Rye Flour, Yeast, Salt, Eggs, Dried Onion, Dill, Poppy Seeds, Cinnamon Seeds. CONTAINS: WHEAT, SOY, AND EGGS.
Panera	120	3 4%	1 6%	0	5 2%	690 29%	22 7%	3 8%	4	5	Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Water, French Ground 100% Whole Wheat Flour, Cultured Wheat, Gluten [organic cane sugar, cornstarch, calcium sulfate, ammonium sulfate, ascorbic acid, enzymes], Parmesan Cheese [organic cane sugar, cultures, salt, enzymes, annatto extract], Honey, Rice Dried Fermented [organic cane sugar, malted barley extract, salt], Yeast, Salt, Eggs, Cheddar Cheese [cultured pasteurized milk, salt, enzymes, annatto extract], Basil, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Peanut Butter Chocolate Chip	140	6 9%	1.5 8%	0	0 0%	200 12%	27 9%	2 8%	8	5	Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Water, Natural Peanut Butter [organic dry roasted peanuts, salt], Chocolate Chips [organic cane sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract], Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, PEANUTS, SOY, MILK, AND EGGS.
Power Swirl	190	7 11%	2 10%	0	5 2%	190 8%	27 9%	4 15%	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Pecans, Honey, Butter [Milk], Yeast, Salt, Cinnamon, Eggs. CONTAINS: WHEAT, PECANS, MILK, EGGS, AND SOY.
Rosa Bread	140	4.5 7%	1.5 9%	0	15 5%	450 19%	19 6%	3 8%	4	7	Fresh Ground 100% Whole Wheat Flour, Tomatoes [organic cane sugar, citric acid], Mozzarella Cheese [organic cane sugar, cultures, salt, enzymes, annatto extract], Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Water, Parmesan [organic cane sugar, cultures, salt, enzymes], Honey, Eggs, Yeast, Salt, Dried Onion, Parsley, Oregano, Basil. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Rosemary	120	1 2%	0.5 3%	0	5 1%	270 11%	22 7%	3 7%	4	5	Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Water, Olive Oil, French Ground 100% Whole Wheat Flour, Honey, Parmesan Cheese [organic cane sugar, cultures, salt, enzymes, annatto extract], Dried Rosemary [organic cane sugar, cultures, salt, enzymes, annatto extract], Yeast, Salt, Eggs, Dried Onion, Dried Garlic. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Rosemary (100% Whole Wheat)	120	1.5 2%	0.5 3%	0	5 2%	360 15%	21 7%	3 11%	4	6	Golden French Ground 100% Whole Wheat Flour, Water, Spinach, Honey, Parmesan Cheese [organic cane sugar, cultures, salt, enzymes, annatto extract], Dried Rosemary [organic cane sugar, cultures, salt, enzymes, annatto extract], Eggs, Yeast, Salt, Dried Onion, Dried Garlic. CONTAINS: WHEAT, MILK, SOY, AND EGGS.

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g) % DV*	Saturated Fat (g) % DV*	Trans Fats (g)	Cholesterol (mg) % DV*	Sodium (mg) % DV*	Carbohydrates (g) % DV*	Fiber (g) % DV*	Sugar (g)	Protein (g)	Ingredients
Potato Chive	150	2 3%	1 5%	0	5 2%	440 19%	30 10%	1 5%	4	4	Enriched White Flour (bromated or unbromated, may vary), Water, Dehydrated Potatoes (ingredients may vary), Honey, Butter (MILK), Yeast, Roasted Garlic, Salt, Eggs, Black Pepper, Chives. CONTAINS WHEAT, MILK, SOY, AND EGG.
Pumpernickel Rye	120	0.5 1%	0 0%	0	0 0%	330 14%	23 8%	5 20%	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Pumpernickel Rye Flour, Molasses, Yeast, Sea Salt, Caraway Seeds, Eggs. CONTAINS WHEAT, EGGS, AND SOY.
Pumpkin Swirl	140	2 3%	0.5 3%	0	5 2%	190 8%	30 10%	2 8%	12	3	Enriched White Flour (ingredient may vary), Water, Brown Sugar, Pumpkin (ingredient may vary), Fresh Ground 100% Whole Wheat Flour, Honey, Molasses, Butter (MILK), Yeast, Salt, Eggs, Pumpkin Pie Spice (ingredients may vary to may vary). CONTAINS WHEAT, MILK, EGGS, SOY, AND WALNUTS.
Raisin Cinnamon Chip	150	2.5 4%	0.5 3%	0	0 1%	240 10%	29 9%	2 14%	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Cinnamon Chips (ingredient may vary), Raisins, Honey, Yeast, Salt, Eggs. CONTAINS WHEAT, EGGS, MILK AND SOY.
Raisin	120	0 1%	0 0%	0	0 0%	260 12%	27 9%	4 15%	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Molasses, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY, AND EGG.
Red, White and Blueberry	140	0 0%	0 0%	0	5 2%	260 11%	30 10%	1 4%	3	3	Enriched White Flour (ingredient may vary to may vary), Water, Honey, Dried Cherries (ingredient may vary to may vary), Blueberries, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY, AND EGGS.
Rosemary Garlic	120	0.5 1%	0 1%	0	0 1%	220 10%	24 8%	4 15%	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (ingredient may vary to may vary), Rosemary, Parsley. CONTAINS WHEAT, MILK, SOY, AND EGGS.
Banana	150	4 6%	1.5 8%	0	20 7%	135 6%	25 9%	3 12%	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Dried Bananas (ingredient may vary to may vary), Pineapple Juice, Butter (MILK), Rice Flour Blend, Yeast, Flour for made sugar, Salt, Orange Juice, Natural and Artificial Vanilla Flavoring. CONTAINS WHEAT, EGGS, MILK AND SOY.
Spinach Feta	120	3 5%	2 10%	0	15 5%	400 17%	19 6%	2 8%	4	5	Feta Cheese (ingredient may vary to may vary), Enriched White Flour (bromated may vary to may vary), Water, Fresh Ground 100% Whole Wheat Flour, Spinach, Honey, Eggs, Yeast, Salt, Dried Garlic, Oregano, Black Pepper. CONTAINS WHEAT, MILK, EGGS, AND SOY.
Star Spangled Swirl	150	1.5 2%	0.5 3%	0	5 2%	230 9%	30 10%	4 15%	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Blueberries (ingredient may vary to may vary), Dried Cherries (ingredient may vary to may vary), Honey, Dried Apples (ingredient may vary to may vary), Brown Sugar, Eggs, Yeast, Butter (MILK), Blueberries, Salt. CONTAINS WHEAT, EGGS, SOY, AND MILK.
Stuffing Bread	100	0 1%	0 1%	0	0 1%	260 10%	20 7%	3 12%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Onion, Celery, Honey, Yeast, Salt, Eggs, Thyme, Black Pepper, Sage. CONTAINS WHEAT, EGGS, AND SOY.
Sunflower	140	3 4%	0 2%	0	0 1%	300 12%	26 9%	4 15%	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY, AND EGGS.
Swedish Rye	120	1 2%	0 1%	0	0 1%	240 10%	27 9%	3 14%	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Enriched White Flour (bromated or unbromated, may vary), Rye Flour, Yeast, Orange, Salt, Molasses Blends, Eggs, Caraway Seeds, Anise Seed. CONTAINS WHEAT, SOY, AND EGGS.
Three Bread	140	2 3%	0 1%	0	0 1%	290 12%	25 8%	4 16%	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Potatoes, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY, AND EGGS.
Tuscan Herb	120	0.5 1%	0 1%	0	0 1%	260 10%	23 8%	4 15%	5	5	Fresh Ground 100% Whole Wheat Flour, Tomatoes (ingredient may vary to may vary), Honey, Water, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (bromated may vary to may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS WHEAT, MILK, SOY, AND EGG.
Walnut Raisin Rosemary Blue Cheese	150	4 6%	1.5 8%	0	10 3%	230 10%	22 7%	3 12%	5	4	Fresh Ground 100% Whole Wheat Flour, Water, Blue Cheese, Honey, Walnuts, Raisins, Yeast, Molasses, Eggs, Salt, Rosemary. CONTAINS WHEAT, MILK, EGGS, WALNUTS, AND SOY.
White Chocolate Cherry Swirl	150	2.5 4%	1.5 8%	0	5 2%	260 10%	31 10%	1 4%	8	3	Enriched White Flour (bromated may vary to may vary), Water, Dried Cherries (ingredient may vary to may vary), White Chocolate Chips (ingredient may vary to may vary), Honey, Brown Sugar, Butter (MILK), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS WHEAT, SOY, EGGS, AND MILK.
White	120	0 0%	0 0%	0	0 0%	400 17%	20 10%	1 4%	5	4	Enriched White Flour (bromated may vary to may vary), Water, Honey, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY, AND EGG.
Whole Grain Goodness	140	3	0	0	0	240	22	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Eggs, Millet, Barley Flour Blends, Yeast, Peanuts, Cashews, Salt, Flax seeds.

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

PUMPKIN CHOCOLATE CHIP

Pumpkin Chocolate Chip Muffins & Bread have the perfect combination of autumn spices. This absolutely delicious and addictive treat is available EVERYDAY in October. Pumpkin Swirl is back on the menu this month. This bread is so good it's scary! Other Fall specials - Autumn Apple, MN Wild Rice, Anadama, and the new Mexican Chocolate.

OCTOBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries · MN Wild Rice

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Pumpkin Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Mexican Chocolate *New*

THURSDAY
9 Grain · Cinnamon Chip White · Potato Fennel Thyme
Sourdough (available after 1 PM)
Oct 6 - White
Oct 13 - Cranberry Walnut
Oct 20 - Jalapeno Cheddar
Oct 27 - Whole Grain White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl · Anadama

OCTOBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Oatmeal Chocolate Chip Cookies · Pumpkin Chocolate Chip Muffins & Bread · Savannah Bars

MONDAY
Maple Oatmeal Scone · Oatmeal Raisin Cookie

TUESDAY
Pumpkin White Chocolate Scone · Autumn Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Caramel Apple Scone · Turtle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Autumn Cookie · Cinnamon Rolls

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Great Harvest Bread Co.
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Pumpkin Chocolate Chip Muffins & Bread have the perfect combination of autumn spices. This absolutely delicious and addictive treat is available EVERY DAY in October. Pumpkin Swirl is back on the menu this month. This bread is so good it's scary!
Other Fall specials - Autumn Apple & MN Wild Rice

OCTOBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
MN Wild Rice

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Pumpkin Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat
Mexican Chocolate

THURSDAY
Whole Grain Goodness · Cinnamon Chip White · Bacon Cheddar Beer
Sourdough (available after 1 PM)
Oct 5 - White Oct 12 - Cranberry Walnut
Oct 19 - Jalapeno Cheddar Oct 26 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Anadama
Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · Potato Fennel Thyme · Apple Cinnamon Swirl

OCTOBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie ·
Pumpkin Chocolate Chip Muffin & Bread · Savannah Bar

MONDAY
Maple Oatmeal Scone · Snickerdoodle Cookie

TUESDAY
Vanilla Almond Scone · Autumn Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Caramel Apple Scone · Snickerdoodle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Turtle Cookie · Cinnamon Roll

Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / www.tulsaok.greatharvestbread.com

PUMPKIN SWIRL

This bread is so good it's scary! It's our delicious, homemade whole wheat dough mixed with real pumpkin & pumpkin pie spice. We roll it out, top it with brown sugar & walnuts, then roll the whole thing up with all the ingredients swirled together on the inside. Every slice you get is pumpkin-y sweet, with a bit of spice and lots of whole wheat! Not only that, but it makes a great autumn gift. Don't miss this tasty treat! Enjoy Pumpkin Swirl for breakfast, or dessert with any lunch or dinner meal. Don't forget to pack a slice in your child's Halloween lunch, it's sure to bring those hugs and kisses swirlin' in!

OCTOBER BREADS

EVERYDAY	Honey Whole Wheat • Harvest White Pumpkin Chocolate Chip
MONDAY	High 5 Fiber • Cheddar Garlic • **PUMPKIN SWIRL**
TUESDAY	Ezekiel Bread • Asiago Pesto Cranberry Flax • Jewish Apple Coffee Cake
WEDNESDAY	Low Carb Dakota • Onion Dill Rye Cinnamon Raisin • Iced Cinnamon Raisin
THURSDAY	Superfood Bread • Spinach Feta **PUMPKIN SWIRL** • Cranberry Orange Pound Cake
FRIDAY	Dakota • Cinnamon Chip • Cheddar Garlic
SATURDAY	Hummus Bread • Rock Island Trail Bread Lemon Blueberry

SWEETS SO SWEET IT'S SCARY!

EVERYDAY	Brownies • Power Bars • Pumpkin Chocolate Chip Muffins Cinnamon Rolls & Cinnamon Twist Muffins
MONDAY	Dillon Cookies • Oat Berry Muffins • Savory Breakfast Biscuits Pumpkin Bars
TUESDAY	Oatmeal Raisin Cookies • Pumpkin Spice Scones Lo-fat Yum Yum Brownie Muffins • Savannah Bars
WEDNESDAY	Chocolate Chip Cookies • Savory Breakfast Biscuits Lo-fat Cran-Blue Yogurt Muffins • Lemon Bars
THURSDAY	Ginger Cookies • Cranberry Orange Scones • Kahuna Bars Cranberry Orange Muffins • Oat Berry Muffin
FRIDAY	Monster Cookies • Lo-fat Cran Flax Cookies • Chocolate Chip Scones Savory Breakfast Biscuits • Morning Glory Muffins Pumpkin Bars • Savannah Bars
SATURDAY	Peanut Butter Chocolate Chip Cookies • Berry Cream Cheese Scones Cappuccino Muffins • Lemon Blueberry Muffins • Lemon Bars

BAKERY HOURS: Monday-Friday, 7am to 6pm, Saturday 7am to 4pm
Closed Sundays for a little Loafin'

Sandwiches & Panini

Served 11:00 AM to 3:00 PM
Monday - Saturday

706 N. Broadway
Rochester, MN 55906
www.GreatHarvestRochester.com
507-286-1101

Great Harvest Classic Sandwiches

All Classic Sandwiches are made with optional thin sliced red onion, romaine lettuce, sliced tomato, honey mustard, mayonnaise, salt and pepper and your choice of sandwich bread.

Turkey & Swiss...$6.45
Lightly smoked turkey breast, Swiss cheese, mayo, and honey mustard.

Louisville Chicken Salad...$6.45
Chunks of white and dark meat chicken in a seasoned mayonnaise dressing with sweet & spicy pecans.

Great Harvest Cold Signature Sandwiches

All Signature Sandwiches are made with optional thin sliced red onion, romaine lettuce, sliced tomato, salt and pepper, on the recommended bread.

California Cobb...$6.95
Fresh avocado, smoked turkey breast, and crispy bacon, with a bleu cheese spread, served on honey whole wheat bread.

Country Smoked Turkey...$6.95
Smoked turkey breast, roasted peppers and onions on focaccia bread.

Harvest Veggie...$6.95
Fresh green pepper rings, cucumber slices, provolone and cheddar cheeses with sun dried tomato spread on honey whole wheat bread.
With avocado, add 50¢

Great Harvest Hot Signature Sandwiches

All Hot Signature Sandwiches served fresh off the steamer and grill to melt in your mouth!

BLT Panini...$5.99
Crispy smoky bacon, ripe tomatoes, romaine lettuce, and mayonnaise toasted to perfection.

Tuscan Chicken Panini...$7.35
Aged provolone melted over grilled chicken breast, optional thin sliced red onion, romaine lettuce, tomato, salt and pepper and a sun dried tomato pesto spread on focaccia bread.

Smoky BBQ Cheddar Chicken Panini...$7.35
Grilled chicken breast, optional thin sliced red onions, romaine lettuce, tomato, salt and pepper, smoky honey BBQ sauce, melted sharp cheddar and crisp bacon on focaccia bread.

Spicy Smoked Turkey & Pepper Jack Panini...$7.35
Smoked turkey breast, melted pepper jack cheese, roasted onions and peppers, romaine lettuce, salt and pepper and tomato with a spicy southwest mayonnaise, optional thin sliced red onions on focaccia.

"GHBC" Grilled Cheese Panini...$5.99
A twist on the traditional sandwich served with a garlic and herb spread and two cheeses, sharp cheddar and Swiss on white bread.
With crisp bacon, add $1.00
With sliced tomato, add 50¢

Kiddie Sandwiches

Simple, tasty kid-favorite sandwiches are served with a 1/2 of a cookie.

Peanut Butter & Jelly...$2.99
Creamy peanut butter and strawberry jam.

Lil' Cheezer...$2.99
Cheddar cheese on our Old Fashioned White bread with a light touch of mayo.

Sandwich Breads

Handcrafted & baked from scratch daily!

Honey Whole Wheat
Our specialty! Made from freshly stone-ground 100% whole wheat flour milled in our bakery every day. Nutty, versatile flavor with a dense but soft texture.

Old Fashioned White
Blends pure honey and premium flour unbleached, unbromated and absolutely no preservatives. Just like the bread Grandma makes!

Italian Herbed Focaccia
Homemade in the classic Italian flat bread style. Seasoned with extra virgin olive oil, basil, oregano, parsley, and encrusted with freshly grated Parmesan cheese and garlic.

Add Chips and/or a Giant Cookie for $1.00 each

Don't forget the treats!

The perfect assortment of Great Harvest sweets for a morning meeting, a lunch gathering, or a thank-you for the office.

Tray of Treats

Large...$45.00 (serves 36-40)
Small..$22.00 (serves 12-30)
Includes a specialty loaf of the day, tea cake of the day, and an assortment of muffins, scones and cookies.

Bakery Breakfast Box...$0.00

Includes a fresh giant cinnamon roll, muffin or other specialty breakfast item, served with a side of fruit, homemade granola, and a bottle of Welch's 100% juice.

The Great Big Cookie Box

$15.00 per dozen
Varieties include oatmeal chocolate chip, oatmeal raisin, peanut butter, snickerdoodle, turtle and original oatmeal.

Catering Options

Sandwich Trays

Small...$00.00 (12 sandwiches)
Medium...$00.00 (24 sandwiches)
Large...$00.00 (36 sandwiches)
Includes a specialty loaf of the day, tea cake of the day, and an assortment of muffins, scones and cookies.

Harvest Box Lunches...$0.00

Includes a fresh giant cinnamon roll, muffin or other specialty breakfast item, served with a side of fruit, homemade granola, and a bottle of Welch's 100% juice.

Additional Offerings

Additional Item no 1...$0.00

Description of additional item 1 can be entered here. Description of additional item 1 can be entered here.

Additional Item no 2...$0.00

Description of additional item 2 can be entered here. Description of additional item 2 can be entered here.

Additional Item no 3...$0.00

Description of additional item 2 can be entered here. Description of additional item 2 can be entered here.

Please Consider When Placing Your Order:

* Place your order by calling or stopping by the bakery.
* Orders of 10 or more must be placed before 10 a.m., please.
* We're happy to deliver for lunch orders of 15 or more.
* Lunches come brown bagged. Box lunch option available- $0.00 extra
* Order 24 hours in advance to ensure availability.
* We gladly deliver. Prices vary according to distance. Please check with us regarding your location.
* Payment to be made at time of order.

We gladly accept Visa, Discover, Mastercard and American Express.

Great Harvest Bread Co. Sandwiches & Panini

Where the outside is as good as the inside!

Bakery Hours M-F 7am-6pm, Sat. 7am-3pm
Fresh Sandwiches served M-F 10am-3pm

1234 Your Street
Anywhere, ST 56789
(123)456-7890
www.webaddress.com
www.facebook/pageaddress.com

WE CATER!
See back for more information.

Breakfast Sandwiches

Served between 8 am-11am on our freshly baked whole wheat or white bread. cheese choices: Swiss, American, Provolone or Cheddar.

Egg Sandwich...$0.00
Egg & Cheese...$0.00
Egg, Bacon & Cheese...$0.00
Egg, Ham & Cheese...$0.00

Great Harvest Classic Sandwiches

All Classic Sandwiches are made with thin sliced red onion, romaine lettuce, sliced tomato, white wine Dijon mustard, mayonnaise, salt and pepper and your choice of sandwich bread.

Ham & Swiss...$0.00
Tender slices of honey smoked ham and Swiss cheese

Turkey & Swiss...$0.00
Lightly smoked turkey breast and Swiss cheese

Roast Beef...$0.00
Sliced roast beef and aged provolone

Great Harvest Cold Signature Sandwiches

All Cold Signature Sandwiches are made with thin sliced red onion, romaine lettuce, sliced tomato, salt and pepper, and with the recommended bread of your choice of sandwich bread.

California Cobb...$0.00
Fresh avocado, smoked turkey breast, and crispy bacon, with a bleu cheese spread and honey whole wheat bread

Pepper Bleu Roast Beef...$0.00
Roast beef with bleu cheese spread, on caraway rye bread.

Country Smoked Turkey...$0.00
Smokey turkey breast, roasted peppers and onions with balsamic vinegar dressing on focaccia bread

Louisville Chicken Salad...$0.00
Chunks of white and dark meat chicken in a seasoned mayonnaise dressing with sweet & spicy pecans

Tuna Salad...$0.00
Chunk white albacore tuna with a seasoned mayonnaise dressing

Harvest Veggie...$0.00
Fresh pepper rings, cucumber slices, provolone and cheddar cheeses with red pepper garlic spread on honey whole wheat bread

Peanut Butter & Jelly...$0.00
Creamy peanut butter and grape jelly on white bread

Great Harvest Hot Signature Sandwiches

All Hot Signature Sandwiches served fresh off the steamer and grill to melt in your mouth!

BLT...$0.00
Crispy smoky bacon, ripe tomatoes, romaine lettuce, salt and pepper and mayonnaise on white bread toasted in the panini grill

Tuscan Chicken Panini...$0.00
Aged provolone melted over grilled chicken breast, thin sliced red onion, romaine lettuce, tomato, salt and pepper and a sun dried tomato pesto spread on focaccia bread.

Smoky BBQ Cheddar Chicken Panini...$0.00
Grilled chicken breast, thin sliced red onions, romaine lettuce, tomato, salt and pepper, smoky honey BBQ sauce, melted sharp cheddar and crisp bacon on focaccia bread

Spicy Smoked Turkey & Pepper Jack Panini...$0.00
Smoked turkey breast, melted pepper jack cheese, roasted onions and peppers, romaine lettuce, salt and pepper and tomato with a spicy southwest mayonnaise on caraway rye bread

Mile High Rye...$0.00
Smoked turkey and roast beef with melted Swiss, thin sliced red onion, romaine lettuce, tomato, salt and pepper, and roasted garlic and dill spread on caraway rye bread

Roast Beef Panini...$0.00
Roast beef, roasted peppers and onions, melted aged provolone, romaine lettuce, tomato and salt and pepper with a red pepper garlic cheese spread on focaccia

"GHBC" Grilled Cheese Panini...$0.00
A twist on the traditional sandwich served with a garlic and herb spread and two cheeses, sharp cheddar and Swiss on white bread; this sandwich is also available with honey smoked ham, crisp bacon and/or sliced tomato with an additional cost

Area For Extra Information

Utilize this space to mention meal combos, box lunches, drinks etc.

Item Listed Here...$0.00
Extra information about this item can be placed here in order to provide your customers a brief description

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706 N. Broadway
Rochester MN 55906
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www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Fall back to APPLES

You're going to flip over the Great Harvest "Fall Back To Apples" specials! We've baked up some apple-packed masterpieces for your delight. Check out our bountiful array of applelicious breads and treats. You'll fall head-over-heels. Great for picnics, back to school lunches, desserts and anytime indulgence!

SEPTEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
MN Wild Rice · Autumn Apple

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Apple Scrapple

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat
Autumn Apple

THURSDAY
Whole Grain Goodness · Cinnamon Chip White · Apple Scrapple
Bacon Cheddar Beer
Sourdough (available after 1 PM)
Sept 7 - Whole Grain White Sept 14 - Sundried Tomato
Sept 21 - Jalapeno Cheddar Sept 28 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar
Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

SEPTEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bar · Oatmeal Chocolate Chip Cookie

MONDAY
Apple Cinnamon Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Scotchie Cookie

TUESDAY
Berry Cream Cheese Scone · Triple Chocolate Muffin · Autumn Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Monster Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie
Pumpkin Chocolate Chip Muffin & Bread · Cinnamon Roll

SATURDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Jumble Cookie · Cinnamon Roll

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www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Fall back to APPLES

You're going to flip over the Great Harvest "Fall Back To Apples" specials! We've baked up some apple-packed masterpieces for your delight. Check out our bountiful array of applelicious breads and treats. You'll fall head-over-heals. Great for picnics, back to school lunches, desserts and anytime indulgence!

SEPTEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries · MN Wild Rice · Autumn Apple

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Apple Scrapple

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Autumn Apple

THURSDAY
9 Grain · Cinnamon Chip White · Apple Scrapple · Pepperoni Rolls
Sourdough (available after 1 PM)

Sept 1 - Basil Parmesan
Sept 8 - Green Chili
Sept 15 - Jalapeno Cheddar
Sept 22 - Sundried Tomato
Sept 29 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Supreme! · High 5 Fiber · Chipotle Cheddar · Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

SEPTEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Scotchie Cookie

TUESDAY
Berry Cream Cheese Scone · Zucchini Muffin · Oatmeal Raisin Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread · Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Monster Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Pumpkin Chocolate Chip Muffin & Bread · Cinnamon Rolls

SATURDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Jumble Cookie · Cinnamon Rolls

TO WEIGH LESS... TO LIVE HEALTHIER AND LONGER, EAT MORE 'GOOD' CARBS

Kudos to Robert Atkins, the good doctor who raised awareness about the perils of carbohydrates in an increasingly overweight nation. Never mind that his high-protein alternative is fraught with health risks. Never mind that many of his low-carb disciples (as many as 70 million in one form or another) don't draw distinctions between "bad" carbs and "good" carbs. For them, a carb is a carb is a carb – all mortal enemies of a thin and happy life. Despite his diet's shortcomings, Atkins did have the courage to raise the issue in a carb-guzzling world. He engaged the debate, which we believe will ultimately lead to a healthier America. For that we are grateful.

Still, it should be noted that the American Heart Association, American Dietetic Association and the American Kidney Fund have all warned about various dangers associated with low-carb, high protein diets.

Consider this from Dr. David Katz of the Yale School of Public Health: "Diets rich in fiber and complex carbohydrates – found in fruits, vegetables, beans and WHOLE GRAINS (this is where Great Harvest Bread enters the discussion) – have been shown in a wide array of studies to be associated with reduced risks of cancer, reduced risks of cardiovascular disease, reduced risk of diabetes, reduced risks of gastrointestinal disorders and overall health promotion. In other words, the notion of cutting carbs is a step in the opposite direction from everything we know about healthy eating."

And this from Judith Wurtman, a brain researcher at M.I.T.: "The diet-industrial complex is now pushing low carbs full steam ahead. It may take a long time, but 10 years from now, people are going to look back on this and say, 'Boy, were we really stupid.' "

And this from reporter David Bjerklie in an April 2004 *Time* magazine story titled "Low-Carb Nation":

"So if the low-carb mantra has made you cut simple sugars and refined carbohydrates from your diet, great. But if you are skimping on produce and WHOLE GRAINS and instead shoveling animal and dairy fats into your body, you are short-changing your health."

"So if the low-carb mantra has made you cut simple sugars and refined carbohydrates from your diet, great. But if you are skimping on produce and **WHOLE GRAINS** *and instead shoveling animal and dairy fats into your body, you are short-changing your health."*

Jane Brody, the food and nutrition guru at *The New York Times,* cites various studies before weighing in with these conclusions in a March 4, 2003 article: "People who eat more whole grains tend to weigh less than those who consume fewer." And: "People who eat whole grains are healthier and live longer."

Then, in a column published on March 23, 2004, she writes: "None of my slender friends and acquaintances eats a low-carb diet. ... You don't have to eat low-carb to remain slim or to lose weight and keep it off. Fiber-rich carbohydrates (i.e., Great Harvest breads) offer three major benefits to the weight-conscious eater: they hold water in the gut, take longer to digest and some of their calories are eliminated unabsorbed. In other words, they can fill you up before they fill you out. ... A diet high in fat and low in carbs has yet to be tested for long-term safety and effectiveness. But fiber-rich balanced diets, replete with WHOLE GRAINS, fruits and vegetables along with reasonable quantities of fish, poultry, meat and dairy products, have been repeatedly shown to be conducive to enjoyable eating and to achieving and maintaining a normal body weight and long-lasting health."

3 Servings of WHOLE GRAINS Daily

The Surgeon General's goal is for all Americans to consume at least three servings of WHOLE GRAINS daily. We have a long way to go. Today, the daily average is about half a serving.

The Food and Drug Administration states: "Diets rich in WHOLE-GRAIN foods and other plant foods low in total fat, saturated fat and cholesterol may help reduce the risk of heart disease and certain cancers." The FDA allows food manufacturers to claim health benefits for products with at least 51 percent WHOLE GRAINS by weight and less than 3 grams of fat per serving.

The health benefits of eating WHOLE GRAIN foods are outlined in study after study around the world. In fact, dozens of studies have shown that eating WHOLE GRAINS reduces cancer risks. Dr. Joanne L. Slavin writes in The Journal of the American Dietetic Association, "WHOLE GRAINS are rich sources of a wide range of phytochemicals with anticarcinogenic properties. Some of these phytochemicals block DNA damage and suppress cancer cell growth. ... The fiber in WHOLE GRAINS increases fecal bulk and speeds the transit of stool, decreasing the opportunity for mutagens to damage cells and cause cancer of the digestive tract. In addition, hormonally active lignans in WHOLE GRAINS may protect against hormonally mediated diseases, such as cancers of the breast and prostate."

A Finnish study of 21,930 male smokers and an American study of 43,757 male health professionals found a reduced risk of heart attacks among those who ate the most WHOLE-GRAIN bread and cereal. The Nurses' Health Study of nearly 90,000 women and the Health Professionals Study of nearly 44,000 men found that those who consumed the most fiber from WHOLE GRAINS had about a 30 percent lower risk of developing Type 2 diabetes.

'BAD' CARBS VS. 'GOOD' CARBS

Let's take a moment to explore the difference between "bad" carbs and "good" carbs, according to the experts.

As *Time* magazine explained in "The Low-Carb Frenzy," all foods can be divided into combinations of three different nutritional categories based on their chemical components: carbohydrates, proteins and fats. The body breaks down carbs into sugars that flow through the bloodstream and serve as the body's key source of energy. White bread, pasta and potatoes are examples of "bad" carbs that quickly turn to sugar in the body. Sugar not needed immediately by muscles is stored as fat to be used later. On the other hand, some fruits, vegetables, beans and, yes, WHOLE GRAINS, are also carbs. But they are "good" carbs that break down slowly and provide substantial infusions of vitamins, minerals and, especially, fiber. Numerous studies have demonstrated that diets rich in fiber can lower cholesterol and reduce the risk of heart disease.

Walter Willett, a medical doctor at the Harvard School of Public Health, has written a book, *Eat, Drink and Be Healthy – The Harvard Medical School Guide to Healthy Living* (Simon & Shuster, 2002). In it he explains that the basic difference between bad carbs and good carbs isn't as simple as the traditional understanding of "simple carbohydrates" (sugars) and "complex carbohydrates" (starches).

While the terms "simple" and "complex" have a specific chemical meaning, they don't mean much inside your body. In fact, your digestive system turns white bread, a baked potato, or white rice (all starches and therefore "complex" carbs) into glucose and pumps this sugar into the bloodstream almost as fast as it delivers the sugar in a cocktail of pure glucose. Swift, high spikes in blood sugar are followed by similar surges in insulin. As this insulin forces glucose into muscle and fat cells, blood sugar levels plummet, triggering the unmistakable signals of hunger. To make matters worse, these high levels of blood sugar and insulin surges are now implicated as part of the perilous pathway to heart disease and diabetes. The harmful effects of these rapidly digested carbohydrates are especially serious for people who are overweight.

WHOLE GRAINS
Keystones of a Healthy Diet

"The carbohydrates that should form the keystones of a healthy diet come from WHOLE GRAINS, like brown rice or oats, from foods made with WHOLE GRAINS, like whole-wheat pasta or bread, or from beans. Our body takes longer to digest these carb packages, especially when they are coarsely ground or intact. That means they have a slow, low and steady effect on blood sugar and insulin levels, which protects against heart disease and diabetes. They make you feel full longer and keep you from getting hungry right away. They also give you important fiber plus plenty of vitamins and minerals."

Harvard medical doctor Dr. Walter Willett goes on to describe the two carb building blocks in his Healthy Eating Pyramid. WHOLE-GRAIN good carbs sit prominently as part of the pyramid's foundation, and highly refined, rapidly digested bad carbs (including most desserts) are relegated to the very top.

"For almost 20 years our research team has been one of several groups studying the health effects of foods made from refined and intact grains. The result of this work is compelling. Eating lots of carbs that are quickly digested and absorbed increases levels of blood sugar and insulin, raises levels of triglycerides and lowers levels of HDL cholesterol. Over the long run, these changes lead to cardiovascular disease and diabetes. In contrast, eating WHOLE-GRAIN foods is clearly better for long-term good health and offers protection against diabetes, heart disease, cancer and gastrointestinal problems such as diverticulosis and constipation. Other research around the world points to the same conclusions."

IMPORTANCE OF GLYCEMIC INDEX, GLYCEMIC LOAD

At the heart of the distinction between good carbs and bad carbs is the Glycemic Index, which emerged in the 1990s when researchers at the University of Toronto showed that some foods raised blood sugar faster and higher than others, placing greater demands on the insulin system. The Glycemic Index ranks foods according to how rapidly sugars are released into the bloodstream.

Dr. Willett describes how the index works: The body converts digestible carbs into glucose – sugar that cells use as fuel. When glucose molecules pass from the stomach into the bloodstream, the pancreas releases insulin, a hormone that activates cells to absorb glucose. As muscles, fat and other cells sponge excess glucose from the blood, insulin levels return to normal.

Discovery of the Glycemic Index led to another measurement developed by a team from the Harvard School of Public Health called Glycemic Load. It includes the food's Glycemic Index plus how much carbohydrate the food delivers in one serving. Most fruits, vegetables, beans and WHOLE GRAINS have low Glycemic Loads. However, when fruits are squeezed into juices and WHOLE GRAINS are pulverized into refined flour, they turn into the equivalent of sugar water with very high Glycemic Loads.

WHY DOES A HIGH GLYCEMIC LOAD CAUSE WEIGHT GAIN?

"After a snack or meal with a high Glycemic Load, blood-sugar levels rise higher and faster than after a meal with a low load," Dr. Willett writes. "The insulin needed to stuff all that sugar into muscle and fat cells also blunts the activity of glucagons, a hormone that signals the body to burn stored fuel when blood-sugar levels fall below a certain point. Glucose levels plummet as a result, leaving the brain and other tissues starved for energy. Concentration flags, muscles get shaky and the body perceives an emergency. In search of a quick fix, the gut and brain send out hunger signals long before it's time for another meal. And for those who respond to these signals by downing another high-glycemic snack, the cycle repeats itself. The fluctuating sugar levels and elevated insulin levels lead to excessive snacking – and calories."

WHY DOES THIS EATING PATTERN CAUSE DIABETES?

Again, Dr. Willett: "Foods with high Glycemic Load pose another problem for a growing number of Americans. The tissues of people who are overweight or physically inactive resist insulin's signal to pull in glucose from the blood – a condition known as insulin resistance. This keeps blood sugar at high levels for prolonged periods. It also forces the pancreas to produce extra insulin in order to jam glucose into cells. Overworked insulin-making cells can wear out and cease production, leading ultimately to diabetes."

We don't need to swear off carbs to avoid weight gain and diabetes. The trick, according to Dr. Willett, is to choose foods with low Glycemic Loads. "For example, switch to WHOLE GRAINS. Until the 19th century, humans ate grains either whole or roughly ground. In this form, grains offered a carbohydrate package rich in fiber, healthy fats, vitamins, minerals, plant enzymes and hundreds of nutrients. ... Fortunately, WHOLE GRAINS are making a comeback."

WHOLE GRAINS – STARS IN DISEASE PREVENTION

It is the indigestible fiber and phytochemicals in WHOLE GRAINS that render them stars in disease prevention, Jane Brody writes in *The New York Times*. So, why is fiber such an important player on the good-health team?

"Fill up with fiber," writes Dr. Bob Arnot in his popular book, *Revolutionary Weight Control Program*. "Fiber, derived from plants, is classified as soluble and insoluble. Both types are beneficial. Soluble fibers dissolve in water, and so they soak up liquids. Insoluble fibers do not dissolve in water, though they assist in moving waste through the body.

"FILL UP WITH FIBER"

"Soluble-fiber foods are among your most important weapons against hunger. When water and soluble fiber mix in the gut, the stomach and small intestine expand, sending satiety signals that shut off further eating. That's why the experimental subjects were satisfied with fewer calories when they ate WHOLE-WHEAT BREAD than when they consumed white bread, which has fiber refined out of it."

(Dr. Arnot is referring to a revealing study in which one group was given WHOLE-WHEAT BREAD on one occasion and white bread on another. Both times participants were told to eat until they were full. The group consumed far fewer calories when they ate WHOLE-WHEAT BREAD, and yet were as satisfied as when they ate the greater amount of white bread.)

Dr. Arnot concludes, "The more fiber you load up on early in the day, the more effectively you may kill hunger – and impulse eating – into the evening."

Today, 64 percent of Americans are overweight, and more than 30 percent are obese, according to the FDA. In fact, obesity is gaining on smoking as the leading cause of preventable death.

"It seems clear that a large proportion of the population could benefit from eating more WHOLE GRAIN, and efforts are needed to encourage consumption," according to the American College of Nutrition.

Simin Liu, a Harvard researcher with the Brigham and Women's Hospital in Boston, says, "Americans understand that WHOLE GRAINS are healthier than refined grains, but the average person eats less than one serving of WHOLE GRAINS per day. ... The challenge for the food industry is to make WHOLE-GRAIN products more appealing than refined-grain products." For the rest of us, she suggests, "The challenge is to develop habits to increase WHOLE-GRAIN intake such as substituting WHOLE-WHEAT BREAD for white bread when making a sandwich. Developing such a simple habit may have long-term benefits."

Nicola M. McKeown, Ph.D., adds, "I think people understand the importance of eating fruits and vegetables, but when it comes to WHOLE GRAINS the message has pretty much been lost. This is in part because consumers don't really understand what WHOLE-GRAIN foods are."

To that end, the U.S. Department of Agriculture is poised to launch as part of the 2005 edition of the "Dietary Guidelines for Americans" an intensive effort to increase consumption of whole grains and reduce consumption of enriched grains (those stripped of their nutrients in the production process then "enriched" with required vitamin and mineral supplements – virtually all of the breads, white or otherwise, found on supermarket shelves). The USDA would recommend increases of whole-grain consumption by 275 percent for men and 227 percent for women.

"INCREASE WHOLE-GRAIN INTAKE"

NOBODY DOES WHOLE GRAIN BETTER

Great Harvest Bread Co. understands the magic of WHOLE GRAIN. That's why we're here. We have been the WHOLE-GRAIN headquarters for nearly 30 years. WHOLE GRAINS are our niche, our specialty – they're what we do. We mill WHOLE GRAINS in our store every day, so they're always fresh. The truth is that nobody does WHOLE GRAIN better than Great Harvest.

Let's take a look at our basic building block, the kernel of wheat. This natural miracle is a storehouse of nutrients that people have needed and used for thousands of years – the "staff of life." Each kernel (it takes about a million to fill a bushel basket) has three parts. 1) The endosperm is the largest part with 83 percent of the kernel's mass. This is where starch is stored and where the largest amount of flour comes from. It contains carbs, protein, iron and B-complex vitamins. 2) Bran is the fiber-rich outer layer with about 14.5 percent of the kernel, containing protein and B-complex vitamins. 3) Germ is the nutrient-rich embryo, the sprouting section, that packs abundant B-complex vitamins and trace minerals.

In baking WHOLE-GRAIN BREADS, Great Harvest uses the entire kernel. By contrast, many commercial bread makers, producing highly refined white breads and other breads that pose as "whole wheat" or "multigrain," strip away the bran and germ to make soft, airy breads with a longer shelf life. They bleach the flour, and then add vitamins and minerals to replace the lost nutrients. But many nutrients aren't added, and the lost fiber can't be replaced.

Great Harvest bread is made completely from scratch. Great Harvest's whole grain breads are made using freshly stone-ground flour that we grind from whole wheat kernels in our store daily. The flour in our whole grain breads are never more than 48 hours old, which means that essential nutrients, which begin breaking down over time, are preserved.

Freshly stone-ground 100% whole-wheat flour (from America's best wheat) that's never more than 48 hours old gives Great Harvest bread its exceptionally fresh taste. It also gives Great Harvest bread its satisfying size. Other bakeries use dough conditioners or chemicals to boost loaf volume. At Great Harvest we just use fresh wheat, carefully and stringently selected from the arid high plains of America's best wheat growing regions. That's it. Stone-ground whole wheat – plus proprietary parts of our recipes and baking process – enables most Great Harvest breads to remain fresh 7 to 10 days without preservatives.

At Great Harvest we are all about making the best-tasting, most nutritious whole-grain breads you can find anywhere. We believe that eating our bread can help you lose weight and live a healthier and longer life.

MUSCLE BREAD

As a way of closing, we offer this tip for helping your children understand the difference between "fluff" bread and WHOLE-GRAIN bread. The original idea comes from William Sears, a well-known pediatrician and author from San Clemente, Calif., who dedicated an entire chapter to bread in his *Family Nutrition Book.*

Because parents often complain that their children won't eat anything but white bread, consider taking your kids to the bread aisle at a supermarket. Have them hold a loaf of white bread in one hand and a loaf of Great Harvest WHOLE-GRAIN bread in the other. The WHOLE-GRAIN breads are always much weightier.

Then tell them, in Dr. Sears' words: "The white bread is air bread. WHOLE GRAIN is heavier because it's muscle bread."

We like that... muscle bread.

Here's to your strong muscles and to a long and healthy life from your friends at Great Harvest.

WHOLE GRAINS FOR HEALTHY KIDS!!

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GREAT HARVEST BREAD CO.

706 N. Broadway
Rochester, MN
Hours: 6:30 a.m. – 6:00 p.m., Tues. – Friday
6:30 a.m. – 5:00 p.m. Saturday

Great Harvest Bread Co. is an Equal Opportunity Employer. We do not discriminate on the basis of race, religion, color, sex, age, national origin, or disability.

Date:_____

Name:_____
List Previous, Maiden, or Alias

Telephone # _____daytime _____evening

Current Address:_____

e-mail address _____ Date available to start to work? _____

How did you hear about us?_____Position Desired?_____

How long do you plan on working for us?_____Under 18 years old? Yes No

Highest grade or college completed_____

We are a non-smoking company. Can you work under these conditions? Yes No

Have you been convicted of a felony within the last 7 years? Yes No

If yes, please explain_____

Are you a U.S. Citizen, or do you have a permit which allows you to work? Yes No
(Proof of citizenship or immigration will be required on employment)

Great Harvest jobs may include standing for long periods of time, lifting regularly, stooping & bending frequently, performing repetitive hand motions; and most importantly, smiling and having fun at all times. Can you do these things, with or without accommodations? Please explain necessary accommodations.

The following questions do not have "right" answers but are intended to help us get to know you better. Short answers are OK, use more paper if you want.

Why are you interested in working at Great Harvest Bread Co?

Great Harvest is a very service-oriented business. What does good service mean to you?

Tell us about hobbies, special interests, experiences, or skills (Not necessarily job related). List something that you are particularly proud of.

What type(s) of music do you enjoy? Favorite radio station?

What skills from previous jobs would qualify you for a position at Great Harvest?

What are your goals for the next six to twelve months? Two years? Five years?

What are your preferred working hours and available days and hours? Will your availability change in the next six months?

Give us a couple references (with phone #) who you have known for at least 1 year. Exclude friends or relatives.

Anything else you would like us to know about you?

Employment History

Please tell us about your recent job history starting with the present: (5 years)

Company_____Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back?_____# of days taken off?_____

_____

Company_____Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back?_____# of days taken off?_____

_____

Company_____Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back?_____# of days taken off?_____

Employment Agreement

I certify that the facts contained in this application are true and correct, and I confirm that my omission or misrepresentation of any fact on this application is sufficient reason for Great Harvest to deny me employment. If employed, such an omission or misrepresentation shall be grounds for dismissal. I further authorize investigation of all statements contained herein and contact with references listed. I agree that if an employment relationship is established with Great Harvest, it will be of an "at will" nature. Meaning that I may resign at any time & Great Harvest may dismiss me at any time with or without cause.

Signature_____ Date_____

Q: Some days I am much more active than others. Does that make a difference?
A: Yes! The more physically active you are, the more carbohydrates you use for fuel. In addition, the faster the pace of activity, the more carbohydrates you use.

Q: Can I save all of my carbohydrates for dinner?
A: If you have type 2 diabetes, it's better to distribute your carbohydrates throughout the day. Your body is still making insulin; you are just using it less effectively. Lots of carbohydrates at once will tax your body's ability to clear the blood sugar. Smaller, more frequent amounts of carbohydrates are recommended. If you have type 1 diabetes, the most important point to remember is to match the insulin you take with the amount of carbohydrate at a meal.

Q: So, portion control is the right answer, rather than abstaining from carbohydrates?
A: Yes! Learn how many carbohydrates are right for you, based on your usual dietary intake, your preferences and your blood sugars.

Q: Do whole grain breads have any benefits over breads made with refined white flour?
A: Yes again! Research indicates that whole grains may help with weight loss, and help prevent colon cancer and heart disease. In addition, whole grains naturally provide micronutrients such as the B vitamins, iron and zinc. They also contain phytochemicals, which may be part of the reason they help prevent chronic disease.

DO YOURSELF A FAVOR!

If you have diabetes, consult with a certified diabetes educator or dietitian familiar with your disease. An educator can help design a meal pattern for you that will contain a healthy, balanced diet, which can include delicious and nutritious Great Harvest bread.

Here is an example of a low carbohydrate food plan using Great Harvest bread:

BREAKFAST
- 1 orange
- 1 slice of Nine Grain bread with peanut butter
- Meal total ≈ 42 grams of carbohydrate*

LUNCH
- 2 slices of Honey Whole Wheat with sliced turkey, tomatoes, lettuce, onions and sprouts
- ½ cup carrot sticks with light ranch dip
- Meal total ≈ 42 grams of carbohydrate*

DINNER
- Grilled halibut with carrots and green beans
- Large green salad with oil and vinegar
- Enjoy a handful of granola for dessert
- Meal total ≈ 18 grams of carbohydrate*

*Remember to subtract the grams of fiber from the total grams of carbohydrates.

This brochure has been written with the help of Carla Cox, Ph.D., registered dietitian, certified diabetes educator, and nutrition consultant for Great Harvest Bread Co.

Great Harvest Bread Co.®

I have DIABETES

CAN I EAT Great Harvest BREAD?

Great Harvest Bread Co.®

YOU BET!

DIABETES *is a disease diagnosed when a fasting blood sugar is greater than 126 mg/dl. Pre-diabetes is becoming a more common diagnosis, and is diagnosed when a fasting blood sugar is greater than 110 mg/dl, but less than 126 mg/dl.*

When carbohydrate-rich foods are eaten, blood sugars rise. (Foods rich in carbohydrates include fruit, milk, yogurt, potatoes, rice, whole grain breads and desserts.) In an individual with diabetes, high carbohydrate diets can overwhelm the body's ability to move sugar from the blood stream into tissues where it is used to help perform the work of the cell. Some people can have high blood sugars even with a low carbohydrate diet, because the body can make glucose even without carbohydrates. Chronically high blood sugars can damage the heart, kidney, eyes and nerves, so they need to be treated.

What complicates the food recommendations for an individual with diabetes is that everyone needs some carbohydrates. Carbohydrates are used by the brain and are important in the function of the working muscle, particularly when the work is intense (lifting, running, sprinting).

COMMON QUESTIONS FROM PEOPLE DIAGNOSED WITH DIABETES:

Q: How many carbohydrates can I eat?
A: Since each person is unique, that question is best answered by a certified diabetes educator or dietitian that frequently works with individuals diagnosed with diabetes. However, here are some general guidelines:

If you have type 2 diabetes or pre-diabetes:

- *Everyone should obtain at least 100 grams of carbohydrates per day.*
- *Individuals who are younger, more active or male, should consume more carbohydrates per meal. It may be appropriate for some to eat 60g-75g or more carbohydrates per meal! (And a slice of Great Harvest bread can certainly fit here... read on.)*
- *A small, older female who is not very active would need the least number of carbohydrates per meal (30g for breakfast, 30g for lunch and 40g for dinner would be a good estimate).*

If you have type 1 diabetes or are taking insulin at each meal:

- *Your insulin should be matched to the amount of carbohydrate you are eating at each meal and snack. Talk to your diabetes educator about using a scale of units of insulin to grams of carbohydrate.*

Q: How many grams of carbohydrates are in a slice of Great Harvest bread?
A: Since the size and shape of the loaves vary, ask for a handout that lists all the breads made at Great Harvest Bread Company, and the quantity of carbohydrates per serving. A typical slice of Great Harvest bread weighs 45g - 50g (that is a little more than 1.5 ounces). You'll need a small scale at home to be really accurate! (One slice of store bought bread is usually 30g by weight and contains 12g-15g of carbo-hydrates; a bagel may be as many as 150g by weight and contain 72g of carbohydrates.) Some examples are:

[Bread Variety]	[Carbohydrates]	[Fiber]
Honey Whole Wheat	22g	3g
Cranberry Orange	25g	3g
Nine Grain	23g	3g
Flax Oat Bran	21g	4g
Raisin Whole Wheat	24g	3g
High 5 Fiber	21g	5g

PER 50-GRAM SERVING SIZE

Carbohydrates (grams) - Fiber (grams) = Total Carbohydrates

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N, Broadway
Rochester MN 55906
507-286-1101
www.greatharvestrochester.com

MONDAY-FRIDAY 6:30AM-6:00PM, SATURDAY 6:30AM-5:00PM, CLOSED SUNDAY

Change Your Loaf FOREVER!

Sink your teeth into a slice of this delicious & festive summer bread! Loaded with dried cranberries, wild blueberries, white chocolate chips and a splash of vanilla! This bread is bound to spark your taste buds. We'll be baking Red, White & Blueberry bread throughout July!

JULY *Breads*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/berries · Cinnamon Chip White
Potato Fennel Thyme · Red, White, & Blueberry

TUESDAY
Dakota · Cinnamon Chip Wheat · Cheddar Garlic · Cranberry Orange
Mexican Chocolate

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat
Red, White, & Blueberry

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta · Bacon Cheddar Beer
Sourdough:(available after 1pm)
July 6 - 3 Cheese
July 13 - Plain ol White
July 20 - Sundried Tomato
July 27 - Whole Grain White

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar
Anadama (loaves & buns) · Red, White, & Blueberry

SATURDAY
Cinnamon Chip White · Apple Cinnamon Swirl · Rosemary Garlic

JULY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Turtle Cookie

WEDNESDAY
Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Raisin Cookie
Vanilla Almond Scone

THURSDAY
Mocha Chip Scone · Lemon Poppy Muffin · Snickerdoodles

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin · Monster Cookie · Cinnamon Rolls

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

HONEY BUNNIES

EASTER SCHEDULE (APRIL 13-15)

Honey Whole Wheat, Old Fashioned White, Challah, Cinnamon Chip White, Light Wheat Virginia Rolls, Basil Oregano Virginia Rolls, Easter Ambrosia, Hot Cross Buns, Bunnies.

Accepting orders for Bunnies only!

$2 of each BUNNY sold goes to Paws & Claws.

APRIL *Hop on down and see what's baking today*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

THURSDAY (APRIL 13 WILL FOLLOW EASTER SCHEDULE)
9 Grain · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
April 6 - Whole Grain White April 13 - NO Sourdough
April 20 - White April 27 - Jalapeno Cheddar

FRIDAY (APRIL 14 WILL FOLLOW EASTER SCHEDULE)
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Apple Cinnamon Swirl
Chipotle Cheddar

SATURDAY (APRIL 15 WILL FOLLOW EASTER SCHEDULE)
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

Easter Schedule (April 13-15) Thursday - Saturday
Honey Whole Wheat, Old Fashioned White, Challah, Cinnamon Chip White, Light Wheat Virginia Rolls, Basil Oregano Virginia Rolls, Easter Ambrosia, Hot Cross Buns, Bunnies.

APRIL *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Maple Nut Goodie Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin
Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Butterscotch Muffin · Double Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Maple Muffin · Turtle Cookie · Cinnamon Roll

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www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

The Freshest **WHOLE GRAIN** Breads

April means that Spring is in the air at Great Harvest! Shower yourself with our fresh and delicious Wednesday Specials all month long:

April 4
Blueberry Cheesecake Swirl

April 11
Caraway Rye

April 18
Mexican Chocolate

April 25
Brioche

APRIL *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic
Wednesday Special (see left)

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Blueberry Lemon
Sourdough (available after 1PM)
April 5 - Whole Grain White
April 12 - Cranberry Walnut
April 19 - White
April 26 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

APRIL *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Maple Nut Goodie Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin
Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Berry Cream Cheese Scone · Blueberry Muffin · Double Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin & Coffee Cake · Turtle Cookie
Cinnamon Roll

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MONDAY-FRIDAY 6:30AM-6:00PM, SATURDAY 6:30AM-5:00PM, CLOSED SUNDAY

Bread.
The way it *ought* to be.

Why we get up at 3:00 AM

Every morning we get up early knowing we are keeping our promise to deliver you fresh, healthy, real, great tasting whole grain breads and sweets.

We could sleep in if we used pre-made bread dough or frozen par baked cookies, muffins, scones, and other sweet treats; but we don't and won't.

We know you have many bread choices and truly appreciate that you make that extra stop at Great Harvest Bread Co. Thank you for supporting your local neighborhood bakery!

AUGUST *Your Local Whole Grain Headquarters!*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/ berries · Cinnamon Chip White · Blueberry Lemon
Green Chili Cheddar

TUESDAY
Cranberry Orange · Dakota · Cinnamon Chip Wheat · Cheddar Garlic

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat · Blueberry Lemon

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta
Sourdough (available after 1PM)
Aug 4 - White
Aug 11 - Sundried Tomato
Aug 18 - Jalapeno Cheddar
Aug 25 - Cranberry Walnut

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar
Blueberry Lemon

SATURDAY
Rosemary Garlic · Apple Cinnamon Swirl · Cinnamon Chip White

AUGUST *Sweet Spot!*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Triple Chocolate Scone · Pumpkin Chocolate Chip Muffin & Bread · Jumble Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Milk Chocolate Peanut Butter Cookie

WEDNESDAY
Lemon Poppy Scone · Pumpkin Chocolate Chip Muffin & Bread · Turtle Cookie

THURSDAY
Mocha Chip Scone · Vegan Berry Bran Muffin · Maple Nut Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Triple Chocolate Scone · Vegan Berry Bran Muffin · Monster Cookie
Cinnamon Rolls

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Bread.
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Every morning we get up early knowing we are keeping our promise to deliver you fresh, healthy, real, great-tasting whole-grain breads and sweets.

We could sleep in if we used pre-made bread dough or frozen par-baked cookies, muffins, scones, and other sweet treats; but we don't and won't.

We know you have many bread choices and truly appreciate that you make that extra stop at Great Harvest Bread Co. Thank you for supporting your local neighborhood bakery!

AUGUST *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · Cinnamon Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Peanut Butter Chocolate Chip · Garden Wheat

THURSDAY
Cinnamon Chip White · 9 Grain · Spinach Feta
Sourdough (available after 1pm)
Aug 3 - Whole Grain White Aug 10 - Jalapeno Cheddar
Aug 17 - Cranberry Walnut Aug 24 - 3 Cheese Aug 31 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Pepperoni Bread
Bacon Cheddar Beer · High 5 Fiber · Anadama (loaves & buns)

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

AUGUST *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Berry Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Jumble Cookie · Cinnamon Twists

WEDNESDAY
Lemon Poppy Scone · Pumpkin Chocolate Chip Muffin & Bread
Milk Chocolate Peanut Butter Cookie

THURSDAY
Mocha Chip Scone · Butterscotch Muffin · Cinnamon Twists · Maple Nut Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Triple Chocolate Scone · Butterscotch Muffin · Turtle Cookie
Cinnamon Roll · Cinnamon Twists

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Change Your Loaf FOREVER!

Sink your teeth into a slice of this delicious & festive summer bread! Loaded with dried cranberries, wild blueberries, white chocolate chips and a splash of vanilla! This bread is bound to spark your taste buds. We l be baking Red, White & Blueberry bread throughout July!

JULY *Breads*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/berries · Cinnamon Chip White · Red Pepper Swiss · Red, White, & Blueberry

TUESDAY
Dakota · Cinnamon Chip Wheat · Cheddar Garlic · Cranberry Orange · Onion Dill Rye

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat · Red, White, & Blueberry

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta · Onion Dill Rye
Sourdough:(available after 1pm)
July 7 - Jalapeno Cheddar *July 14 - Cranberry Walnut*
July 21 - Whole Grain White *July 28 - Jalapeno Cheddar*

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar · Red, White, & Blueberry

SATURDAY
Cinnamon Chip White · Apple Cinnamon Swirl · Rosemary Garlic

JULY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Caramel Cookie

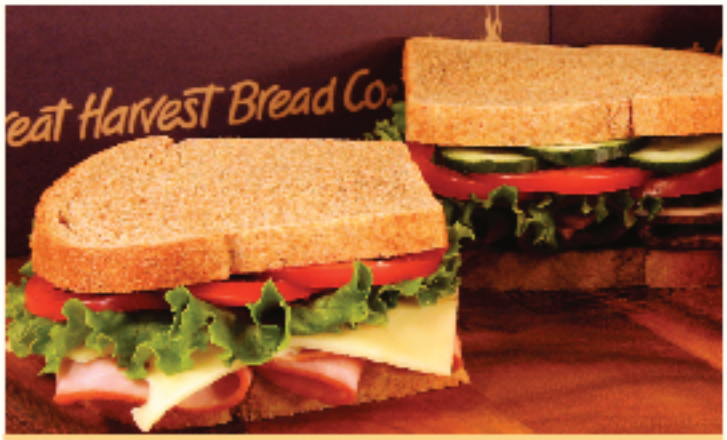
TUESDAY
Caramel Apple Scone · Blueberry Muffin · Turtle Cookie

WEDNESDAY
Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Raisin Cookie · Maple Oatmeal Scone

THURSDAY
Mocha Chip Scone · Lemon Poppy Muffin · Snickerdoodles

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Walnut Chocolate Chip Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin · Snickerdoodles · Cinnamon Rolls



Fresh from our Bakery

Bakery Box Lunch

$7.99, Classic Sandwich

$8.99, Signature Sandwich

Individual box lunches including your choice of sandwich made on fresh baked bread, chips, a pickle and a giant Great Harvest cookie.

Sandwiches feature our famous 100% whole grain Honey Whole Wheat bread made with 5 simple ingredients: wheat, water, honey, yeast and salt.

Classic Sandwiches:
Ham & Swiss, Turkey Swiss, and Roast Beef & Provolone.

Signature Sandwiches:
Harvest veggie, Pepper Blue Roast Beef, California Cobb, Chicken Salad and Tuna Salad.

Add $1.00 for individual boxes (rather than bags).

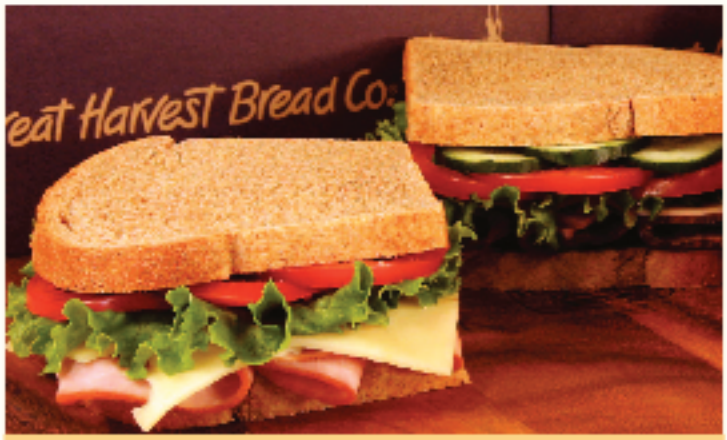
Sandwich Platter

6 Classic Sandwich Platter...$33
6 Signature Sandwich Platter...$39
12 Classic Sandwich Platter...$65
12 Signature Sandwich Platter...$77

Sandwiches platters are a great option for offering a variety of choices. Sandwiches are halved. Mayo and mustard packets are included.

Larger sandwich orders are available upon request.

Great Harvest Bread Co.



Fresh from our Bakery

Bakery Box Lunch

$7.99, Classic Sandwich

$8.99, Signature Sandwich

Individual box lunches including your choice of sandwich made on fresh baked bread, chips, a pickle and a giant Great Harvest cookie.

Sandwiches feature our famous 100% whole grain Honey Whole Wheat bread made with 5 simple ingredients: wheat, water, honey, yeast and salt.

Classic Sandwiches:
Ham & Swiss, Turkey Swiss, and Roast Beef & Provolone.

Signature Sandwiches:
Harvest veggie, Pepper Blue Roast Beef, California Cobb, Chicken Salad and Tuna Salad.

Add $1.00 for individual boxes (rather than bags).

Sandwich Platter

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6 Signature Sandwich Platter...$39
12 Classic Sandwich Platter...$65
12 Signature Sandwich Platter...$77

Sandwiches platters are a great option for offering a variety of choices. Sandwiches are halved. Mayo and mustard packets are included.

Larger sandwich orders are available upon request.

Great Harvest Bread Co.

Salad
$40
Add chicken for $7.50

A fresh mix of spinach and spring mix lettuce with wedges of tomatoes, sliced onions, craisins, sliced almonds, strawberries, feta cheese, croutons and a light raspberry vinaigrette dressing.

Soup
$12
Choose from a variety of soups including our Chicken & Noodle, Stuffed Green Pepper with Beef, Cheddar Broccoli, and many more. Each soup (32oz) order includes freshly baked rolls. Ideal for groups up to 4.

The Great Big Cookie Box
$17.00, Bakers dozen
Choose from chocolate chip, snickerdoodle, peanut butter chocolate chip, dillon, and more. Varieties change daily.

Sweets Spot
Large...$60 (25 item assortment)
Small...$33 (15 item assortment)
These boxes include an assortment of muffins, bars and scones. The large box also includes a fresh sliced batter bread.

To order, call Sam or Steph at (918) 878-7878
or visit us at:
5203 S Sheridan Road, Tulsa, OK 74145
Mon-Fri 7am-6pm
Sat 7am-4pm

1. Order 24 hours in advance to ensure availability.
2. We gladly deliver. Prices vary according to distance. Please check with us regarding your location.
3. Payment to be made at time of order. We gladly accept Visa, Discover, Mastercard and American Express.

Great Harvest Bread Co.

www.tulsaok.greatharvestbread.com

Salad
$40
Add chicken for $7.50

A fresh mix of spinach and spring mix lettuce with wedges of tomatoes, sliced onions, craisins, sliced almonds, strawberries, feta cheese, croutons and a light raspberry vinaigrette dressing.

Soup
$12
Choose from a variety of soups including our Chicken & Noodle, Stuffed Green Pepper with Beef, Cheddar Broccoli, and many more. Each soup (32oz) order includes freshly baked rolls. Ideal for groups up to 4.

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$17.00, Bakers dozen
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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Made From Scratch

Give AND Be Merry!

MERRY BERRY!
Cranberries and White Chocolate packed into a sweet, white bread will make you very merry! Available every day in December.

Holiday Hours:
Open Christmas Eve & New Year's Eve
6:30 - 3:00 pm

Rolls! Rolls! Rolls!
Dec 21 - 24
We will make lots of rolls in addition to scheduled breads. Also - Finnish Pulla, Light Wheat Virginia Rolls & Basil Oregano Virginia Rolls.

Sorry - No orders
Dec 21 - 24

DECEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah · Merry Berry

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · Merry Berry

TUESDAY
Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Mexican Chocolate · Merry Berry

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Merry Berry

THURSDAY
9 Grain · Cinnamon Chip White · Rosemary Garlic · Merry Berry
Sourdough (available after 1PM)
Dec 1 - Cranberry Walnut Dec 8 - White
Dec 15 - Jalapeno Cheddar Dec 22 - Cranberry Walnut
Dec 29 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Butterscotch Delight · Merry Berry

SATURDAY
Cinnamon Chip White · White Rosemary Garlic · Apple Cinnamon Swirl · Merry Berry

Christmas WEEK (Wednesday - Saturday)
Honey Whole Wheat (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Basil Oregano Virginia Rolls,
Light Wheat Virginia Rolls, & Finnish Pulla

DECEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Oatmeal Chocolate Chip Cookies
Savannah Bars · Ginger Cookies

MONDAY
Egg Nog Scone · Christmas Cookie · Pumpkin Choc Chip Muffin & Bread

TUESDAY
Cinnamon Chip Cream Cheese Scone · Chocolate Mint Cookie · Blueberry Muffin

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie · Raspberry White Chocolate Muffin

THURSDAY
Egg Nog Scone · Snickerdoodle Cookie · Pumpkin Choc Chip Muffin & Bread

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Chocolate Muffin
Cinnamon Rolls

SATURDAY
Egg Nog Scone · Christmas Cookie · Raspberry White Chocolate Muffin
Cinnamon Rolls

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Made from scratch

Give AND Be Merry!

MERRY BERRY!
Cranberries and White Chocolate packed into a sweet, white bread will make you very merry! Available every day in December.

Holiday Hours:
Open Christmas Eve
6:30 - 3:00 pm
Closed Dec 25 - 26 &
Dec 31 - Jan 2

Rolls! Rolls! Rolls!
Dec 20 - 24
We will make lots of rolls in addition to scheduled breads. Also - Finnish Pulla, Light Wheat Virginia Rolls & Basil Oregano Virginia Rolls.

Sorry - No orders
Dec 20 - 24

DECEMBER Bread Schedule

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · Merry Berry

TUESDAY
Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Mexican Chocolate · Merry Berry

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Merry Berry

THURSDAY
9 Grain · Cinnamon Chip White · Rosemary Garlic · Merry Berry
Sourdough (available after 1PM)
Dec 7 - Cranberry Walnut Dec 14 - Jalapeno Cheddar
Dec 21 - Cranberry Walnut Dec 29 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Butterscotch Delight · Merry Berry

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl · Merry Berry

Christmas WEEK (Wednesday - Sunday)
Honey Whole Wheat (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Finnish Pulla,
Basil Oregano Virginia Rolls, & Light Wheat Virginia Rolls

DECEMBER Sweet Spot

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Ginger Cookie

MONDAY
Egg Nog Scone · Christmas Cookie · Pumpkin Choc Chip Muffin & Bread

TUESDAY
Cinnamon Chip Cream Cheese Scone · Chocolate Mint Cookie · Blueberry Muffin

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie · Raspberry White Chocolate Muffin

THURSDAY
Egg Nog Scone · Snickerdoodle Cookie · Pumpkin Choc Chip Muffin & Bread

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Chocolate Muffin
Cinnamon Roll

SATURDAY
Egg Nog Scone · Christmas Cookie · Raspberry White Chocolate Muffin
Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

White CHOCOLATE CHERRY Swirl

Chocolate Lovers Rejoice!

Every February we celebrate chocolate big time, and not just for Valentine's Day. Enjoy specialty chocolate treats all month!

Fun Fact

Did you know chocolate stimulates endorphins (which make us happy!) and contains serotonin (which acts as an antidepressant). The Harvard School of Public Health said that a person who eats chocolate up to 3 times per month lives almost a year longer. So eat up without the guilt!

FEBRUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · White Chocolate Cherry Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Blueberry Cheesecake Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · White Chocolate Cherry Swirl
Flax Oatbran · Potato Fennel Thyme

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate Sourdough (available after 1PM)
Feb 2 - White Feb 9 - Cranberry Walnut
Feb 16 - 3 Cheese Feb 23 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Peanut Butter Chocolate Chip
Chipotle Cheddar · White Chocolate Cherry Swirl · High 5 Fiber

SATURDAY
Cinnamon Chip White · Potato Fennel Thyme · White Chocolate Cherry Swirl

FEBRUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Chocolate Bliss Cookie

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Chocolate Cherry Scone · Red Velvet Cupcake · Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Chocolate Cappuccino Muffin · Peanut Butter M & M Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Chocolate Cherry Scone · Raspberry Chocolate Muffin · Turtle Cookie · Cinnamon Roll

HANDCRAFTED EVERY DAY AT:

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706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

White CHOCOLATE CHERRY Swirl

Chocolate Lovers Rejoice!

Every February we celebrate chocolate big time, and not just for Valentine's Day. Enjoy specialty chocolate treats all month!

Fun Fact

Did you know chocolate stimulates endorphins (which make us happy!) and contains serotonin (which acts as an antidepressant). The Harvard School of Public Health said that a person who eats chocolate up to 3 times per month lives almost a year longer. So eat up without the guilt!

FEBRUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · White Chocolate Cherry Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Blueberry Cheesecake Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · White Chocolate Cherry Swirl
Flax Oatbran · Potato Fennel Thyme

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate
White Sourdough (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Peanut Butter Chocolate Chip
Chipotle Cheddar · White Chocolate Cherry Swirl · High 5 Fiber

SATURDAY
Cinnamon Chip White · Rosemary Garlic · White Chocolate Cherry Swirl

FEBRUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Chocolate Bliss Cookie

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Chocolate Cherry Scone · Red Velvet Cupcake · Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Chocolate Cappuccino Muffin · Peanut Butter M & M Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Chocolate Cherry Scone · Raspberry Chocolate Muffin · Turtle Cookie · Cinnamon Roll

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
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Rochester MN 55906
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Flax Oatbran · Potato Fennel Thyme

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate
Sourdough (available after 1PM)
Feb 2 - White Feb 9 - Cranberry Walnut
Feb 16 - 3 Cheese Feb 23 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Peanut Butter Chocolate Chip
Chipotle Cheddar · White Chocolate Cherry Swirl · High 5 Fiber

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Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Chocolate Cherry Scone · Raspberry Chocolate Muffin · Turtle Cookie · Cinnamon Roll

FRESH MADE SANDWICHES

Premium Great Harvest bread combined with select fresh ingredients make a delicious and wholesome sandwich. Come in and let us make one fresh for you!

Ham and Swiss
Turkey and Swiss
Roast Beef and Provolone
Veggie Three-Seed Hummus
Baja Chipotle Turkey
Chimichurri Roast Beef
The Italian
Big Sky Chicken Salad
Peanut Butter & Jelly

- Special -

Ham and Brie

Refer to our sandwich menu for full description of our delicious sandwich options served daily from 11 a.m. - 2 p.m.

Hot Fresh Bread Handcrafted Every Day!

September & October Bread and Sweets Menu

EVERY DAY BREAD
Honey Whole Wheat, Harvest White, Cinnamon Chip, and Savory Biscuits

MONDAY, WEDNESDAY & FRIDAY BREAD
Dakota, Hummus, and Bacon Cheddar Beer - Made with locally-brewed beer!

TUESDAY, THURSDAY, & SATURDAY BREADS
Anadama, Cheddar Garlic and Oregon Herb

MONDAY, WEDNESDAY & FRIDAY SWEETS TREATS
Dillon Cookie, Salted Caramel Cookie, Berry Cream Cheese Scone, Pumpkin Chocolate Chip Muffin and Batter Bread, Savannah Bars, and Brownies

TUESDAY, THURSDAY & SATURDAY SWEET TREATS
Oatmeal Raisin Cookie, Chocolate Chip Hazelnut Scone, Pumpkin Chocolate Chip Muffin and Batter Bread, and Savannah Bar

ADDITIONAL PRODUCTS OFFERINGS
Chocolate Chip Cookie Mix, Pancake Mix, Groovy Granola, 9 Grain Hot Cereal, Cinnamon Raisin Oatmeal Cereal Mix, Corn Bread Mix, Harvest Bars, and Dog Treats

Offering fresh brewed coffee from our local coffee guys!

1234 My Street, City, State 55555
406-123-1234
www.MyWebsite.com
www.Facebook.com/myGreatHarvestBread

Hours: M - F: 7 a.m. to 6 p.m. and Sat: 7 a.m. to 5 p.m.

GREAT HARVEST BREAD Co.
JOB APPLICATION

Name:_____ Date:_____

Address:_____
Street city/state zip

Phone #: _____ Best time to call: _____

Under 18 years old?_____ If in school, what year? _____

Hours per week desired (list minimum needed and max.) _____

If part-time, list available hours from 4am to 7pm and days from Monday to Sunday:

_____
_____
_____

Will your availability listed above change in the next 6 months?_____

How long do you plan on working for us? _____

Highest grade completed/ years of college/ degrees earned: _____

Have you ever been convicted of a crime? ____ (if yes, date, place & nature)

Please answer the following: (Use back of application for your answers)

1. Give us your 2 best work-related references (like previous employers) and phone #'s.
2. List a brief job history. Include supervisors' names, dates employed and reason for leaving.
3. Why did you choose to apply at Great Harvest?
4. Great Harvest is a very service-oriented business. What does good service mean to you?
5. Great Harvest is a high-volume business with a workday that can be long and stress-filled. What makes you believe you can perform well and excel under these working conditions?

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Apple Cherry Pecan	140	2.5	0	0	0	290	26	3	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (ingredient components may vary), Honey, Dried Apples (Ingredient components may vary), Pecans, Eggs, Yeast, Salt. CONTAINS: WHEAT, PECANS, SOY, AND EGG.
Apple Cinnamon Walnut	140	2	0	0	0	270	27	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Walnuts, Yeast, Salt, Eggs, Apple Juice (Ingredient components may vary), Ground Cinnamon. CONTAINS: WHEAT, WALNUTS, SOY, AND EGG
Apple Crunch	130	2g	1	0	10	290	23	4	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Apples, Honey, Brown Sugar, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, SOY, AND EGG
Apple Crunch Blend	130	2	1	0	10	290	24	3	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Enriched White Flour (Ingredient components may vary), Apples, Honey, Brown Sugar, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, SOY, AND EGG
Apricot Almond	140	2	0	0	0	310	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Apricots (Ingredient components may vary), Honey, Almonds, Yeast, Salt, Eggs. CONTAINS: WHEAT, ALMONDS, SOY, AND EGG
Asiago Pesto	160	6	1.5	0	10	440	22	1	2	5	Enriched White Flour (ingredient components may vary), Water, Pesto Sauce (ingredient components may vary), Asiago Cheese (ingredient components may vary), Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic, Dried Onion. CONTAINS: WHEAT, SOY, MILK, EGG, PINE NUTS
Bacon Cheddar Beer	150	4	2	0	20	320	21	3	5	7	Fresh Ground 100% Whole Wheat Flour, Beer, ale, Cheddar Cheese (Ingredient components may vary), Honey, Bacon, cooked, Yeast, Eggs, Kosher Salt, Salt, Dried Onion, Dried Garlic, Black Pepper, Chives. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Breakfast Blast	140	1.5	0	0	0	210	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dates, Rolled Oats, Cinnamon Chips (Ingredient components may vary), Yeast, Eggs, Salt, Ground Cinnamon. CONTAINS: WHEAT, SOY, EGG, AND MILK
Burley Bread	140	2	0	0	0	300	26	4	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Sunflower Seeds, Cracked Rye, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
Caraway Rye	130	0.5	0	0	0	300	25	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Dark Rye Flour, Honey, Yeast, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Carrot Poppyseed	120	1	0	0	0	290	22	4	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Carrots, Honey, Applesauce (Ingredient components may vary), Yeast, Orange, Poppy Seeds, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, SOY, AND EGG
Challah	140	1.5	0	0	20	240	26	3	4	5	Enriched White Flour (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Sesame Seeds, Yeast, Salt. CONTAINS: WHEAT, EGGS, AND SOY.
Cheddar Garlic	160	4.5	2.5	0	15	370	23	1	4	6	Enriched White Flour (Ingredient components may vary), Water, Cheddar Cheese (ingredient components may vary), Honey, Yeast, Salt, Eggs, Sesame Seeds, Dried Onion, Dried Garlic, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Cherry Apple Berry	130	0.5	0	0	0	280	27	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Cherries (Ingredient components may vary), Dried Blueberries (Ingredient components may vary), Dried Apples (Ingredient components may vary), Yeast, Blueberries, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Cherry Walnut	140	2	0	0	5	270	26	3	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (Ingredient components may vary), Honey, Walnuts, Yeast, Eggs, Salt. CONTAINS: WHEAT, WALNUTS, EGGS, AND SOY
Cinnamon Chip	170	3	0.5	0	0	340	32	1	11	3	Enriched White Flour (Ingredient components may vary), Water, Cinnamon Chips (Ingredient components may vary), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, MILK, SOY AND EGG
Cinnamon Chip (100% Whole Wheat)	150	3	0.5	0	0	270	28	3	10	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Cinnamon Chips (Ingredient components may vary), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, SOY, MILK AND EGG.
Cinnamon Raisin Walnut	140	2	0	0	0	310	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Walnuts, Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS:WHEAT, SOY, AND EGG
Cinnamon Swirl	160	2.5	1.5	0	5	220	29	4	12	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Honey, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon. CONTAINS :WHEAT, MILK, SOY AND EGG

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BREAD NUTRITION

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Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Corn Bread	140	2.5	1	0	5	270	28	1	4	3	Enriched White Flour (Ingredient components may vary), Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Butter (Milk), Yeast, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
Corn Bread (100% Whole Wheat)	140	2.5	1	0	5	270	26	3	4	4	: Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Butter (Milk), Yeast, Salt, Eggs. CONTAINS:WHEAT, MILK, SOY, AND EGG
Jalapeno Corn Bread	140	2	1	0	5	270	26	1	4	3	Enriched White Flour (Ingredient components may vary), Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Peppers, Butter (Milk), Yeast, Chile Peppers, jalapenos, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
Jalapeno Corn Bread (100% Whole Wheat)	140	2.5	1	0	5	270	24	3	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Peppers, Butter (Milk), Yeast, Chile Peppers, jalapenos, Salt, Eggs. CONTAINS:WHEAT, MILK, SOY, AND EGG
Country	120	0.5	0	0	0	340	23	4	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Cracked Pepper Swiss	140	3	1.5	0	10	280	22	4	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Swiss Cheese (Ingredient components may vary), Honey, Eggs, Yeast, Salt, Black Pepper, Cayenne Pepper, Oregano, Basil, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Cranberry Orange	130	0.5	0	0	0	280	27	4	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cranberries (Ingredient components may vary), Honey, Yeast, Salt, Eggs, Orange Peel. CONTAINS: WHEAT, SOY, AND EGG
Dakota	150	4	0	0	0	270	23	4	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs. CONTAINS: WHEAT, SOY AND EGG
Finnish Pulla	160	4.5	2.5	0	35	140	26	1	5	4	Enriched White Flour (Ingredient components may vary), Milk, Eggs, Honey, Butter (Milk), Water, Yeast, Natural Sugar, Salt, Cardamom. CONTAINS: WHEAT, MILK, SOY, AND EGG
Flax Oatbran	130	3.5	0	0	0	330	22	4	6	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Oat Bran, Pecans, Flax Meal, Yeast, Rolled Oats, Salt, Eggs, Flax Seeds. CONTAINS:WHEAT, PECANS, SOY, AND EGG
Focaccia	140	1.5	0	0	0	380	29	1	5	4	Enriched White Flour (Ingredient components may vary), Water, Honey, Yeast, Salt, Olive Oil, Oregano, Basil. CONTAINS: WHEAT AND SOY
Golden Wheat, Apple, Cinnamon Chip, Walnut	140	2.5	0	0	0	290	26	3	8	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Cinnamon Chips (Ingredient components may vary), Dried Apples (Ingredient components may vary), Walnuts, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, WALNUTS AND EGG
Golden Wheat Chocolate Cherry Swirl	150	2.5	1	0	5	240	30	3	8	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Dried Cherries (Ingredient components may vary), Honey, Chocolate Chips (Ingredient components may vary), Brown Sugar, Butter (Milk), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Harvest Buckwheat Brown Rice	140	4.5	2	0	35	90	22	2	6	3	Water, Cultured Buttermilk (Ingredient components may vary), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Yeast, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
Harvest Buckwheat Brown Rice Bread Dakota	140	6	1.5	0	25	75	19	2	5	4	Water, Cultured Buttermilk (Ingredient components may vary), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Sunflower Seeds, Pumpkin Seeds, Yeast, Millet, Sesame Seeds, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
Harvest Buckwheat Brown Rice Bread Cinnamon Chip	160	6	2	0	25	80	25	2	9	3	Water, Cultured Buttermilk (Ingredient components may vary), Cinnamon Chips (Ingredient components may vary), Honey, Brown Rice Flour, Eggs, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Yeast, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
Hearty Caraway Rye	130	0.5	0	0	0	310	26	4	2	5	Water, Fresh Ground 100% Whole Wheat Flour, Rye Flour (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Molasses, Yeast, Salt, Eggs, Caraway Seeds. CONTAINS: WHEAT, SOY, AND EGG
High 5 Fiber	140	3	0	0	0	230	23	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS:WHEAT, SOY, AND EGG.
High Five Fiber with Blueberries	140	2.5	0	0	0	200	25	5	7	5	Water, Fresh Ground 100% Whole Wheat Flour, Dried Blueberries (Ingredient components may vary), Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS: WHEAT, EGGS, AND SOY

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High Country Crunch	150	5	0.5	0	0	230	22	4	4	5	Water, Fresh Ground 100% Whole Wheat Flour, Semolina Flour, Sunflower Seeds, Honey, Millet, Pecans, Flax Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, PECANS, SOY, AND EGG
High Fiber Apple, Cinnamon Chip, Walnut	140	2	0	0	0	280	26	5	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Cinnamon Chips (Ingredient components may vary), Walnuts, Maltodextrin (Dietary Fiber), Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, EGGS, AND WALNUTS.
High Fiber Tuscan Herb	140	0.5	0	0	0	210	26	5	4	6	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Honey, Water, Yeast, Maltodextrin (Dietary Fiber), Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Honey Whole Wheat	130	0.5	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Irish Baked Potato	150	2	1	0	5	440	28	1	4	4	Enriched White Flour (Ingredient components may vary), Water, Dehydrated Potatoes (Ingredient components may vary), Honey, Butter (Milk), Yeast, Garlic (Ingredient components may vary), Salt, Eggs, Cheddar Cheese (Ingredient components may vary), Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGG
Irish Soda Bread	130	0.5	0	0	5	180	27	2	9	4	Cultured Buttermilk (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Eggs, Salt, Baking Powder (Ingredient components may vary), Baking Soda. CONTAINS: WHEAT, SOY, EGG, AND MILK
Italian Herb Focaccia	150	2.5	0	0	0	290	27	1	2	4	Enriched White Flour (Ingredient components may vary), Water, Olive Oil, Honey, Salt, Yeast, Oregano, Basil, Dried Garlic, Black Pepper, Parsley. CONTAINS: WHEAT AND SOY.
Merry Berry	130	0.5	0	0	0	290	27	3	9	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Golden Raisins (Ingredient components may vary), Dried Cherries (Ingredient components may vary), Dried Blueberries (Ingredient components may vary), Yeast, Salt, Coconut (Ingredient components may vary), Eggs. CONTAINS: WHEAT, EGGS, COCONUT, AND SOY.
Nine Grain	130	0.5	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Nine Grain Mix (Ingredient components may vary), Yeast, Salt, Eggs. CONTAINS: WHEAT AND EGG
Oatmeal Poppyseed	130	1	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Yeast, Poppy Seeds, Salt, Eggs. CONTAINS:WHEAT, SOY, AND EGG
Onion Dill Rye	130	0.5	0	0	0	320	25	3	6	4	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Enriched White Flour (Ingredient components may vary), Rye Flour, Yeast, Salt, Eggs, Dried Onion, Dill, Poppy Seeds, Sesame Seeds. CONTAINS: WHEAT, SOY, AND EGG
Panza	130	3	1	0	5	590	22	2	4	5	Enriched White Flour (Ingredient components may vary), Water, Fresh Ground 100% Whole Wheat Flour, Calamata Olives (Ingredient components may vary), Parmesan Cheese (Ingredient components may vary), Honey, Sun Dried Tomatoes (Ingredient components may vary), Yeast, Salt, Eggs, Oregano, Basil, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Peanut Butter Chocolate Chip	180	6	1.5	0	0	300	27	2	8	5	Enriched White Flour (Ingredient components may vary), Water, Natural Peanut Butter (Ingredient components may vary), Chocolate Chips (Ingredient components may vary), Honey, Yeast, Salt, Eggs. CONTAINS:WHEAT, PEANUTS, SOY, MILK AND EGGS
Pecan Swirl	190	7	2	0	5	190	27	4	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Pecans, Honey, Butter (Milk), Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS: WHEAT, PECANS, MILK, EGGS, AND SOY.
Pizza Bread	140	4.5	1.5	0	15	450	19	2	4	7	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Mozzarella Cheese (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Water, Pepperoni (Ingredient components may vary), Honey, Eggs, Yeast, Salt, Dried Onion, Parsley, Oregano, Basil. CONTAINS: WHEAT, MILK, SOY, AND EGG
Popeye	120	1	0.5	0	5	370	22	2	4	5	Enriched White Flour (Ingredient components may vary), Water, Spinach, Fresh Ground 100% Whole Wheat Flour, Honey, Parmesan Cheese (Ingredient components may vary), Red Peppers (Ingredient components may vary), Yeast, Salt, Eggs, Dried Onion, Dried Garlic. CONTAINS: WHEAT, SOY, EGGS, AND MILK
Popeye (100% Whole Wheat)	120	1.5	0.5	0	5	360	21	3	4	6	Golden Fresh Ground 100% Whole Wheat Flour, Water, Spinach, Honey, Parmesan Cheese (Ingredient components may vary), Red Peppers (Ingredient components may vary), Eggs, Yeast, Salt, Dried Onion, Dried Garlic. CONTAINS: WHEAT, MILK, SOY, AND EGGS
Potato Chive	150	2	1	0	5	440	29	1	4	4	Enriched White Flour (Ingredient components may vary), Water, Dehydrated Potatoes (Ingredient components may vary), Honey, Butter (Milk), Yeast, Roasted Garlic, Salt, Eggs, Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGG

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Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Pumpernickel Rye	120	0.5	0	0	0	330	23	5	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Pumpernickel Rye Flour, Molasses, Yeast, caramel color, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGGS, AND SOY
Pumpkin Swirl	140	2	0.5	0	5	190	29	2	12	3	Enriched White Flour (Ingredient components may vary), Water, Brown Sugar, Pumpkin (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Honey, Walnuts, Butter (Milk), Yeast, Salt, Eggs, Pumpkin Pie Spice (Ingredient components may vary). CONTAINS: WHEAT, MILK, EGGS, SOY, AND WALNUTS.
Raisin Cinnamon Chip	150	2.5	0.5	0	0	240	28	3	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Cinnamon Chips (Ingredient components may vary), Raisins, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK AND EGG
Raisin	130	0	0	0	0	310	27	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Red, White and Blueberry	140	0	0	0	5	360	30	1	8	3	Enriched White Flour (Ingredient components may vary), Water, Honey, Dried Cherries (Ingredient components may vary), Blueberries, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Rosemary Garlic	130	0.5	0	0	0	320	24	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Sonoma	160	4	1.5	0	20	135	26	3	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Dried Cranberries (Ingredient components may vary), Golden Raisins (Ingredient components may vary), Pumpkin Seeds, Butter (Milk), Sunflower Seeds, Yeast, Raw turbinado sugar, Salt, Orange, Lemon, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, EGGS, MILK, AND SOY.
Spinach Feta	130	3	2	0	15	400	19	2	4	5	Feta Cheese (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Water, Fresh Ground 100% Whole Wheat Flour, Spinach, Honey, Eggs, Yeast, Salt, Dried Garlic, Oregano, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Star Spangled Swirl	150	1.5	0.5	0	5	220	30	4	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Blueberries (Ingredient components may vary), Dried Cherries (Ingredient components may vary), Honey, Dried Apples (Ingredient components may vary), Brown Sugar, Eggs, Yeast, Butter (Milk), Blueberries, Salt. CONTAINS: WHEAT, EGG, SOY, AND MILK
Stuffing Bread	100	0	0	0	0	250	20	3	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Onion, Celery, Honey, Yeast, Salt, Eggs, Thyme, Black Pepper, Sage. CONTAINS: WHEAT, EGGS, AND SOY.
Sunflower	140	3	0	0	0	300	24	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Swedish Rye	130	1	0	0	0	380	27	3	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Enriched White Flour (Ingredient components may vary), Rye Flour, Yeast, Orange, Salt, Sesame Seeds, Eggs, Caraway Seeds, Anise Seed. CONTAINS: WHEAT, SOY, AND EGG
Trail Bread	140	2	0	0	0	290	25	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS:WHEAT, SOY, AND EGG
Tuscan Herb	120	0.5	0	0	0	250	23	4	5	5	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Honey, Water, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Walnut Raisin Rosemary Blue Cheese	150	4	1.5	0	10	330	22	3	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Blue Cheese, Honey, Walnuts, Raisins, Yeast, Molasses, Eggs, Salt, Rosemary. CONTAINS: WHEAT, MILK, EGG, WALNUTS, AND SOY.
White Chocolate Cherry Swirl	150	2.5	1.5	0	5	250	31	1	8	3	Enriched White Flour (Ingredient components may vary), Water, Dried Cherries (Ingredient components may vary), White Chocolate Chips (Ingredient components may vary), Honey, Brown Sugar, Butter (Milk), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, SOY, EGGS, AND MILK
White	130	0	0	0	0	400	29	1	5	4	Enriched White Flour (Ingredient components may vary), Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Whole Grain Goodness	140	3	0	0	0	240	22	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Eggs, Millet, Barley, Flax Seeds, Yeast, Pecans, Oat Bran, Salt, Almonds. CONTAINS: WHEAT, PECANS, SOY, AND ALMONDS

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Bread.
The way it *ought* to be.

USDA Dietary Guidelines recommend eating at least three servings of whole grains a day to help control weight. Grains offer other health benefits, including a reduced risk of cancer, heart attacks and diabetes. Great Harvest has the freshest and most nutritious whole grains anywhere!
Store bread is made from flour that is weeks or months old. Because of that, nutrients are lost; and unhealthy fats, oils,dough conditioners, and preservatives are added. But with our onsite milling and baking process, nutrients are naturally preserved. That's why it tastes so delicious.

JANUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Mexican Chocolate

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
Jan 5 - Cinnamon Raisin Pecan Jan 12 - 3 Cheese
Jan 19 - Sundried Tomato Jan 26 - Cinnamon Raisin Pecan

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Cinnamon Raisin
Green Chili Cheddar

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

JANUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin
Chocolate Chip Sugar Cookie · M & M Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Cranberry Orange Walnut Muffin · Snickerdoodle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Maple Muffin · Turtle Cookie · Cinnamon Roll

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Store bread is made from flour that is weeks or months old. Because of that, nutrients are lost; and unhealthy fats, oils,dough conditioners, and preservatives are added. But with our onsite milling and baking process, nutrients are naturally preserved. That's why it tastes so delicious.

JANUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
Jan 4 - Whole Grain White Jan 11 - 3 Cheese
Jan 18 - Sundried Tomato Jan 25 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Cinnamon Swirl

JANUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin · Oatmeal Raisin Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Blueberry Muffin · Snickerdoodle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Maple Muffin · Turtle Cookie · Cinnamon Roll

Great Harvest Bread CO.
706 N. Broadway
Rochester, MN
Hours: 6:30 a.m. – 6:00 p.m., Mon. – Friday
6:30 a.m. – 5:00 p.m. Saturday

Great Harvest Bread Co. is an Equal Opportunity Employer. We do not discriminate on the basis of race, religion, color, sex, age, national origin, or disability.

Date:_____

Name: _____
List Previous, Maiden, or Alias

Telephone # _____daytime _____evening

Current Address: _____

E-mail address_____ Date available to start to work? _____

How did you hear about us?_____ Position Desired?_____

How long do you plan on working for us?_____ Under 18 years old? Yes No

Highest grade or college completed_____

We are a non-smoking company. Can you work under these conditions? Yes No

Have you been convicted of a felony within the last 7 years? Yes No

If yes, please explain_____

Are you a U.S. Citizen, or do you have a permit which allows you to work? Yes No
(Proof of citizenship or immigration will be required on employment)

Great Harvest jobs may include standing for long periods of time, lifting regularly, stooping & bending frequently, performing repetitive hand motions; and most importantly, smiling and having fun at all times. Can you do these things, with or without accommodations? Please explain necessary accommodations

_____

The following questions do not have "right" answers but are intended to help us get to know you better. Short answers are OK, use more paper if you want.

Why are you interested in working at Great Harvest Bread Co?

Great Harvest is a very service-oriented business. What does good service mean to you?

Tell us about hobbies, special interests, experiences, or skills (Not necessarily job related). List something that you are particularly proud of.

What type(s) of music do you enjoy? Favorite radio station?

What skills from previous jobs would qualify you for a position at Great Harvest?

What are your goals for the next six to twelve months? Two years? Five years?

What are your preferred working hours and available days and hours? Will your availability change in the next six months?

Give us a couple references (with phone #) who you have known for at least 1 year.
Exclude friends or relatives.

Anything else you would like us to know about you?

Employment History

Please tell us about your recent job history starting with the present: (5 years)

Company_____ Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back? _____# of days taken off?_____
_____

Company_____ Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back? _____# of days taken off?_____
_____

Company_____ Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back? _____ # of days taken off? _____

Employment Agreement

I certify that the facts contained in this application are true and correct, and I confirm that my omission or misrepresentation of any fact on this application is sufficient reason for Great Harvest to deny me employment. If employed, such an omission or misrepresentation shall be grounds for dismissal. I further authorize investigation of all statements contained herein and contact with references listed. I agree that if an employment relationship is established with Great Harvest, it will be of an "at will" nature. Meaning that I may resign at any time & Great Harvest may dismiss me at any time with or without cause.

Signature_____ Date_____

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Rochester MN 55906
507-286-1101
www.greatharvestrochester.com

MONDAY-FRIDAY 6:30AM-6:00PM, SATURDAY 6:30AM-5:00PM, CLOSED SUNDAY

Change Your Loaf FOREVER!

Sink your teeth into a slice of this delicious & festive summer bread! Loaded with dried cranberries, wild blueberries, white chocolate chips and a splash of vanilla! This bread is bound to spark your taste buds. We l be baking Red, White & Blueberry bread throughout July!

JULY *Breads*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/berries · Cinnamon Chip White · Red Pepper Swiss · Red, White, & Blueberry

TUESDAY
Dakota · Cinnamon Chip Wheat · Cheddar Garlic · Cranberry Orange · Onion Dill Rye

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat · Red, White, & Blueberry

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta · Onion Dill Rye
Sourdough:(available after 1pm)
July 7 - Jalapeno Cheddar *July 14 - Cranberry Walnut*
July 21 - Whole Grain White *July 28 - Jalapeno Cheddar*

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar · Red, White, & Blueberry

SATURDAY
Cinnamon Chip White · Apple Cinnamon Swirl · Rosemary Garlic

JULY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Caramel Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Turtle Cookie

WEDNESDAY
Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Raisin Cookie · Maple Oatmeal Scone

THURSDAY
Mocha Chip Scone · Lemon Poppy Muffin · Snickerdoodles

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Walnut Chocolate Chip Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin · Snickerdoodles · Cinnamon Rolls

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HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

CHERRY APPLE BERRY bread

It's summer grilling time! Light the coals and slice up some Garden Wheat, Bacon Cheddar Beer, Green Chili Cheddar, Cheddar Garlic, Chipotle Cheddar, or Rosemary Garlic. Grilled Great Harvest breads make a wonderful addition to any BBQ. Spread olive oil onto your slices and place on the grill, oil side down. Cherry Apple Berry is the specialty bread for this month. 100% whole wheat packed full of dried fruits.

JUNE Bread Schedule

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Cheddar Garlic · Apple Cinnamon Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Green Chili Cheddar

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Cherry Apple Berry · Bacon Cheddar Beer

THURSDAY
Heritage Harvest Sunflower · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
June 1 - Whole Grain White June 8 - Jalapeno Cheddar
June 15 - White June 22 - Cranberry Walnut June 29 - 3 Cheese

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Cherry Apple Berry
Chipotle Cheddar · High 5 Fiber · Anadama (loaves & buns) · Cinnamon Raisin

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Blueberry Cheesecake Swirl

JUNE Sweet Spot

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Scotchie Cookie

TUESDAY
Caramel Apple Scone · Cappuccino Muffin · Turtle Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Carmel Cookie

THURSDAY
Caramel Apple Scone · Blueberry Muffin · Blueberry Coffee Cake
Double Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Lemon Poppy Muffin · Snickerdoodle Cookie
Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

IRELAND

Thank your lucky stars that we love the flavors of Ireland at Great Harvest. During March, we highlight many wonderful recipes that come to us from Irish bakers.

Stop in for our favorite March breads like authentic Irish Soda Bread, Irish Baked Potato and, of course, the very popular Guinness & Gouda.

We are sweet on all things Irish! Featured goodies include Blarney Scones, Paddy Muffins, Mint Blarney Cookies, and Snockerdoodles.

Look for other March surprises like Irish (Whisky) Coffee Cake and our GH Reuben sandwich.

MARCH *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah · Irish Soda Bread

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Irish Baked Potato

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Garden Wheat
Heritage Harvest (NEW!)

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Guinness & Gouda

THURSDAY
Heritage Harvest Sunflower (NEW!) · Cinnamon Chip White
Bacon Cheddar Beer
Sourdough (available after 1PM)
March 2 - Sundried Tomato March 9 - Whole Grain White
March 16 - 3 Cheese March 23 - Jalapeno Cheddar March 30 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Guinness & Gouda
Irish Baked Potato · High 5 Fiber

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

MARCH *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Raisin Cookie

THURSDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Snockerdoodle Cookie · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Caramel Apple Scone · Paddy's Muffin · Snockerdoodle Cookie · Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

HONEY BUNNIES

EASTER SCHEDULE
(March 29 - 31)
On Thursday, March 29 we will begin Easter Schedule. Accepting orders for Bunnies only! $2 of each BUNNY sold goes to Paws & Claws.

The rest of the month, however, stop in for our favorite March breads like authentic Irish Soda Bread, Irish Baked Potato and the popular Gouda & Stout. We are sweet on all things Irish! Featured goodies include Blarney Scones, Paddy's Muffins, Mint Blarney Cookies, and Snockerdoodles.

Look for other specials on March 16 & 17 like Irish (Whisky) Coffee Cake and our GH Reuben sandwich.

MARCH *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah · Irish Soda Bread

MONDAY
Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries · Irish Baked Potato

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Garden Wheat · Pepperoni

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Gouda & Stout

THURSDAY (MARCH 29 WILL FOLLOW EASTER SCHEDULE)
Cinnamon Chip White · Bacon Cheddar Beer · Brioche · 9 Grain
Sourdough (available after 1 PM)
March 1 - Whole Grain White March 8 - Jalapeno Cheddar
March 15 -Sundried Tomato March 22 - Jalapeno Cheddar March 29 -No Sourdough

FRIDAY (MARCH 30 WILL FOLLOW EASTER SCHEDULE)
Italian Herb Focaccia · Cinnamon Chip White · Gouda & Stout
Irish Baked Potato · High 5 Fiber

SATURDAY (MARCH 31 WILL FOLLOW EASTER SCHEDULE)
Cinnamon Chip White · Rosemary Garlic · Cinnamon Swirl

Easter Schedule (March 29 - 31) Thursday - Saturday
Honey Whole Wheat (rolls), Old Fashioned White (rolls), Cinnamon Chip White, Challah (rolls), Light Wheat Virginia Rolls, Easter Ambrosia, Hot Cross Buns, & Bunnies

MARCH *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Raisin Cookie

THURSDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Snockerdoodle Cookie · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Caramel Apple Scone · Paddy's Muffin · Snockerdoodle Cookie · Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

The Freshest **WHOLE GRAIN** Breads

Look for these exciting featured breads this month:
-Heritage Harvest - made from a limited supply of Rouge de Bordeaux heritage wheat that originated centuries ago in France. Rare and delicious. Once it's gone, it's gone.
-Mexican Chocolate - this whole-wheat bread is packed with chocolate and has a pinch of cinnamon and cayenne for just the right kick.
-Bacon Cheddar Beer - we're thrilled to partner with local brewery Kinney Creek to bring you different varieties of this bread each week.

Also, it's blueberry bonanza! Indulge in various breads and sweets throughout the month.

MAY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Chipotle Cheddar · Mexican Chocolate

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Heritage Harvest

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Blueberry Lemon · Bacon Cheddar Beer

THURSDAY
Heritage Harvest Sunflower · Cinnamon Chip White · Brioche · Garden Wheat
Sourdough (available after 1PM)
May 4 - Whole Grain White
May 11 - Jalapeno Cheddar
May 18 - White
May 25 - Cranberry Walnut

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Apple Cinnamon Swirl
Red Pepper Swiss · High 5 Fiber · Anadama (loaves & buns)

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Blueberry Cheesecake Swirl

MAY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Blueberry Coffee Cake
Chocolate Crinkle Cookie

WEDNESDAY
Vanilla Almond Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Carmel Cookie

THURSDAY
Mocha Chip Scone · Blueberry Muffin · Blueberry Coffee Cake
Chocolate Crinkle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Red Velvet Cupcake · Oatmeal Raisin Cookie
Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

MAY / JUNE *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Rosemary Garlic · Pepperoni Bread

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Caraway Rye · Bacon Cheddar Beer

THURSDAY
Blueberry Lemon · Cinnamon Chip White · 9 Grain · Garden Wheat
Sourdough - See variety to the left - (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Blueberry Cheesecake Swirl
High 5 Fiber · Bacon Cheddar Beer · Potato Fennel Thyme

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl
Pepperoni Bread

Bacon, Cheddar Beer Bread

Bacon Cheddar Beer is back! We are thrilled to be partnering with local brewery Kinney Creek to bring you different varieties of beer in this bread each week.

Sourdough Schedule:
May 3 -Whole Grain
May 10 -Jalapeno Cheddar
May 17 -White
May 24 -Sundried Tomato
May 31 -Whole Grain

Jun 7 -Cranberry Walnut
Jun 14 -Jalapeno Cheddar
Jun 21 -White
Jun 28 -3 Cheese

MAY / JUNE *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Triple Chocolate Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Morning Glory Muffin · Peanut Butter M&M Cookie

WEDNESDAY
Vanilla Nut Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Carmel Cookie

THURSDAY
Mocha Chip Scone · Morning Glory Muffin · Peanut Butter Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin & Coffee Cake
Snickerdoodle Cookie · Cinnamon Roll

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Enjoy a
A FRESH & FLAVORFUL
Thanksgiving

We are NOT accepting orders for Thanksgiving Week. Instead we will all be working to make as much bread and rolls as we can for you.

Grab the best buns in town! We will have a variety of bread and rolls to compliment your feast.

Soup & Sandwiches will NOT be available Thanksgiving Week.

NOVEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
MN Wild Rice

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Potato Fennel Thyme

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Potato Chive

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate
Cranberry Orange · Whole Grain White Sourdough (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · White Cheddar Garlic · Apple Cinnamon Swirl · Anadama

THANKSGIVING WEEK (Monday - Wednesday)
Honey Whole Week (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Cranberry Orange, Basil Oregano Virginia Rolls,
Light Wheat Virginia Rolls, STUFFING BREAD

NOVEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Oatmeal Chocolate Chip Cookies ·
Pumpkin Chocolate Chip Muffins & Bread · Savannah Bars

MONDAY
Maple Oatmeal Scone · Dakota Cookie

TUESDAY
Caramel Apple Scone · Double Chocolate Chip Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Oatmeal Raisin Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Turtle Cookie · Cinnamon Rolls

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NOVEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah
MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
White Cheddar Garlic
TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Potato Fennel Thyme
WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Potato Chive
THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat
Cranberry Orange · White Sourdough (available after 1PM)
FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Pumpkin Swirl · Autumn Apple
SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl · Anadama

THANKSGIVING WEEK (Monday - Wednesday)
Honey Whole Wheat (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Cranberry Orange, Basil Oregano Virginia Rolls,
Light Wheat Virginia Rolls, STUFFING BREAD

NOVEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Pumpkin Chocolate Chip Muffin & Bread · Savannah Bar
MONDAY
Maple Oatmeal Scone · Snickerdoodle Cookie
TUESDAY
Caramel Apple Scone · Double Chocolate Chip Cookie
WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie
THURSDAY
Vanilla Pecan Scone · Oatmeal Raisin Cookie
FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Roll
SATURDAY
Berry Cream Cheese Scone · Turtle Cookie · Cinnamon Roll

Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / www.tulsaok.greatharvestbread.com

STUFFING BREAD!

Enjoy the taste of Thanksgiving stuffing in a hearty loaf of Great Harvest bread! This simply delicious bread is flavored with sage, thyme, salt & pepper in our famous freshly ground whole wheat dough. We chop up the onions and celery, and hand knead the veggie mix into every loaf! Use this bread as the starting point for your own stuffing, or slice it up to make turkey sandwiches (that taste like a meal when covered with hot left over gravy). Either way, Stuffing Bread is a great addition to any holiday meal.

NOVEMBER BREADS

EVERYDAY	Honey Whole Wheat • Harvest White • Dakota Pumpkin Chocolate Chip
MONDAY	High 5 Fiber • Hummus Bread • Extreme Cinnamon Swirl
TUESDAY	Cranberry Walnut Flax • Asiago Pesto • Cinnamon Chip Jewish Apple Coffee Cake
WEDNESDAY	Cranberry Orange • Low Carb Dakota **STUFFING BREAD** • Extreme Cinnamon Swirl
THURSDAY	Pumpkin Swirl • Spinach Feta • Cinnamon Crunch Cranberry Orange Pound Cake
FRIDAY	White Chocolate Cherry Swirl • Superfood Bread Cheddar Garlic • Strawberry Shortcake
SATURDAY	Woodstock • Trail Bread Pepperjack Cornbread • Lemon Blueberry

THANKSGIVING WEEK MENU

We will follow a special Thanksgiving Week bread and sweets schedule from Monday, Nov 24th through Wednesday, Nov 26th. Our Thanksgiving menu and order form will be available online at www.tulsaok.greatharvest.com, or you can stop in at the bakery and pick up a copy. Please order early so we can have your Thanksgiving order waiting for you!

SWEET SPOT

EVERYDAY	Brownies • Power Bars • Trek Bars • Pumpkin Chocolate Chip Muffins Cinnamon Rolls & Cinnamon Twist Muffins
MONDAY	Dillon Cookies • Pumpkin Scones • Oat Berry Muffins Savory Breakfast Biscuits • Pumpkin Bars • Savannah Bars
TUESDAY	Salted Caramel Cookies • Cinnamon Chip Scones • Orange Burst Muffins Whole Wheat Coffee Cake • Peppermint Brownies
WEDNESDAY	Chocolate Chip Cookies • Savory Breakfast Biscuits Cranberry Almond Scones • Ultra lo-fat Cinnamon Apple Muffins Lemon Bars • Savannah Bars
THURSDAY	Ginger Bop Cookies • Cranberry Orange Scones Cranberry Orange Muffins • Oat Berry Muffins • S'more Bars
FRIDAY	Monster Cookies • Lo-fat Cran Flax Cookies Maple Oatmeal Scones • Morning Glory Muffins • Pumpkin Bars Savannah Bars
SATURDAY	Peanut Butter Chocolate Chip Cookies • Cappuccino Muffins White Chocolate Raspberry Scones • Lemon Blueberry Muffins Lemon Bars

BAKERY HOURS: Monday-Friday 7am to 6pm, Saturday 7am to 4pm, closed Sundays for a little Loafin'

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A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size 1 slice 2 oz (56 g)	Calories	Fat (g) % DV	Saturated Fat (g) % DV	Trans Fats (g)	Cholesterol (mg) % DV	Sodium (mg) % DV	Carbohydrates (g) % DV	Fiber (g) % DV	Sugar (g)	Protein (g)	Ingredients
Apple Cherry Pecan	140	2.5 3%	0 1%	0	0 0%	260 11%	26 9%	3 12%	12	4	French Classic (100% Whole Wheat Flour, Water, Dried Cherries [sugar, sulfur dioxide to preserve color], Honey, Dried Apples [sugar, sulfur dioxide to preserve color], Pecans, Eggs, Yeast, Salt. CONTAINS WHEAT, PECANS, EGG AND EGGS.
Apple Cinnamon Walnut	140	2 3%	0 0%	0	0 0%	270 11%	27 9%	4 16%	9	5	French Ground (100% Whole Wheat Flour, Water, Honey, Dried Apples, Walnuts, Yeast, Salt, Eggs, Apple Juice [to guard freshness during shipping], Ground Cinnamon. CONTAINS WHEAT, WALNUTS, EGG AND EGGS.
Apple Crunch	130	2g 3%	1 4%	0	10 3%	210 9%	23 8%	4 14%	7	4	French Ground (100% Whole Wheat Flour, Water, Apples, Honey, Cheese, Eggs, Butter [Milk], Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS WHEAT, MILK, EGG AND EGGS.
Apple Crunch Blend	130	2 3%	1 4%	0	10 3%	210 9%	26 8%	3 10%	7	4	French Classic (100% Whole Wheat Flour, Water, Enriched White Flour [ingredient sprayed to stay fresh], Apples, Honey, Cheese, Eggs, Butter [Milk], Eggs, Yeast, Salt, Cheese of Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS WHEAT, MILK, EGG AND EGGS.
Apricot Almond	140	3 5%	0 1%	0	0 1%	260 12%	26 9%	4 16%	9	5	French Classic (100% Whole Wheat Flour, Water, Dried Apricots [to guard freshness during shipping], Honey, Almonds, Yeast, Salt, Eggs. CONTAINS WHEAT, ALMONDS, EGG AND EGGS.
Asiago Pesto	140	6 9%	1.5 6%	0	10 3%	440 19%	22 7%	3 9%	2	6	Enriched White Flour [ingredient sprayed to stay fresh], Water, Pesto Cheese [ingredient sprayed to stay fresh], Asiago Cheese [ingredient sprayed to stay fresh], Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic, Dried Onion. CONTAINS WHEAT, EGG, MILK, EGGS, PINE NUTS
Bacon Cheddar Bear	150	4 6%	2 10%	0	20 7%	330 12%	21 7%	3 12%	5	7	French Classic (100% Whole Wheat Flour, Bacon Bits, Cheddar Cheese [to guard freshness during shipping], Honey, Cheese, sautéed, Yeast, Eggs, Nutchee Bark, Salt, Dried Onion, Dried Garlic, Black Pepper, Chives. CONTAINS WHEAT, MILK, EGGS AND EGG
Breakfast Blast	140	1.5 2%	0 2%	0	0 1%	280 9%	26 9%	4 15%	9	5	French Classic (100% Whole Wheat Flour, Water, Honey, Oats, Rolled Oats, Cinnamon Chips [ingredient sprayed to stay fresh], Yeast, Eggs, Salt, Ground Cinnamon. CONTAINS WHEAT, EGG, EGGS AND MILK
Barley Bread	140	2 3%	0 1%	0	0 1%	300 12%	26 9%	4 16%	6	6	French Ground (100% Whole Wheat Flour, Water, Honey, Rolled Oats, Cracked Rye, Cracked Barley, Yeast, Salt, Eggs. CONTAINS WHEAT, EGG, AND EGGS.
Blueberry Rye	120	0.5 1%	0 1%	0	0 0%	300 12%	25 9%	5 20%	5	5	French Classic (100% Whole Wheat Flour, Water, Dark Rye Flour, Honey, Yeast, Salt, Blueberry Seeds, Eggs. CONTAINS WHEAT, EGG, AND EGGS.
Carrot Poppyseed	120	1 2%	0 1%	0	0 1%	290 12%	22 7%	4 15%	5	5	French Classic (100% Whole Wheat Flour, Water, Carrots, Honey, Apple sauce [ingredient sprayed to stay fresh], Yeast, Sugar, Poppy Seeds, Salt, Eggs, Ground Cinnamon. CONTAINS WHEAT, EGG AND EGGS.
Challah	140	1.5 2%	0 0%	0	20 7%	240 10%	26 9%	3 12%	4	5	Enriched White Flour [ingredient sprayed to stay fresh], French Ground (100% Whole Wheat Flour, Water, Honey, Eggs, Sesame Seeds, Yeast, Salt. CONTAINS WHEAT, EGGS, AND EGG
Cheddar Garlic	160	4.5 7%	2.5 10%	0	15 5%	370 15%	23 8%	1 3%	4	6	Enriched White Flour [ingredient sprayed to stay fresh], Water, Cheddar Cheese [ingredient sprayed to stay fresh], Honey, Yeast, Salt, Eggs, Sesame Seeds, Dried Onion, Dried Garlic, Parsley. CONTAINS WHEAT, MILK, EGG AND EGGS.
Cherry Apple Berry	120	0.5 1%	0 0%	0	0 0%	240 12%	27 9%	4 16%	3	5	French Classic (100% Whole Wheat Flour, Water, Honey, Dried Cherries [ingredient sprayed to stay fresh], Dried Blueberries [ingredient sprayed to stay fresh], Dried Apples [ingredient sprayed to stay fresh], Yeast, Blueberry seeds, Salt, Eggs. CONTAINS WHEAT, EGG AND EGGS.
Cherry Walnut	140	3 5%	0 1%	0	5 1%	270 11%	25 9%	3 12%	11	5	French Classic (100% Whole Wheat Flour, Water, Dried Cherries [ingredient sprayed to stay fresh], Honey, Walnuts, Yeast, Eggs, Salt. CONTAINS WHEAT, WALNUTS, EGGS AND EGG
Cinnamon Chip	170	3 4%	0.5 4%	0	0 1%	240 14%	32 11%	1 4%	11	3	Enriched White Flour [ingredient sprayed to stay fresh], Water, Cinnamon Chips [ingredient sprayed to stay fresh], Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS WHEAT, MILK, EGG AND EGGS.
Cinnamon Chip (100% Whole Wheat)	150	2 5%	0.5 3%	0	0 0%	270 11%	29 9%	3 12%	10	4	French Ground (100% Golden Whole Wheat Flour, Water, Cinnamon Chips [ingredient sprayed to stay fresh], Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS WHEAT, EGG, MILK AND EGGS.
Cinnamon Raisin Walnut	140	3 3%	0 0%	0	0 0%	260 12%	26 9%	4 16%	9	5	French Classic (100% Whole Wheat Flour, Water, Raisins, Honey, Walnuts, Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS WHEAT, EGG, AND EGGS.
Cinnamon Swirl	160	2.5 4%	1.5 6%	0	5 2%	220 9%	30 10%	4 16%	12	5	French Classic (100% Whole Wheat Flour, Water, Brown Sugar, Honey, Butter [Milk], Eggs, Yeast, Salt, Cinnamon. CONTAINS WHEAT, MILK, EGG AND EGGS.

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BREAD NUTRITION

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Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g) % DV	Saturated Fat (g) % DV	Trans Fats (g)	Cholesterol (mg) % DV	Sodium (mg) % DV	Carbohydrates (g) % DV	Fiber (g) % DV	Sugar (g)	Protein (g)	Ingredients
Core Bread	140	2.5 4%	1 5%	0	5 2%	270 11%	26 9%	1 4%	4	3	Enriched White Flour (ingredients may vary), Water, Cane Flour, Honey, Cultured Buttermilk (ingredients may vary), Butter (Milk), Yeast, Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Core Bread (100% Whole Wheat)	140	2.5 4%	1 5%	0	5 2%	270 11%	26 9%	3 12%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Cane Flour, Honey, Cultured Buttermilk (ingredients may vary), Butter (Milk), Yeast, Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Jalapeno Core Bread	140	3 5%	1 5%	0	5 2%	270 11%	26 9%	1 4%	4	3	Enriched White Flour (ingredients may vary), Water, Cane Flour, Honey, Cultured Buttermilk (ingredients may vary), Parmesan, Butter (Milk), Yeast, Chile Peppers, Jalapenos, Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Jalapeno Core Bread (100% Whole Wheat)	140	2.5 4%	1 5%	0	5 2%	270 11%	26 9%	3 12%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Cane Flour, Honey, Cultured Buttermilk (ingredients may vary), Parmesan, Butter (Milk), Yeast, Chile Peppers, Jalapenos, Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Country	120	0.5 1%	0 1%	0	0 1%	340 14%	23 8%	4 15%	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Molasses, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY AND EGG.
Cracked Pepper Swiss	140	3 4%	1.5 6%	0	10 3%	260 12%	22 7%	4 15%	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Gluten (Ingredients may vary), Honey, Eggs, Yeast, Salt, Dijon Mustard, Parmesan, Cayenne Pepper, Oregano, Dried Parsley. CONTAINS WHEAT, MILK, SOY AND EGG.
Cranberry Orange	120	0.5 1%	0 0%	0	0 0%	240 12%	27 9%	4 16%	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cranberries (Ingredients may vary), Honey, Yeast, Salt, Eggs, Orange Peel. CONTAINS WHEAT, SOY AND EGG.
Delicate	150	4 6%	0 2%	0	0 0%	270 11%	23 8%	4 15%	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs. CONTAINS WHEAT, SOY AND EGG.
French Pull	160	4.5 7%	2.5 10%	0	25 12%	140 6%	28 9%	1 4%	5	4	Enriched White Flour (ingredients may vary), Milk, Eggs, Honey, Butter (Milk), Water, Yeast, Natural Grape Salt, Cardamom. CONTAINS WHEAT, MILK, SOY AND EGG.
Rise Oatmeal	120	2.5 5%	0 1%	0	0 1%	220 9%	22 7%	4 15%	6	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Oat Bran, Pecans, Flax Meal, Yeast, Rolled Oats, Salt, Eggs, Flax Seeds. CONTAINS WHEAT, PECANS, SOY AND EGG.
Focaccia	140	1.5 2%	0 1%	0	0 0%	240 10%	29 10%	1 4%	5	4	Enriched White Flour (ingredient may vary), Water, Honey, Yeast, Salt, Olive Oil, Oregano, Basil. CONTAINS WHEAT AND SOY
Golden Wheat, Apple, Cinnamon Chip, Walnut	140	3.5 4%	0 0%	0	0 1%	290 12%	26 9%	3 12%	8	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Cinnamon Chips (ingredient may vary), Dried Apples (ingredient may vary), Walnuts, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY, MILK, WALNUTS AND EGG.
Golden Wheat Chocolate Cherry Swirl	150	3.5 4%	1 5%	0	5 2%	240 10%	30 10%	3 12%	8	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Dried Cherries (Ingredients may vary), Honey, Chocolate Chips (ingredients may vary), Brown Sugar, Butter (Milk), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS WHEAT, SOY, EGGS, AND MILK.
Harvest Buckwheat Brown Rice	140	4.5 7%	2 10%	0	25 12%	90 4%	22 7%	2 8%	6	3	Water, Cultured Buttermilk (ingredient may vary), Eggs, Honey, Brown Flax Flour, Tapioca Flour, Flax Meals, Cornstarch, Flour, Inactive Yeast (Wheat), Sunflower Seeds, Pumpkin Seeds, Yeast, Millet, Cinnamon Seeds, Xanthan Gum, Salt, Distilled Vinegar (ingredient may vary). CONTAINS MILK, SOY, AND EGG.
Harvest Buckwheat Brown Rice Bread Delicate	140	4 9%	1.5 6%	0	25 8%	75 3%	19 6%	2 8%	5	4	Water, Cultured Buttermilk (ingredient may vary), Eggs, Honey, Brown Flax Flour, Tapioca Flour, Flax Meals, Cornstarch, Flour, Inactive Yeast (Wheat), Sunflower Seeds, Pumpkin Seeds, Yeast, Millet, Cinnamon Seeds, Xanthan Gum, Salt, Distilled Vinegar (ingredient may vary). CONTAINS MILK, SOY, AND EGG.
Harvest Buckwheat Brown Rice Bread Cinnamon Chip	150	4 9%	2 10%	0	25 8%	80 3%	25 8%	2 8%	9	3	Water, Cultured Buttermilk (ingredients may vary), Cinnamon Chips (ingredient may vary), Honey, Brown Flax Flour, Eggs, Tapioca Flour, Flax Meals, Cornstarch, Flour, Inactive Yeast (Wheat), Yeast, Xanthan Gum, Salt, Distilled Vinegar (ingredients may vary). CONTAINS MILK, SOY, AND EGG.
Hearty Germany Rye	120	0.5 1%	0 1%	0	0 1%	260 12%	24 9%	4 15%	2	5	Water, Fresh Ground 100% Whole Wheat Flour, Rye Flour (ingredient may vary), Enriched White Flour (ingredient may vary), Molasses, Yeast, Salt, Eggs, Caraway Seeds. CONTAINS WHEAT, SOY AND EGG.
High 5 Fiber	140	3 5%	0 0%	0	0 0%	240 10%	23 8%	5 20%	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY AND EGG.
High Fiber Fiber with Blueberries	140	2.5 4%	0 0%	0	0 0%	200 8%	25 8%	5 20%	7	5	Water, Fresh Ground 100% Whole Wheat Flour, Dried Blueberries (ingredients may vary), Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS WHEAT, EGGS, AND SOY

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Serving Size 1 slice 2 oz (56 g)	Calories	Fat (g) % DV*	Saturated Fat (g) % DV*	Trans Fats (g)	Cholesterol (mg) % DV*	Sodium (mg) % DV*	Carbohydrates (g) % DV*	Fiber (g) % DV*	Sugar (g)	Protein (g)	Ingredients
High Country Crunch	160	2.5 4%	0.5 3%	0	0 0%	210 9%	32 11%	4 14%	4	6	Water, Fresh Ground 100% Whole Wheat Flour, Canola or Flax or Sunflower Blends, Honey, Millet, Pecans, Flax Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, PECANS, SOY, AND EGGS.
High Fiber Apple, Cinnamon Chip, Walnut	140	2 3%	0 0%	0	0 0%	240 10%	26 9%	5 20%	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Cinnamon Chips [organic cane sugar, cocoa butter, chocolate liquor, soy lecithin, vanilla extract], Walnuts, Molasses, Canola Oil, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, EGGS, AND WALNUTS.
High Fiber Tuscan Herb	140	0.5 1%	0 1%	0	0 1%	280 9%	26 9%	5 21%	4	6	Fresh Ground 100% Whole Wheat Flour, Tomatoes [organic cane sugar, salt, citric acid], Honey, Water, Yeast, Molasses, Canola Oil, Salt, Eggs, Dried Garlic, Parmesan Cheese [pasteurized cultured milk, salt, enzymes], Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Honey Whole Wheat	120	0.5 1%	0 1%	0	0 0%	300 12%	25 8%	4 16%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Irish Baked Potato	150	2 3%	1 6%	0	5 2%	440 18%	29 9%	1 5%	4	4	Enriched White Flour [ingredient sweeteners may vary], Water, Dehydrated Potatoes [ingredient sweeteners may vary], Honey Butter [Milk], Yeast, Garlic [ingredient cane sugar may vary], Salt, Eggs, Cheddar Cheese [ingredient sweeteners may vary], Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Irish Soda Bread	120	0.5 1%	0 1%	0	5 2%	140 6%	27 9%	2 8%	9	4	Cultured Buttermilk [ingredient sweeteners may vary], Enriched White Flour [ingredient cane sugar may vary], Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Eggs, Salt, Baking Powder [ingredient sweeteners may vary], Baking Soda. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Italian Herb Focaccia	150	2.5 4%	0 0%	0	0 0%	390 16%	27 9%	1 4%	2	4	Enriched White Flour [ingredient sweeteners may vary], Water, Olive Oil, Honey, Salt, Yeast, Oregano, Basil, Dried Garlic, Black Pepper, Parsley. CONTAINS: WHEAT AND SOY.
Merry Berry	120	0.5 1%	0 0%	0	0 0%	290 12%	27 9%	3 12%	9	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Golden Raisins [organic cane sugar, sunflower oil], Dried Cherries [ingredient sweeteners may vary], Dried Blueberries [ingredient sweeteners may vary], Yeast, Salt, Coconut [ingredient sweeteners may vary], Eggs. CONTAINS: WHEAT, EGGS, COCONUT, AND SOY.
Nine Grain	120	0.5 1%	0 1%	0	0 0%	300 12%	25 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Nine Grain Mix [organic cane sugar, Yeast, Salt, Eggs. CONTAINS: WHEAT AND EGGS.
Oatmeal Poppyseed	120	1 2%	0 1%	0	0 1%	300 12%	25 8%	4 16%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Yeast, Poppy Seeds, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Onion Dill Rye	120	0.5 1%	0 1%	0	0 1%	320 12%	25 8%	3 12%	6	4	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Enriched White Flour [organic cane sugar, Rye Flour, Yeast, Salt, Eggs, Dried Onion, Dill, Poppy Seeds, Caraway Seeds. CONTAINS: WHEAT, SOY, AND EGGS.
Pecan	120	3 4%	1 6%	0	5 2%	690 29%	22 7%	2 8%	4	5	Enriched White Flour [ingredient sweeteners may vary], Water, Fresh Ground 100% Whole Wheat Flour, Cultured Whey, [ingredient cane sugar, salt], Parmesan Cheese [ingredient cane sugar, salt, enzymes], Honey, Raw Dried Pecans [ingredient sweeteners may vary], Yeast, Salt, Eggs, Oregano, Basil, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Peanut Butter Chocolate Chip	160	6 9%	1.5 8%	0	0 0%	300 12%	27 9%	2 8%	8	5	Enriched White Flour [ingredient sweeteners may vary], Water, Natural Peanut Butter [ingredient sweeteners may vary], Chocolate Chips [ingredient sweeteners may vary], Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, PEANUTS, SOY, MILK, AND EGGS.
Pecan Swirl	190	7 11%	2 10%	0	5 2%	190 8%	27 9%	4 16%	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Pecans, Honey Butter [Milk], Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS: WHEAT, PECANS, MILK, EGGS, AND SOY.
Raisin Bread	140	4.5 7%	1.5 9%	0	15 6%	450 19%	29 9%	3 12%	4	7	Fresh Ground 100% Whole Wheat Flour, Raisins [organic cane sugar, sunflower oil], Mozzarella Cheese [organic cane sugar, cultures, salt, enzymes], Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Water, Peppermint [organic cane sugar, peppermint oil], Honey, Eggs, Yeast, Salt, Dried Onion, Parsley, Oregano, Basil. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Ryeye	120	1 2%	0.5 3%	0	5 1%	270 15%	22 7%	3 7%	4	5	Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Water, Rye Malt, Fresh Ground 100% Whole Wheat Flour, Honey, Parmesan Cheese [pasteurized cultured milk, salt, enzymes], Yeast, Salt, Eggs, Dried Onion, Dried Garlic. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Ryeye (100% Whole Wheat)	120	1.5 2%	0.5 3%	0	5 2%	360 15%	21 7%	3 11%	4	6	Cultured Fresh Ground 100% Whole Wheat Flour, Water, Spinach, Honey, Parmesan Cheese [ingredient cane sugar, salt, enzymes], Red Peppers [organic cane sugar, salt], Eggs, Yeast, Salt, Dried Onion, Dried Garlic. CONTAINS: WHEAT, MILK, SOY, AND EGGS.

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g) % DV	Saturated Fat (g) % DV	Trans Fats (g)	Cholesterol (mg) % DV	Sodium (mg) % DV	Carbohydrates (g) % DV	Fiber (g) % DV	Sugar (g)	Protein (g)	Ingredients
Potato Chive	150	2 3%	1 5%	0	5 2%	440 19%	30 10%	1 5%	4	4	Enriched White Flour (a grain ingredient and preservatives may vary), Water, Dehydrated Potatoes (ingredients and preservatives may vary), Honey, Butter [Milk], Yeast, Roasted Garlic, Kosher Salt, Eggs, Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGG.
Pumpernickel Rye	120	0.5 1%	0 0%	0	0 0%	330 14%	23 8%	5 20%	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Pumpernickel Rye Flour, Molasses, Yeast, Sea Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGGS, AND SOY.
Pumpkin Swirl	140	2 3%	0.5 3%	0	5 2%	190 8%	30 10%	2 8%	12	3	Enriched White Flour (ingredient preservatives may vary), Water, Brown Sugar, Pumpkin (ingredient preservatives may vary), Fresh Ground 100% Whole Wheat Flour, Honey, Molasses, Butter [Milk], Yeast, Salt, Eggs, Pumpkin Pie Spice (ingredient preservatives may vary). CONTAINS: WHEAT, MILK, EGGS, SOY, AND WALNUTS.
Raisin Cinnamon Chip	150	2.5 4%	0.5 3%	0	0 1%	240 10%	29 9%	2 14%	12	4	Fresh Ground 100% Whole Wheat Flour, Raisins, Cinnamon Chips (ingredient preservatives may vary), Raisins, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK AND EGG.
Raisin	120	0 1%	0 0%	0	0 0%	260 12%	27 9%	4 15%	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
Red, White and Blueberry	140	0 0%	0 0%	0	5 2%	360 15%	30 10%	1 4%	8	3	Enriched White Flour (ingredient preservatives may vary), Water, Honey, Dried Cherries (ingredient preservatives may vary), Blueberries, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Rosemary Garlic	120	0.5 1%	0 1%	0	0 1%	320 14%	24 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (ingredient preservatives may vary), Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Sesame	160	4 6%	1.5 8%	0	20 7%	135 6%	25 9%	3 12%	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Dried Cranberries (ingredient preservatives may vary), Cashew Pieces (ingredient preservatives may vary), Pineapple Blends, Butter [Milk], Rice Flavor Blend, Yeast, Flour for Handle, Sugar, Salt, Orange Lemon, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, EGGS, MILK AND SOY.
Spinach Feta	120	3 5%	2 10%	0	15 5%	400 17%	19 6%	2 8%	4	5	Feta Cheese (a grain preservatives may vary), Enriched White Flour (ingredient preservatives may vary), Water, Fresh Ground 100% Whole Wheat Flour, Spinach, Honey, Eggs, Yeast, Kosher Salt, Dried Garlic, Oregano, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Star Spangled Swirl	150	1.5 2%	0.5 3%	0	5 2%	230 9%	30 10%	4 16%	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Blueberries (ingredient preservatives may vary), Dried Cherries (ingredient preservatives may vary), Honey, Dried Apples (ingredient preservatives may vary), Brown Sugar, Eggs, Yeast, Butter [Milk], Blueberries, Salt. CONTAINS: WHEAT, EGGS, SOY, AND MILK.
Stuffing Bread	100	0 1%	0 1%	0	0 1%	260 10%	20 7%	3 12%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Onion, Celery, Honey, Yeast, Salt, Eggs, Thyme, Black Pepper, Sage. CONTAINS: WHEAT, EGGS, AND SOY.
Sunflower	140	2 4%	0 2%	0	0 1%	300 12%	21 8%	4 16%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Swedish Rye	120	1 2%	0 1%	0	0 1%	240 10%	27 9%	3 14%	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Enriched White Flour (a grain preservatives may vary), Rye Flour, Yeast, Orange, Salt, Cinnamon Blends, Eggs, Caraway Seeds, Anise Seed. CONTAINS: WHEAT, SOY, AND EGGS.
Three Bread	140	2 3%	0 1%	0	0 1%	290 12%	25 8%	4 16%	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Potatoes, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Tuscan Herb	120	0.5 1%	0 1%	0	0 1%	260 10%	23 8%	4 16%	5	5	Fresh Ground 100% Whole Wheat Flour, Tomatoes (ingredient preservatives may vary), Honey, Water, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (a grain preservatives may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG.
Walnut Raisin Rosemary Blue Cheese	150	4 6%	1.5 8%	0	10 3%	230 10%	22 7%	3 12%	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Blue Cheese, Honey, Raisins, Raisins, Yeast, Molasses, Eggs, Salt, Rosemary. CONTAINS: WHEAT, MILK, EGGS, WALNUTS, AND SOY.
White Chocolate Cherry Swirl	150	2.5 4%	1.5 8%	0	5 2%	260 10%	21 10%	1 4%	8	3	Enriched White Flour (ingredient preservatives may vary), Water, Dried Cherries (ingredient preservatives may vary), White Chocolate Chips (ingredient preservatives may vary), Honey, Brown Sugar, Butter [Milk], Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
White	120	0 0%	0 0%	0	0 0%	400 17%	20 10%	1 4%	5	4	Enriched White Flour (ingredient preservatives may vary), Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
Whole Grain Goodness	140	2	0	0	0	240	22	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Eggs, Millet, Barley Flour Blends, Yeast, Peanuts, Cashews, Salt, Almonds.

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

PUMPKIN CHOCOLATE CHIP

Pumpkin Chocolate Chip Muffins & Bread have the perfect combination of autumn spices. This absolutely delicious and addictive treat is available EVERYDAY in October. Pumpkin Swirl is back on the menu this month. This bread is so good it's scary! Other Fall specials - Autumn Apple, MN Wild Rice, Anadama, and the new Mexican Chocolate.

OCTOBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries · MN Wild Rice

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Pumpkin Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Mexican Chocolate *New*

THURSDAY
9 Grain · Cinnamon Chip White · Potato Fennel Thyme
Sourdough (available after 1 PM)
Oct 6 - White
Oct 13 - Cranberry Walnut
Oct 20 - Jalapeno Cheddar
Oct 27 - Whole Grain White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl · Anadama

OCTOBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Oatmeal Chocolate Chip Cookies · Pumpkin Chocolate Chip Muffins & Bread · Savannah Bars

MONDAY
Maple Oatmeal Scone · Oatmeal Raisin Cookie

TUESDAY
Pumpkin White Chocolate Scone · Autumn Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Caramel Apple Scone · Turtle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Autumn Cookie · Cinnamon Rolls

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Great Harvest Bread Co.
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Pumpkin Chocolate Chip Muffins & Bread have the perfect combination of autumn spices. This absolutely delicious and addictive treat is available EVERY DAY in October. Pumpkin Swirl is back on the menu this month. This bread is so good it's scary!
Other Fall specials - Autumn Apple & MN Wild Rice

OCTOBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
MN Wild Rice

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Pumpkin Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat
Mexican Chocolate

THURSDAY
Whole Grain Goodness · Cinnamon Chip White · Bacon Cheddar Beer
Sourdough (available after 1 PM)
Oct 5 - White Oct 12 - Cranberry Walnut
Oct 19 - Jalapeno Cheddar Oct 26 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Anadama
Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · Potato Fennel Thyme · Apple Cinnamon Swirl

OCTOBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie ·
Pumpkin Chocolate Chip Muffin & Bread · Savannah Bar

MONDAY
Maple Oatmeal Scone · Snickerdoodle Cookie

TUESDAY
Vanilla Almond Scone · Autumn Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Caramel Apple Scone · Snickerdoodle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Turtle Cookie · Cinnamon Roll

Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / www.tulsaok.greatharvestbread.com

PUMPKIN SWIRL

This bread is so good it's scary! It's our delicious, homemade whole wheat dough mixed with real pumpkin & pumpkin pie spice. We roll it out, top it with brown sugar & walnuts, then roll the whole thing up with all the ingredients swirled together on the inside. Every slice you get is pumpkin-y sweet, with a bit of spice and lots of whole wheat! Not only that, but it makes a great autumn gift. Don't miss this tasty treat! Enjoy Pumpkin Swirl for breakfast, or dessert with any lunch or dinner meal. Don't forget to pack a slice in your child's Halloween lunch, it's sure to bring those hugs and kisses swirlin' in!

OCTOBER BREADS

EVERYDAY	Honey Whole Wheat • Harvest White Pumpkin Chocolate Chip
MONDAY	High 5 Fiber • Cheddar Garlic • **PUMPKIN SWIRL**
TUESDAY	Ezekiel Bread • Asiago Pesto Cranberry Flax • Jewish Apple Coffee Cake
WEDNESDAY	Low Carb Dakota • Onion Dill Rye Cinnamon Raisin • Iced Cinnamon Raisin
THURSDAY	Superfood Bread • Spinach Feta **PUMPKIN SWIRL** • Cranberry Orange Pound Cake
FRIDAY	Dakota • Cinnamon Chip • Cheddar Garlic
SATURDAY	Hummus Bread • Rock Island Trail Bread Lemon Blueberry

SWEETS SO SWEET IT'S SCARY!

EVERYDAY	Brownies • Power Bars • Pumpkin Chocolate Chip Muffins Cinnamon Rolls & Cinnamon Twist Muffins
MONDAY	Dillon Cookies • Oat Berry Muffins • Savory Breakfast Biscuits Pumpkin Bars
TUESDAY	Oatmeal Raisin Cookies • Pumpkin Spice Scones Lo-fat Yum Yum Brownie Muffins • Savannah Bars
WEDNESDAY	Chocolate Chip Cookies • Savory Breakfast Biscuits Lo-fat Cran-Blue Yogurt Muffins • Lemon Bars
THURSDAY	Ginger Cookies • Cranberry Orange Scones • Kahuna Bars Cranberry Orange Muffins • Oat Berry Muffin
FRIDAY	Monster Cookies • Lo-fat Cran Flax Cookies • Chocolate Chip Scones Savory Breakfast Biscuits • Morning Glory Muffins Pumpkin Bars • Savannah Bars
SATURDAY	Peanut Butter Chocolate Chip Cookies • Berry Cream Cheese Scones Cappuccino Muffins • Lemon Blueberry Muffins • Lemon Bars

BAKERY HOURS: Monday-Friday, 7am to 6pm, Saturday 7am to 4pm
Closed Sundays for a little Loafin'

Sandwiches & Panini

Served 11:00 AM to 3:00 PM
Monday - Saturday

706 N. Broadway
Rochester, MN 55906
www.GreatHarvestRochester.com
507-286-1101

Great Harvest Classic Sandwiches

All Classic Sandwiches are made with optional thin sliced red onion, romaine lettuce, sliced tomato, honey mustard, mayonnaise, salt and pepper and your choice of sandwich bread.

Turkey & Swiss...$6.45
Lightly smoked turkey breast, Swiss cheese, mayo, and honey mustard.

Louisville Chicken Salad...$6.45
Chunks of white and dark meat chicken in a seasoned mayonnaise dressing with sweet & spicy pecans.

Great Harvest Cold Signature Sandwiches

All Signature Sandwiches are made with optional thin sliced red onion, romaine lettuce, sliced tomato, salt and pepper, on the recommended bread.

California Cobb...$6.95
Fresh avocado, smoked turkey breast, and crispy bacon, with a bleu cheese spread, served on honey whole wheat bread.

Country Smoked Turkey...$6.95
Smoked turkey breast, roasted peppers and onions on focaccia bread.

Harvest Veggie...$6.95
Fresh green pepper rings, cucumber slices, provolone and cheddar cheeses with sun dried tomato spread on honey whole wheat bread.
With avocado, add 50¢

Great Harvest Hot Signature Sandwiches

All Hot Signature Sandwiches served fresh off the steamer and grill to melt in your mouth!

BLT Panini...$5.99
Crispy smoky bacon, ripe tomatoes, romaine lettuce, and mayonnaise toasted to perfection.

Tuscan Chicken Panini...$7.35
Aged provolone melted over grilled chicken breast, optional thin sliced red onion, romaine lettuce, tomato, salt and pepper and a sun dried tomato pesto spread on focaccia bread.

Smoky BBQ Cheddar Chicken Panini...$7.35
Grilled chicken breast, optional thin sliced red onions, romaine lettuce, tomato, salt and pepper, smoky honey BBQ sauce, melted sharp cheddar and crisp bacon on focaccia bread.

Spicy Smoked Turkey & Pepper Jack Panini...$7.35
Smoked turkey breast, melted pepper jack cheese, roasted onions and peppers, romaine lettuce, salt and pepper and tomato with a spicy southwest mayonnaise, optional thin sliced red onions on focaccia.

"GHBC" Grilled Cheese Panini...$5.99
A twist on the traditional sandwich served with a garlic and herb spread and two cheeses, sharp cheddar and Swiss on white bread.
With crisp bacon, add $1.00
With sliced tomato, add 50¢

Kiddie Sandwiches

Simple, tasty kid-favorite sandwiches are served with a 1/2 of a cookie.

Peanut Butter & Jelly...$2.99
Creamy peanut butter and strawberry jam.

Lil' Cheezer...$2.99
Cheddar cheese on our Old Fashioned White bread with a light touch of mayo.

Sandwich Breads

Handcrafted & baked from scratch daily!

Honey Whole Wheat
Our specialty! Made from freshly stone-ground 100% whole wheat flour milled in our bakery every day. Nutty, versatile flavor with a dense but soft texture.

Old Fashioned White
Blends pure honey and premium flour unbleached, unbromated and absolutely no preservatives. Just like the bread Grandma makes!

Italian Herbed Focaccia
Homemade in the classic Italian flat bread style. Seasoned with extra virgin olive oil, basil, oregano, parsley, and encrusted with freshly grated Parmesan cheese and garlic.

Add Chips and/or a Giant Cookie for $1.00 each

Don't forget the treats!

The perfect assortment of Great Harvest sweets for a morning meeting, a lunch gathering, or a thank-you for the office.

Tray of Treats

Large...$45.00 (serves 36-40)
Small..$22.00 (serves 12-30)
Includes a specialty loaf of the day, tea cake of the day, and an assortment of muffins, scones and cookies.

Bakery Breakfast Box...$0.00

Includes a fresh giant cinnamon roll, muffin or other specialty breakfast item, served with a side of fruit, homemade granola, and a bottle of Welch's 100% juice.

The Great Big Cookie Box

$15.00 per dozen
Varieties include oatmeal chocolate chip, oatmeal raisin, peanut butter, snickerdoodle, turtle and original oatmeal.

Catering Options

Sandwich Trays

Small...$00.00 (12 sandwiches)
Medium...$00.00 (24 sandwiches)
Large...$00.00 (36 sandwiches)
Includes a specialty loaf of the day, tea cake of the day, and an assortment of muffins, scones and cookies.

Harvest Box Lunches...$0.00

Includes a fresh giant cinnamon roll, muffin or other specialty breakfast item, served with a side of fruit, homemade granola, and a bottle of Welch's 100% juice.

Additional Offerings

Additional Item no 1...$0.00

Description of additional item 1 can be entered here. Description of additional item 1 can be entered here.

Additional Item no 2...$0.00

Description of additional item 2 can be entered here. Description of additional item 2 can be entered here.

Additional Item no 3...$0.00

Description of additional item 2 can be entered here. Description of additional item 2 can be entered here.

Please Consider When Placing Your Order:

* Place your order by calling or stopping by the bakery.
* Orders of 10 or more must be placed before 10 a.m., please.
* We're happy to deliver for lunch orders of 15 or more.
* Lunches come brown bagged. Box lunch option available- $0.00 extra
* Order 24 hours in advance to ensure availability.
* We gladly deliver. Prices vary according to distance. Please check with us regarding your location.
* Payment to be made at time of order.

We gladly accept Visa, Discover, Mastercard and American Express.

Great Harvest Bread Co. Sandwiches & Panini

Where the outside is as good as the inside!

Bakery Hours M-F 7am-6pm, Sat. 7am-3pm
Fresh Sandwiches served M-F 10am-3pm

1234 Your Street
Anywhere, ST 56789
(123)456-7890
www.webaddress.com
www.facebook/pageaddress.com

WE CATER!
See back for more information.

Breakfast Sandwiches

Served between 8 am-11am on our freshly baked whole wheat or white bread. cheese choices: Swiss, American, Provolone or Cheddar.

Egg Sandwich...$0.00
Egg & Cheese...$0.00
Egg, Bacon & Cheese...$0.00
Egg, Ham & Cheese...$0.00

Great Harvest Classic Sandwiches

All Classic Sandwiches are made with thin sliced red onion, romaine lettuce, sliced tomato, white wine Dijon mustard, mayonnaise, salt and pepper and your choice of sandwich bread.

Ham & Swiss...$0.00
Tender slices of honey smoked ham and Swiss cheese

Turkey & Swiss...$0.00
Lightly smoked turkey breast and Swiss cheese

Roast Beef...$0.00
Sliced roast beef and aged provolone

Great Harvest Cold Signature Sandwiches

All Cold Signature Sandwiches are made with thin sliced red onion, romaine lettuce, sliced tomato, salt and pepper, and with the recommended bread of your choice of sandwich bread.

California Cobb...$0.00
Fresh avocado, smoked turkey breast, and crispy bacon, with a bleu cheese spread and honey whole wheat bread

Pepper Bleu Roast Beef...$0.00
Roast beef with bleu cheese spread, on caraway rye bread.

Country Smoked Turkey...$0.00
Smokey turkey breast, roasted peppers and onions with balsamic vinegar dressing on focaccia bread

Louisville Chicken Salad...$0.00
Chunks of white and dark meat chicken in a seasoned mayonnaise dressing with sweet & spicy pecans

Tuna Salad...$0.00
Chunk white albacore tuna with a seasoned mayonnaise dressing

Harvest Veggie...$0.00
Fresh pepper rings, cucumber slices, provolone and cheddar cheeses with red pepper garlic spread on honey whole wheat bread

Peanut Butter & Jelly...$0.00
Creamy peanut butter and grape jelly on white bread

Great Harvest Hot Signature Sandwiches

All Hot Signature Sandwiches served fresh off the steamer and grill to melt in your mouth!

BLT...$0.00
Crispy smoky bacon, ripe tomatoes, romaine lettuce, salt and pepper and mayonnaise on white bread toasted in the panini grill

Tuscan Chicken Panini...$0.00
Aged provolone melted over grilled chicken breast, thin sliced red onion, romaine lettuce, tomato, salt and pepper and a sun dried tomato pesto spread on focaccia bread.

Smoky BBQ Cheddar Chicken Panini...$0.00
Grilled chicken breast, thin sliced red onions, romaine lettuce, tomato, salt and pepper, smoky honey BBQ sauce, melted sharp cheddar and crisp bacon on focaccia bread

Spicy Smoked Turkey & Pepper Jack Panini...$0.00
Smoked turkey breast, melted pepper jack cheese, roasted onions and peppers, romaine lettuce, salt and pepper and tomato with a spicy southwest mayonnaise on caraway rye bread

Mile High Rye...$0.00
Smoked turkey and roast beef with melted Swiss, thin sliced red onion, romaine lettuce, tomato, salt and pepper, and roasted garlic and dill spread on caraway rye bread

Roast Beef Panini...$0.00
Roast beef, roasted peppers and onions, melted aged provolone, romaine lettuce, tomato and salt and pepper with a red pepper garlic cheese spread on focaccia

"GHBC" Grilled Cheese Panini...$0.00
A twist on the traditional sandwich served with a garlic and herb spread and two cheeses, sharp cheddar and Swiss on white bread; this sandwich is also available with honey smoked ham, crisp bacon and/or sliced tomato with an additional cost

Area For Extra Information

Utilize this space to mention meal combos, box lunches, drinks etc.

Item Listed Here...$0.00
Extra information about this item can be placed here in order to provide your customers a brief description

Item Listed Here...$0.00
Extra information about this item can be placed here in order to provide your customers a brief description

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Rochester MN 55906
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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Fall back to APPLES

You're going to flip over the Great Harvest "Fall Back To Apples" specials! We've baked up some apple-packed masterpieces for your delight. Check out our bountiful array of applelicious breads and treats. You'll fall head-over-heels. Great for picnics, back to school lunches, desserts and anytime indulgence!

SEPTEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
MN Wild Rice · Autumn Apple

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Apple Scrapple

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat
Autumn Apple

THURSDAY
Whole Grain Goodness · Cinnamon Chip White · Apple Scrapple
Bacon Cheddar Beer
Sourdough (available after 1 PM)
Sept 7 - Whole Grain White Sept 14 - Sundried Tomato
Sept 21 - Jalapeno Cheddar Sept 28 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar
Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

SEPTEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bar · Oatmeal Chocolate Chip Cookie

MONDAY
Apple Cinnamon Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Scotchie Cookie

TUESDAY
Berry Cream Cheese Scone · Triple Chocolate Muffin · Autumn Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Monster Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie
Pumpkin Chocolate Chip Muffin & Bread · Cinnamon Roll

SATURDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Jumble Cookie · Cinnamon Roll

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Fall back to APPLES

You're going to flip over the Great Harvest "Fall Back To Apples" specials! We've baked up some apple-packed masterpieces for your delight. Check out our bountiful array of applelicious breads and treats. You'll fall head-over-heals. Great for picnics, back to school lunches, desserts and anytime indulgence!

SEPTEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries · MN Wild Rice · Autumn Apple

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Apple Scrapple

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Autumn Apple

THURSDAY
9 Grain · Cinnamon Chip White · Apple Scrapple · Pepperoni Rolls
Sourdough (available after 1 PM)

Sept 1 - Basil Parmesan
Sept 8 - Green Chili
Sept 15 - Jalapeno Cheddar
Sept 22 - Sundried Tomato
Sept 29 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Supreme! · High 5 Fiber · Chipotle Cheddar · Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

SEPTEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Scotchie Cookie

TUESDAY
Berry Cream Cheese Scone · Zucchini Muffin · Oatmeal Raisin Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread · Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Monster Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Pumpkin Chocolate Chip Muffin & Bread · Cinnamon Rolls

SATURDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Jumble Cookie · Cinnamon Rolls

TO WEIGH LESS... TO LIVE HEALTHIER AND LONGER, EAT MORE 'GOOD' CARBS

Kudos to Robert Atkins, the good doctor who raised awareness about the perils of carbohydrates in an increasingly overweight nation. Never mind that his high-protein alternative is fraught with health risks. Never mind that many of his low-carb disciples (as many as 70 million in one form or another) don't draw distinctions between "bad" carbs and "good" carbs. For them, a carb is a carb is a carb – all mortal enemies of a thin and happy life. Despite his diet's shortcomings, Atkins did have the courage to raise the issue in a carb-guzzling world. He engaged the debate, which we believe will ultimately lead to a healthier America. For that we are grateful.

Still, it should be noted that the American Heart Association, American Dietetic Association and the American Kidney Fund have all warned about various dangers associated with low-carb, high protein diets.

Consider this from Dr. David Katz of the Yale School of Public Health: "Diets rich in fiber and complex carbohydrates – found in fruits, vegetables, beans and WHOLE GRAINS (this is where Great Harvest Bread enters the discussion) – have been shown in a wide array of studies to be associated with reduced risks of cancer, reduced risks of cardiovascular disease, reduced risk of diabetes, reduced risks of gastrointestinal disorders and overall health promotion. In other words, the notion of cutting carbs is a step in the opposite direction from everything we know about healthy eating."

And this from Judith Wurtman, a brain researcher at M.I.T.: "The diet-industrial complex is now pushing low carbs full steam ahead. It may take a long time, but 10 years from now, people are going to look back on this and say, 'Boy, were we really stupid.' "

And this from reporter David Bjerklie in an April 2004 *Time* magazine story titled "Low-Carb Nation":

"So if the low-carb mantra has made you cut simple sugars and refined carbohydrates from your diet, great. But if you are skimping on produce and WHOLE GRAINS and instead shoveling animal and dairy fats into your body, you are short-changing your health."

Jane Brody, the food and nutrition guru at *The New York Times*, cites various studies before weighing in with these conclusions in a March 4, 2003 article: "People who eat more whole grains tend to weigh less than those who consume fewer." And: "People who eat whole grains are healthier and live longer."

Then, in a column published on March 23, 2004, she writes: "None of my slender friends and acquaintances eats a low-carb diet. ... You don't have to eat low-carb to remain slim or to lose weight and keep it off. Fiber-rich carbohydrates (i.e., Great Harvest breads) offer three major benefits to the weight-conscious eater: they hold water in the gut, take longer to digest and some of their calories are eliminated unabsorbed. In other words, they can fill you up before they fill you out. ... A diet high in fat and low in carbs has yet to be tested for long-term safety and effectiveness. But fiber-rich balanced diets, replete with WHOLE GRAINS, fruits and vegetables along with reasonable quantities of fish, poultry, meat and dairy products, have been repeatedly shown to be conducive to enjoyable eating and to achieving and maintaining a normal body weight and long-lasting health."

"So if the low-carb mantra has made you cut simple sugars and refined carbohydrates from your diet, great. But if you are skimping on produce and **WHOLE GRAINS** *and instead shoveling animal and dairy fats into your body, you are short-changing your health."*

3 Servings of WHOLE GRAINS Daily

The Surgeon General's goal is for all Americans to consume at least three servings of WHOLE GRAINS daily. We have a long way to go. Today, the daily average is about half a serving.

The Food and Drug Administration states: "Diets rich in WHOLE-GRAIN foods and other plant foods low in total fat, saturated fat and cholesterol may help reduce the risk of heart disease and certain cancers." The FDA allows food manufacturers to claim health benefits for products with at least 51 percent WHOLE GRAINS by weight and less than 3 grams of fat per serving.

The health benefits of eating WHOLE GRAIN foods are outlined in study after study around the world. In fact, dozens of studies have shown that eating WHOLE GRAINS reduces cancer risks. Dr. Joanne L. Slavin writes in The Journal of the American Dietetic Association, "WHOLE GRAINS are rich sources of a wide range of phytochemicals with anticarcinogenic properties. Some of these phytochemicals block DNA damage and suppress cancer cell growth. ... The fiber in WHOLE GRAINS increases fecal bulk and speeds the transit of stool, decreasing the opportunity for mutagens to damage cells and cause cancer of the digestive tract. In addition, hormonally active lignans in WHOLE GRAINS may protect against hormonally mediated diseases, such as cancers of the breast and prostate."

A Finnish study of 21,930 male smokers and an American study of 43,757 male health professionals found a reduced risk of heart attacks among those who ate the most WHOLE-GRAIN bread and cereal. The Nurses' Health Study of nearly 90,000 women and the Health Professionals Study of nearly 44,000 men found that those who consumed the most fiber from WHOLE GRAINS had about a 30 percent lower risk of developing Type 2 diabetes.

'BAD' CARBS VS. 'GOOD' CARBS

Let's take a moment to explore the difference between "bad" carbs and "good" carbs, according to the experts.

As *Time* magazine explained in "The Low-Carb Frenzy," all foods can be divided into combinations of three different nutritional categories based on their chemical components: carbohydrates, proteins and fats. The body breaks down carbs into sugars that flow through the bloodstream and serve as the body's key source of energy. White bread, pasta and potatoes are examples of "bad" carbs that quickly turn to sugar in the body. Sugar not needed immediately by muscles is stored as fat to be used later. On the other hand, some fruits, vegetables, beans and, yes, WHOLE GRAINS, are also carbs. But they are "good" carbs that break down slowly and provide substantial infusions of vitamins, minerals and, especially, fiber. Numerous studies have demonstrated that diets rich in fiber can lower cholesterol and reduce the risk of heart disease.

Walter Willett, a medical doctor at the Harvard School of Public Health, has written a book, *Eat, Drink and Be Healthy – The Harvard Medical School Guide to Healthy Living* (Simon & Shuster, 2002). In it he explains that the basic difference between bad carbs and good carbs isn't as simple as the traditional understanding of "simple carbohydrates" (sugars) and "complex carbohydrates" (starches).

While the terms "simple" and "complex" have a specific chemical meaning, they don't mean much inside your body. In fact, your digestive system turns white bread, a baked potato, or white rice (all starches and therefore "complex" carbs) into glucose and pumps this sugar into the bloodstream almost as fast as it delivers the sugar in a cocktail of pure glucose. Swift, high spikes in blood sugar are followed by similar surges in insulin. As this insulin forces glucose into muscle and fat cells, blood sugar levels plummet, triggering the unmistakable signals of hunger. To make matters worse, these high levels of blood sugar and insulin surges are now implicated as part of the perilous pathway to heart disease and diabetes. The harmful effects of these rapidly digested carbohydrates are especially serious for people who are overweight.

WHOLE GRAINS
Keystones of a Healthy Diet

"The carbohydrates that should form the keystones of a healthy diet come from WHOLE GRAINS, like brown rice or oats, from foods made with WHOLE GRAINS, like whole-wheat pasta or bread, or from beans. Our body takes longer to digest these carb packages, especially when they are coarsely ground or intact. That means they have a slow, low and steady effect on blood sugar and insulin levels, which protects against heart disease and diabetes. They make you feel full longer and keep you from getting hungry right away. They also give you important fiber plus plenty of vitamins and minerals."

Harvard medical doctor Dr. Walter Willett goes on to describe the two carb building blocks in his Healthy Eating Pyramid. WHOLE-GRAIN good carbs sit prominently as part of the pyramid's foundation, and highly refined, rapidly digested bad carbs (including most desserts) are relegated to the very top.

"For almost 20 years our research team has been one of several groups studying the health effects of foods made from refined and intact grains. The result of this work is compelling. Eating lots of carbs that are quickly digested and absorbed increases levels of blood sugar and insulin, raises levels of triglycerides and lowers levels of HDL cholesterol. Over the long run, these changes lead to cardiovascular disease and diabetes. In contrast, eating WHOLE-GRAIN foods is clearly better for long-term good health and offers protection against diabetes, heart disease, cancer and gastrointestinal problems such as diverticulosis and constipation. Other research around the world points to the same conclusions."

IMPORTANCE OF GLYCEMIC INDEX, GLYCEMIC LOAD

At the heart of the distinction between good carbs and bad carbs is the Glycemic Index, which emerged in the 1990s when researchers at the University of Toronto showed that some foods raised blood sugar faster and higher than others, placing greater demands on the insulin system. The Glycemic Index ranks foods according to how rapidly sugars are released into the bloodstream.

Dr. Willett describes how the index works: The body converts digestible carbs into glucose – sugar that cells use as fuel. When glucose molecules pass from the stomach into the bloodstream, the pancreas releases insulin, a hormone that activates cells to absorb glucose. As muscles, fat and other cells sponge excess glucose from the blood, insulin levels return to normal.

Discovery of the Glycemic Index led to another measurement developed by a team from the Harvard School of Public Health called Glycemic Load. It includes the food's Glycemic Index plus how much carbohydrate the food delivers in one serving. Most fruits, vegetables, beans and WHOLE GRAINS have low Glycemic Loads. However, when fruits are squeezed into juices and WHOLE GRAINS are pulverized into refined flour, they turn into the equivalent of sugar water with very high Glycemic Loads.

WHY DOES A HIGH GLYCEMIC LOAD CAUSE WEIGHT GAIN?

"After a snack or meal with a high Glycemic Load, blood-sugar levels rise higher and faster than after a meal with a low load," Dr. Willett writes. "The insulin needed to stuff all that sugar into muscle and fat cells also blunts the activity of glucagons, a hormone that signals the body to burn stored fuel when blood-sugar levels fall below a certain point. Glucose levels plummet as a result, leaving the brain and other tissues starved for energy. Concentration flags, muscles get shaky and the body perceives an emergency. In search of a quick fix, the gut and brain send out hunger signals long before it's time for another meal. And for those who respond to these signals by downing another high-glycemic snack, the cycle repeats itself. The fluctuating sugar levels and elevated insulin levels lead to excessive snacking – and calories."

WHY DOES THIS EATING PATTERN CAUSE DIABETES?

Again, Dr. Willett: "Foods with high Glycemic Load pose another problem for a growing number of Americans. The tissues of people who are overweight or physically inactive resist insulin's signal to pull in glucose from the blood – a condition known as insulin resistance. This keeps blood sugar at high levels for prolonged periods. It also forces the pancreas to produce extra insulin in order to jam glucose into cells. Overworked insulin-making cells can wear out and cease production, leading ultimately to diabetes."

We don't need to swear off carbs to avoid weight gain and diabetes. The trick, according to Dr. Willett, is to choose foods with low Glycemic Loads. "For example, switch to WHOLE GRAINS. Until the 19th century, humans ate grains either whole or roughly ground. In this form, grains offered a carbohydrate package rich in fiber, healthy fats, vitamins, minerals, plant enzymes and hundreds of nutrients. ... Fortunately, WHOLE GRAINS are making a comeback."

WHOLE GRAINS – STARS IN DISEASE PREVENTION

It is the indigestible fiber and phytochemicals in WHOLE GRAINS that render them stars in disease prevention, Jane Brody writes in *The New York Times*. So, why is fiber such an important player on the good-health team?

"Fill up with fiber," writes Dr. Bob Arnot in his popular book, *Revolutionary Weight Control Program*. "Fiber, derived from plants, is classified as soluble and insoluble. Both types are beneficial. Soluble fibers dissolve in water, and so they soak up liquids. Insoluble fibers do not dissolve in water, though they assist in moving waste through the body.

"FILL UP WITH FIBER"

"Soluble-fiber foods are among your most important weapons against hunger. When water and soluble fiber mix in the gut, the stomach and small intestine expand, sending satiety signals that shut off further eating. That's why the experimental subjects were satisfied with fewer calories when they ate WHOLE-WHEAT BREAD than when they consumed white bread, which has fiber refined out of it."

(Dr. Arnot is referring to a revealing study in which one group was given WHOLE-WHEAT BREAD on one occasion and white bread on another. Both times participants were told to eat until they were full. The group consumed far fewer calories when they ate WHOLE-WHEAT BREAD, and yet were as satisfied as when they ate the greater amount of white bread.)

Dr. Arnot concludes, "The more fiber you load up on early in the day, the more effectively you may kill hunger – and impulse eating – into the evening."

Today, 64 percent of Americans are overweight, and more than 30 percent are obese, according to the FDA. In fact, obesity is gaining on smoking as the leading cause of preventable death.

"It seems clear that a large proportion of the population could benefit from eating more WHOLE GRAIN, and efforts are needed to encourage consumption," according to the American College of Nutrition.

Simin Liu, a Harvard researcher with the Brigham and Women's Hospital in Boston, says, "Americans understand that WHOLE GRAINS are healthier than refined grains, but the average person eats less than one serving of WHOLE GRAINS per day. ... The challenge for the food industry is to make WHOLE-GRAIN products more appealing than refined-grain products." For the rest of us, she suggests, "The challenge is to develop habits to increase WHOLE-GRAIN intake such as substituting WHOLE-WHEAT BREAD for white bread when making a sandwich. Developing such a simple habit may have long-term benefits."

Nicola M. McKeown, PhD., adds, "I think people understand the importance of eating fruits and vegetables, but when it comes to WHOLE GRAINS the message has pretty much been lost. This is in part because consumers don't really understand what WHOLE-GRAIN foods are."

To that end, the U.S. Department of Agriculture is poised to launch as part of the 2005 edition of the "Dietary Guidelines for Americans" an intensive effort to increase consumption of whole grains and reduce consumption of enriched grains (those stripped of their nutrients in the production process then "enriched" with required vitamin and mineral supplements – virtually all of the breads, white or otherwise, found on supermarket shelves). The USDA would recommend increases of whole-grain consumption by 275 percent for men and 227 percent for women.

"INCREASE WHOLE-GRAIN INTAKE"

NOBODY DOES WHOLE GRAIN BETTER

Great Harvest Bread Co. understands the magic of WHOLE GRAIN. That's why we're here. We have been the WHOLE-GRAIN headquarters for nearly 30 years. WHOLE GRAINS are our niche, our specialty – they're what we do. We mill WHOLE GRAINS in our store every day, so they're always fresh. The truth is that nobody does WHOLE GRAIN better than Great Harvest.

Let's take a look at our basic building block, the kernel of wheat. This natural miracle is a storehouse of nutrients that people have needed and used for thousands of years – the "staff of life." Each kernel (it takes about a million to fill a bushel basket) has three parts. 1) The endosperm is the largest part with 83 percent of the kernel's mass. This is where starch is stored and where the largest amount of flour comes from. It contains carbs, protein, iron and B-complex vitamins. 2) Bran is the fiber-rich outer layer with about 14.5 percent of the kernel, containing protein and B-complex vitamins. 3) Germ is the nutrient-rich embryo, the sprouting section, that packs abundant B-complex vitamins and trace minerals.

In baking WHOLE-GRAIN BREADS, Great Harvest uses the entire kernel. By contrast, many commercial bread makers, producing highly refined white breads and other breads that pose as "whole wheat" or "multigrain," strip away the bran and germ to make soft, airy breads with a longer shelf life. They bleach the flour, and then add vitamins and minerals to replace the lost nutrients. But many nutrients aren't added, and the lost fiber can't be replaced.

Great Harvest bread is made completely from scratch. Great Harvest's whole grain breads are made using freshly stone-ground flour that we grind from whole wheat kernels in our store daily. The flour in our whole grain breads are never more than 48 hours old, which means that essential nutrients, which begin breaking down over time, are preserved.

Freshly stone-ground 100% whole-wheat flour (from America's best wheat) that's never more than 48 hours old gives Great Harvest bread its exceptionally fresh taste. It also gives Great Harvest bread its satisfying size. Other bakeries use dough conditioners or chemicals to boost loaf volume. At Great Harvest we just use fresh wheat, carefully and stringently selected from the and high plains of America's best wheat growing regions. That's it. Stone-ground whole wheat – plus proprietary parts of our recipes and baking process – enables most Great Harvest breads to remain fresh 7 to 10 days without preservatives.

At Great Harvest we are all about making the best-tasting, most nutritious whole-grain breads you can find anywhere. We believe that eating our bread can help you lose weight and live a healthier and longer life.

MUSCLE BREAD

As a way of closing, we offer this tip for helping your children understand the difference between "fluff" bread and WHOLE-GRAIN bread. The original idea comes from William Sears, a well-known pediatrician and author from San Clemente, Calif., who dedicated an entire chapter to bread in his *Family Nutrition Book.*

Because parents often complain that their children won't eat anything but white bread, consider taking your kids to the bread aisle at a supermarket. Have them hold a loaf of white bread in one hand and a loaf of Great Harvest WHOLE-GRAIN bread in the other. The WHOLE-GRAIN breads are always much weightier.

Then tell them, in Dr. Sears' words: "The white bread is air bread. WHOLE GRAIN is heavier because it's muscle bread."

We like that... muscle bread.

Here's to your strong muscles and to a long and healthy life from your friends at Great Harvest.

WHOLE GRAINS FOR HEALTHY KIDS!!

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GREAT HARVEST BREAD CO.

706 N. Broadway
Rochester, MN
Hours: 6:30 a.m. – 6:00 p.m., Tues. – Friday
6:30 a.m. – 5:00 p.m. Saturday

Great Harvest Bread Co. is an Equal Opportunity Employer. We do not discriminate on the basis of race, religion, color, sex, age, national origin, or disability.

Date:_____

Name:_____
List Previous, Maiden, or Alias

Telephone # _____daytime _____evening

Current Address:_____

e-mail address _____ Date available to start to work? _____

How did you hear about us?_____Position Desired?_____

How long do you plan on working for us?_____Under 18 years old? Yes No

Highest grade or college completed_____

We are a non-smoking company. Can you work under these conditions? Yes No

Have you been convicted of a felony within the last 7 years? Yes No

If yes, please explain_____

Are you a U.S. Citizen, or do you have a permit which allows you to work? Yes No
(Proof of citizenship or immigration will be required on employment)

Great Harvest jobs may include standing for long periods of time, lifting regularly, stooping & bending frequently, performing repetitive hand motions; and most importantly, smiling and having fun at all times. Can you do these things, with or without accommodations? Please explain necessary accommodations.

The following questions do not have "right" answers but are intended to help us get to know you better. Short answers are OK, use more paper if you want.

Why are you interested in working at Great Harvest Bread Co?

Great Harvest is a very service-oriented business. What does good service mean to you?

Tell us about hobbies, special interests, experiences, or skills (Not necessarily job related). List something that you are particularly proud of.

What type(s) of music do you enjoy? Favorite radio station?

What skills from previous jobs would qualify you for a position at Great Harvest?

What are your goals for the next six to twelve months? Two years? Five years?

What are your preferred working hours and available days and hours? Will your availability change in the next six months?

Give us a couple references (with phone #) who you have known for at least 1 year. Exclude friends or relatives.

Anything else you would like us to know about you?

Employment History

Please tell us about your recent job history starting with the present: (5 years)

Company_____Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back?_____# of days taken off?_____

_____

Company_____Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back?_____# of days taken off?_____

_____

Company_____Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back?_____# of days taken off?_____

Employment Agreement

I certify that the facts contained in this application are true and correct, and I confirm that my omission or misrepresentation of any fact on this application is sufficient reason for Great Harvest to deny me employment. If employed, such an omission or misrepresentation shall be grounds for dismissal. I further authorize investigation of all statements contained herein and contact with references listed. I agree that if an employment relationship is established with Great Harvest, it will be of an "at will" nature. Meaning that I may resign at any time & Great Harvest may dismiss me at any time with or without cause.

Signature_____ Date_____

Q: Some days I am much more active than others. Does that make a difference?
A: Yes! The more physically active you are, the more carbohydrates you use for fuel. In addition, the faster the pace of activity, the more carbohydrates you use.

Q: Can I save all of my carbohydrates for dinner?
A: If you have type 2 diabetes, it's better to distribute your carbohydrates throughout the day. Your body is still making insulin; you are just using it less effectively. Lots of carbohydrates at once will tax your body's ability to clear the blood sugar. Smaller, more frequent amounts of carbohydrates are recommended. If you have type 1 diabetes, the most important point to remember is to match the insulin you take with the amount of carbohydrate at a meal.

Q: So, portion control is the right answer, rather than abstaining from carbohydrates?
A: Yes! Learn how many carbohydrates are right for you, based on your usual dietary intake, your preferences and your blood sugars.

Q: Do whole grain breads have any benefits over breads made with refined white flour?
A: Yes again! Research indicates that whole grains may help with weight loss, and help prevent colon cancer and heart disease. In addition, whole grains naturally provide micronutrients such as the B vitamins, iron and zinc. They also contain phytochemicals, which may be part of the reason they help prevent chronic disease.

DO YOURSELF A FAVOR!

If you have diabetes, consult with a certified diabetes educator or dietitian familiar with your disease. An educator can help design a meal pattern for you that will contain a healthy, balanced diet, which can include delicious and nutritious Great Harvest bread.

Here is an example of a low carbohydrate food plan using Great Harvest bread:

BREAKFAST
- 1 orange
- 1 slice of Nine Grain bread with peanut butter
- Meal total ≈ 42 grams of carbohydrate*

LUNCH
- 2 slices of Honey Whole Wheat with sliced turkey, tomatoes, lettuce, onions and sprouts
- ½ cup carrot sticks with light ranch dip
- Meal total ≈ 42 grams of carbohydrate*

DINNER
- Grilled halibut with carrots and green beans
- Large green salad with oil and vinegar
- Enjoy a handful of granola for dessert
- Meal total ≈ 18 grams of carbohydrate*

*Remember to subtract the grams of fiber from the total grams of carbohydrates.

This brochure has been written with the help of Carla Cox, Ph.D., registered dietitian, certified diabetes educator, and nutrition consultant for Great Harvest Bread Co.

Great Harvest Bread Co.®

I have DIABETES

CAN I EAT Great Harvest BREAD?

Great Harvest Bread Co.®

YOU BET!

DIABETES *is a disease diagnosed when a fasting blood sugar is greater than 126 mg/dl. Pre-diabetes is becoming a more common diagnosis, and is diagnosed when a fasting blood sugar is greater than 110 mg/dl, but less than 126 mg/dl.*

When carbohydrate-rich foods are eaten, blood sugars rise. (Foods rich in carbohydrates include fruit, milk, yogurt, potatoes, rice, whole grain breads and desserts.) In an individual with diabetes, high carbohydrate diets can overwhelm the body's ability to move sugar from the blood stream into tissues where it is used to help perform the work of the cell. Some people can have high blood sugars even with a low carbohydrate diet, because the body can make glucose even without carbohydrates. Chronically high blood sugars can damage the heart, kidney, eyes and nerves, so they need to be treated.

What complicates the food recommendations for an individual with diabetes is that everyone needs some carbohydrates. Carbohydrates are used by the brain and are important in the function of the working muscle, particularly when the work is intense (lifting, running, sprinting).

COMMON QUESTIONS FROM PEOPLE DIAGNOSED WITH DIABETES:

Q: How many carbohydrates can I eat?
A: Since each person is unique, that question is best answered by a certified diabetes educator or dietitian that frequently works with individuals diagnosed with diabetes. However, here are some general guidelines:

If you have type 2 diabetes or pre-diabetes:

- *Everyone should obtain at least 100 grams of carbohydrates per day.*
- *Individuals who are younger, more active or male, should consume more carbohydrates per meal. It may be appropriate for some to eat 60g-75g or more carbohydrates per meal! (And a slice of Great Harvest bread can certainly fit here... read on.)*
- *A small, older female who is not very active would need the least number of carbohydrates per meal (30g for breakfast, 30g for lunch and 40g for dinner would be a good estimate).*

If you have type 1 diabetes or are taking insulin at each meal:

- *Your insulin should be matched to the amount of carbohydrate you are eating at each meal and snack. Talk to your diabetes educator about using a scale of units of insulin to grams of carbohydrate.*

Q: How many grams of carbohydrates are in a slice of Great Harvest bread?
A: Since the size and shape of the loaves vary, ask for a handout that lists all the breads made at Great Harvest Bread Company, and the quantity of carbohydrates per serving. A typical slice of Great Harvest bread weighs 45g - 50g (that is a little more than 1.5 ounces). You'll need a small scale at home to be really accurate! (One slice of store bought bread is usually 30g by weight and contains 12g-15g of carbohydrates; a bagel may be as many as 150g by weight and contain 72g of carbohydrates.) Some examples are:

[Bread Variety]	[Carbohydrates]	[Fiber]
Honey Whole Wheat	22g	3g
Cranberry Orange	25g	3g
Nine Grain	23g	3g
Flax Oat Bran	21g	4g
Raisin Whole Wheat	24g	3g
High 5 Fiber	21g	5g

PER 50-GRAM SERVING SIZE

Carbohydrates (grams) - Fiber (grams) = Total Carbohydrates

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N, Broadway
Rochester MN 55906
507-286-1101
www.greatharvestrochester.com

MONDAY-FRIDAY 6:30AM-6:00PM, SATURDAY 6:30AM-5:00PM, CLOSED SUNDAY

Change Your Loaf FOREVER!

Sink your teeth into a slice of this delicious & festive summer bread! Loaded with dried cranberries, wild blueberries, white chocolate chips and a splash of vanilla! This bread is bound to spark your taste buds. We'll be baking Red, White & Blueberry bread throughout July!

JULY *Breads*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/berries · Cinnamon Chip White
Potato Fennel Thyme · Red, White, & Blueberry

TUESDAY
Dakota · Cinnamon Chip Wheat · Cheddar Garlic · Cranberry Orange
Mexican Chocolate

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat
Red, White, & Blueberry

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta · Bacon Cheddar Beer
Sourdough:(available after 1pm)
July 6 - 3 Cheese
July 13 - Plain ol White
July 20 - Sundried Tomato
July 27 - Whole Grain White

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar
Anadama (loaves & buns) · Red, White, & Blueberry

SATURDAY
Cinnamon Chip White · Apple Cinnamon Swirl · Rosemary Garlic

JULY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Turtle Cookie

WEDNESDAY
Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Raisin Cookie
Vanilla Almond Scone

THURSDAY
Mocha Chip Scone · Lemon Poppy Muffin · Snickerdoodles

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin · Monster Cookie · Cinnamon Rolls

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

HONEY BUNNIES

EASTER SCHEDULE (APRIL 13-15)

Honey Whole Wheat, Old Fashioned White, Challah, Cinnamon Chip White, Light Wheat Virginia Rolls, Basil Oregano Virginia Rolls, Easter Ambrosia, Hot Cross Buns, Bunnies.

Accepting orders for Bunnies only!

$2 of each BUNNY sold goes to Paws & Claws.

APRIL *Hop on down and see what's baking today*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

THURSDAY (APRIL 13 WILL FOLLOW EASTER SCHEDULE)
9 Grain · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
April 6 - Whole Grain White April 13 - NO Sourdough
April 20 - White April 27 - Jalapeno Cheddar

FRIDAY (APRIL 14 WILL FOLLOW EASTER SCHEDULE)
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Apple Cinnamon Swirl
Chipotle Cheddar

SATURDAY (APRIL 15 WILL FOLLOW EASTER SCHEDULE)
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

Easter Schedule (April 13-15) Thursday - Saturday
Honey Whole Wheat, Old Fashioned White, Challah, Cinnamon Chip White, Light Wheat Virginia Rolls, Basil Oregano Virginia Rolls, Easter Ambrosia, Hot Cross Buns, Bunnies.

APRIL *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Maple Nut Goodie Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin
Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Butterscotch Muffin · Double Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Maple Muffin · Turtle Cookie · Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

The Freshest **WHOLE GRAIN** Breads

April means that Spring is in the air at Great Harvest! Shower yourself with our fresh and delicious Wednesday Specials all month long:

April 4
Blueberry Cheesecake Swirl

April 11
Caraway Rye

April 18
Mexican Chocolate

April 25
Brioche

APRIL Bread Schedule

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic
Wednesday Special (see left)

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Blueberry Lemon
Sourdough (available after 1PM)
April 5 - Whole Grain White
April 12 - Cranberry Walnut
April 19 - White
April 26 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

APRIL Sweet Spot

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Maple Nut Goodie Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin
Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Berry Cream Cheese Scone · Blueberry Muffin · Double Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin & Coffee Cake · Turtle Cookie
Cinnamon Roll

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www.greatharvestrochester.com

MONDAY-FRIDAY 6:30AM-6:00PM, SATURDAY 6:30AM-5:00PM, CLOSED SUNDAY

Bread.
The way it *ought* to be.

Why we get up at 3:00 AM

Every morning we get up early knowing we are keeping our promise to deliver you fresh, healthy, real, great tasting whole grain breads and sweets.

We could sleep in if we used pre-made bread dough or frozen par baked cookies, muffins, scones, and other sweet treats; but we don't and won't.

We know you have many bread choices and truly appreciate that you make that extra stop at Great Harvest Bread Co. Thank you for supporting your local neighborhood bakery!

AUGUST *Your Local Whole Grain Headquarters!*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/ berries · Cinnamon Chip White · Blueberry Lemon
Green Chili Cheddar

TUESDAY
Cranberry Orange · Dakota · Cinnamon Chip Wheat · Cheddar Garlic

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat · Blueberry Lemon

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta
Sourdough (available after 1PM)
Aug 4 - White
Aug 11 - Sundried Tomato
Aug 18 - Jalapeno Cheddar
Aug 25 - Cranberry Walnut

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar
Blueberry Lemon

SATURDAY
Rosemary Garlic · Apple Cinnamon Swirl · Cinnamon Chip White

AUGUST *Sweet Spot!*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Triple Chocolate Scone · Pumpkin Chocolate Chip Muffin & Bread · Jumble Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Milk Chocolate Peanut Butter Cookie

WEDNESDAY
Lemon Poppy Scone · Pumpkin Chocolate Chip Muffin & Bread · Turtle Cookie

THURSDAY
Mocha Chip Scone · Vegan Berry Bran Muffin · Maple Nut Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Triple Chocolate Scone · Vegan Berry Bran Muffin · Monster Cookie
Cinnamon Rolls

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Bread.
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Every morning we get up early knowing we are keeping our promise to deliver you fresh, healthy, real, great-tasting whole-grain breads and sweets.

We could sleep in if we used pre-made bread dough or frozen par-baked cookies, muffins, scones, and other sweet treats; but we don't and won't.

We know you have many bread choices and truly appreciate that you make that extra stop at Great Harvest Bread Co. Thank you for supporting your local neighborhood bakery!

AUGUST *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · Cinnamon Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Peanut Butter Chocolate Chip · Garden Wheat

THURSDAY
Cinnamon Chip White · 9 Grain · Spinach Feta
Sourdough (available after 1pm)
Aug 3 - Whole Grain White Aug 10 - Jalapeno Cheddar
Aug 17 - Cranberry Walnut Aug 24 - 3 Cheese Aug 31 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Pepperoni Bread
Bacon Cheddar Beer · High 5 Fiber · Anadama (loaves & buns)

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

AUGUST *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Berry Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Jumble Cookie · Cinnamon Twists

WEDNESDAY
Lemon Poppy Scone · Pumpkin Chocolate Chip Muffin & Bread
Milk Chocolate Peanut Butter Cookie

THURSDAY
Mocha Chip Scone · Butterscotch Muffin · Cinnamon Twists · Maple Nut Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Triple Chocolate Scone · Butterscotch Muffin · Turtle Cookie
Cinnamon Roll · Cinnamon Twists

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Change Your Loaf FOREVER!

Sink your teeth into a slice of this delicious & festive summer bread! Loaded with dried cranberries, wild blueberries, white chocolate chips and a splash of vanilla! This bread is bound to spark your taste buds. We l be baking Red, White & Blueberry bread throughout July!

JULY *Breads*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/berries · Cinnamon Chip White · Red Pepper Swiss · Red, White, & Blueberry

TUESDAY
Dakota · Cinnamon Chip Wheat · Cheddar Garlic · Cranberry Orange · Onion Dill Rye

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat · Red, White, & Blueberry

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta · Onion Dill Rye
Sourdough:(available after 1pm)
July 7 - Jalapeno Cheddar
July 14 - Cranberry Walnut
July 21 - Whole Grain White
July 28 - Jalapeno Cheddar

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar · Red, White, & Blueberry

SATURDAY
Cinnamon Chip White · Apple Cinnamon Swirl · Rosemary Garlic

JULY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Caramel Cookie

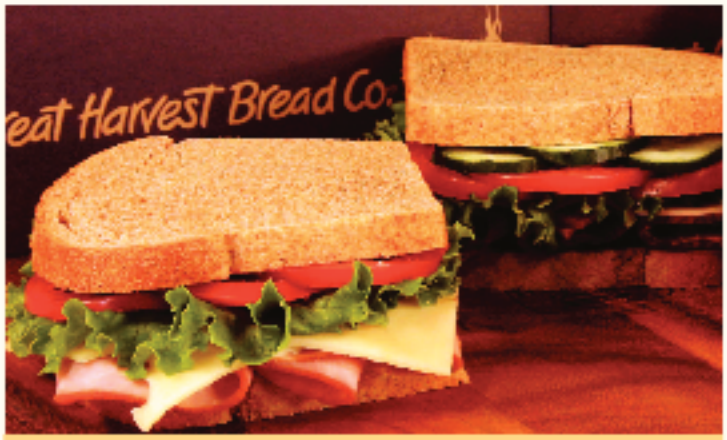
TUESDAY
Caramel Apple Scone · Blueberry Muffin · Turtle Cookie

WEDNESDAY
Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Raisin Cookie · Maple Oatmeal Scone

THURSDAY
Mocha Chip Scone · Lemon Poppy Muffin · Snickerdoodles

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Walnut Chocolate Chip Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin · Snickerdoodles · Cinnamon Rolls



Fresh from our Bakery

Bakery Box Lunch

$7.99, Classic Sandwich

$8.99, Signature Sandwich

Individual box lunches including your choice of sandwich made on fresh baked bread, chips, a pickle and a giant Great Harvest cookie.

Sandwiches feature our famous 100% whole grain Honey Whole Wheat bread made with 5 simple ingredients: wheat, water, honey, yeast and salt.

Classic Sandwiches:
Ham & Swiss, Turkey Swiss, and Roast Beef & Provolone.

Signature Sandwiches:
Harvest veggie, Pepper Blue Roast Beef, California Cobb, Chicken Salad and Tuna Salad.

Add $1.00 for individual boxes (rather than bags).

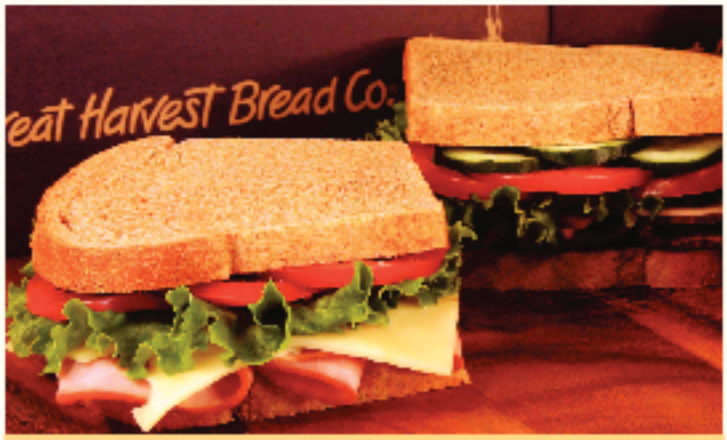
Sandwich Platter

6 Classic Sandwich Platter...$33
6 Signature Sandwich Platter...$39
12 Classic Sandwich Platter...$65
12 Signature Sandwich Platter...$77

Sandwiches platters are a great option for offering a variety of choices. Sandwiches are halved. Mayo and mustard packets are included.

Larger sandwich orders are available upon request.

Great Harvest Bread Co.



Fresh from our Bakery

Bakery Box Lunch

$7.99, Classic Sandwich

$8.99, Signature Sandwich

Individual box lunches including your choice of sandwich made on fresh baked bread, chips, a pickle and a giant Great Harvest cookie.

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Classic Sandwiches:
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6 Signature Sandwich Platter...$39
12 Classic Sandwich Platter...$65
12 Signature Sandwich Platter...$77

Sandwiches platters are a great option for offering a variety of choices. Sandwiches are halved. Mayo and mustard packets are included.

Larger sandwich orders are available upon request.

Great Harvest Bread Co.

Salad
$40
Add chicken for $7.50

A fresh mix of spinach and spring mix lettuce with wedges of tomatoes, sliced onions, craisins, sliced almonds, strawberries, feta cheese, croutons and a light raspberry vinaigrette dressing.

Soup
$12
Choose from a variety of soups including our Chicken & Noodle, Stuffed Green Pepper with Beef, Cheddar Broccoli, and many more. Each soup (32oz) order includes freshly baked rolls. Ideal for groups up to 4.

The Great Big Cookie Box
$17.00, Bakers dozen
Choose from chocolate chip, snickerdoodle, peanut butter chocolate chip, dillon, and more. Varieties change daily.

Sweets Spot
Large...$60 (25 item assortment)
Small...$33 (15 item assortment)
These boxes include an assortment of muffins, bars and scones. The large box also includes a fresh sliced batter bread.

To order, call Sam or Steph at (918) 878-7878
or visit us at:
5203 S Sheridan Road, Tulsa, OK 74145
Mon-Fri 7am-6pm
Sat 7am-4pm

1. Order 24 hours in advance to ensure availability.
2. We gladly deliver. Prices vary according to distance. Please check with us regarding your location.
3. Payment to be made at time of order. We gladly accept Visa, Discover, Mastercard and American Express.

Great Harvest Bread Co.

www.tulsaok.greatharvestbread.com

Salad
$40
Add chicken for $7.50

A fresh mix of spinach and spring mix lettuce with wedges of tomatoes, sliced onions, craisins, sliced almonds, strawberries, feta cheese, croutons and a light raspberry vinaigrette dressing.

Soup
$12
Choose from a variety of soups including our Chicken & Noodle, Stuffed Green Pepper with Beef, Cheddar Broccoli, and many more. Each soup (32oz) order includes freshly baked rolls. Ideal for groups up to 4.

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Great Harvest Bread Co.

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Great Harvest Bread Co.

Made from scratch

Give and Be Merry!

MERRY BERRY!
Cranberries and White Chocolate packed into a sweet, white bread will make you very merry! Available every day in December.

Holiday Hours:
Open Christmas Eve & New Year's Eve
6:30 - 3:00 pm

Rolls! Rolls! Rolls!
Dec 21 - 24
We will make lots of rolls in addition to scheduled breads. Also - Finnish Pulla, Light Wheat Virginia Rolls & Basil Oregano Virginia Rolls.

Sorry - No orders
Dec 21 - 24

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

DECEMBER Bread Schedule

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah · Merry Berry

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · Merry Berry

TUESDAY
Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Mexican Chocolate · Merry Berry

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Merry Berry

THURSDAY
9 Grain · Cinnamon Chip White · Rosemary Garlic · Merry Berry
Sourdough (available after 1PM)
Dec 1 - Cranberry Walnut
Dec 8 - White
Dec 15 - Jalapeno Cheddar
Dec 22 - Cranberry Walnut
Dec 29 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Butterscotch Delight · Merry Berry

SATURDAY
Cinnamon Chip White · White Rosemary Garlic · Apple Cinnamon Swirl · Merry Berry

Christmas WEEK (Wednesday - Saturday)
Honey Whole Wheat (Loaves & Rolls), Old Fashioned White (Loaves & Rolls), Challah (Loaves & Rolls), Basil Oregano Virginia Rolls, Light Wheat Virginia Rolls, & Finnish Pulla

DECEMBER Sweet Spot

EVERYDAY
Low Fat Oatberry Muffins · Oatmeal Chocolate Chip Cookies
Savannah Bars · Ginger Cookies

MONDAY
Egg Nog Scone · Christmas Cookie · Pumpkin Choc Chip Muffin & Bread

TUESDAY
Cinnamon Chip Cream Cheese Scone · Chocolate Mint Cookie · Blueberry Muffin

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie · Raspberry White Chocolate Muffin

THURSDAY
Egg Nog Scone · Snickerdoodle Cookie · Pumpkin Choc Chip Muffin & Bread

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Chocolate Muffin
Cinnamon Rolls

SATURDAY
Egg Nog Scone · Christmas Cookie · Raspberry White Chocolate Muffin
Cinnamon Rolls

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Made from scratch
Give AND Be Merry!

MERRY BERRY!
Cranberries and White Chocolate packed into a sweet, white bread will make you very merry! Available every day in December.

Holiday Hours:
Open Christmas Eve
6:30 - 3:00 pm
Closed Dec 25 - 26 &
Dec 31 - Jan 2

Rolls! Rolls! Rolls!
Dec 20 - 24
We will make lots of rolls in addition to scheduled breads. Also - Finnish Pulla, Light Wheat Virginia Rolls & Basil Oregano Virginia Rolls.

Sorry - No orders
Dec 20 - 24

DECEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah
MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · Merry Berry
TUESDAY
Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Mexican Chocolate · Merry Berry
WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Merry Berry
THURSDAY
9 Grain · Cinnamon Chip White · Rosemary Garlic · Merry Berry
Sourdough (available after 1PM)
Dec 7 - Cranberry Walnut Dec 14 - Jalapeno Cheddar
Dec 21 - Cranberry Walnut Dec 29 - White
FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Butterscotch Delight · Merry Berry
SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl · Merry Berry

Christmas WEEK (Wednesday - Sunday)
Honey Whole Wheat (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Finnish Pulla,
Basil Oregano Virginia Rolls, & Light Wheat Virginia Rolls

DECEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Ginger Cookie
MONDAY
Egg Nog Scone · Christmas Cookie · Pumpkin Choc Chip Muffin & Bread
TUESDAY
Cinnamon Chip Cream Cheese Scone · Chocolate Mint Cookie · Blueberry Muffin
WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie · Raspberry White Chocolate Muffin
THURSDAY
Egg Nog Scone · Snickerdoodle Cookie · Pumpkin Choc Chip Muffin & Bread
FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Chocolate Muffin
Cinnamon Roll
SATURDAY
Egg Nog Scone · Christmas Cookie · Raspberry White Chocolate Muffin
Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

White CHOCOLATE CHERRY Swirl

Chocolate Lovers Rejoice!

Every February we celebrate chocolate big time, and not just for Valentine's Day. Enjoy specialty chocolate treats all month!

Fun Fact

Did you know chocolate stimulates endorphins (which make us happy!) and contains serotonin (which acts as an antidepressant). The Harvard School of Public Health said that a person who eats chocolate up to 3 times per month lives almost a year longer. So eat up without the guilt!

FEBRUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · White Chocolate Cherry Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Blueberry Cheesecake Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · White Chocolate Cherry Swirl
Flax Oatbran · Potato Fennel Thyme

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate Sourdough (available after 1PM)
Feb 2 - White Feb 9 - Cranberry Walnut
Feb 16 - 3 Cheese Feb 23 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Peanut Butter Chocolate Chip
Chipotle Cheddar · White Chocolate Cherry Swirl · High 5 Fiber

SATURDAY
Cinnamon Chip White · Potato Fennel Thyme · White Chocolate Cherry Swirl

FEBRUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Chocolate Bliss Cookie

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Chocolate Cherry Scone · Red Velvet Cupcake · Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Chocolate Cappuccino Muffin · Peanut Butter M & M Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Chocolate Cherry Scone · Raspberry Chocolate Muffin · Turtle Cookie · Cinnamon Roll

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

White CHOCOLATE CHERRY Swirl

Chocolate Lovers Rejoice!

Every February we celebrate chocolate big time, and not just for Valentine's Day. Enjoy specialty chocolate treats all month!

Fun Fact

Did you know chocolate stimulates endorphins (which make us happy!) and contains serotonin (which acts as an antidepressant). The Harvard School of Public Health said that a person who eats chocolate up to 3 times per month lives almost a year longer. So eat up without the guilt!

FEBRUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · White Chocolate Cherry Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Blueberry Cheesecake Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · White Chocolate Cherry Swirl
Flax Oatbran · Potato Fennel Thyme

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate
White Sourdough (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Peanut Butter Chocolate Chip
Chipotle Cheddar · White Chocolate Cherry Swirl · High 5 Fiber

SATURDAY
Cinnamon Chip White · Rosemary Garlic · White Chocolate Cherry Swirl

FEBRUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Chocolate Bliss Cookie

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Chocolate Cherry Scone · Red Velvet Cupcake · Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

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Salted Caramel Cookie · Cinnamon Roll

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Red Pepper Swiss · White Chocolate Cherry Swirl

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Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Blueberry Cheesecake Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · White Chocolate Cherry Swirl
Flax Oatbran · Potato Fennel Thyme

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate Sourdough (available after 1PM)
Feb 2 - White Feb 9 - Cranberry Walnut
Feb 16 - 3 Cheese Feb 23 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Peanut Butter Chocolate Chip
Chipotle Cheddar · White Chocolate Cherry Swirl · High 5 Fiber

SATURDAY
Cinnamon Chip White · Potato Fennel Thyme · White Chocolate Cherry Swirl

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Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Chocolate Cherry Scone · Raspberry Chocolate Muffin · Turtle Cookie · Cinnamon Roll

FRESH MADE SANDWICHES

Premium Great Harvest bread combined with select fresh ingredients make a delicious and wholesome sandwich. Come in and let us make one fresh for you!

Ham and Swiss
Turkey and Swiss
Roast Beef and Provolone
Veggie Three-Seed Hummus
Baja Chipotle Turkey
Chimichurri Roast Beef
The Italian
Big Sky Chicken Salad
Peanut Butter & Jelly

- Special -

Ham and Brie

Refer to our sandwich menu for full description of our delicious sandwich options served daily from 11 a.m. - 2 p.m.

Hot Fresh Bread Handcrafted Every Day!

September & October Bread and Sweets Menu

EVERY DAY BREAD
Honey Whole Wheat, Harvest White, Cinnamon Chip, and Savory Biscuits

MONDAY, WEDNESDAY & FRIDAY BREAD
Dakota, Hummus, and Bacon Cheddar Beer - Made with locally-brewed beer!

TUESDAY, THURSDAY, & SATURDAY BREADS
Anadama, Cheddar Garlic and Oregon Herb

MONDAY, WEDNESDAY & FRIDAY SWEETS TREATS
Dillon Cookie, Salted Caramel Cookie, Berry Cream Cheese Scone, Pumpkin Chocolate Chip Muffin and Batter Bread, Savannah Bars, and Brownies

TUESDAY, THURSDAY & SATURDAY SWEET TREATS
Oatmeal Raisin Cookie, Chocolate Chip Hazelnut Scone, Pumpkin Chocolate Chip Muffin and Batter Bread, and Savannah Bar

ADDITIONAL PRODUCTS OFFERINGS
Chocolate Chip Cookie Mix, Pancake Mix, Groovy Granola, 9 Grain Hot Cereal, Cinnamon Raisin Oatmeal Cereal Mix, Corn Bread Mix, Harvest Bars, and Dog Treats

Offering fresh brewed coffee from our local coffee guys!

1234 My Street, City, State 55555
406-123-1234
www.MyWebsite.com
www.Facebook.com/myGreatHarvestBread

Hours: M - F: 7 a.m. to 6 p.m. and Sat: 7 a.m. to 5 p.m.

GREAT HARVEST BREAD CO.
JOB APPLICATION

Name:_____ Date:_____

Address:_____
Street city/state zip

Phone #: _____ Best time to call: _____

Under 18 years old?_____ If in school, what year? _____

Hours per week desired (list minimum needed and max.) _____

If part-time, list available hours from 4am to 7pm and days from Monday to Sunday:

_____
_____
_____

Will your availability listed above change in the next 6 months?_____

How long do you plan on working for us? _____

Highest grade completed/ years of college/ degrees earned: _____

Have you ever been convicted of a crime? ____ (if yes, date, place & nature)

Please answer the following: (Use back of application for your answers)

1. Give us your 2 best work-related references (like previous employers) and phone #'s.
2. List a brief job history. Include supervisors' names, dates employed and reason for leaving.
3. Why did you choose to apply at Great Harvest?
4. Great Harvest is a very service-oriented business. What does good service mean to you?
5. Great Harvest is a high-volume business with a workday that can be long and stress-filled. What makes you believe you can perform well and excel under these working conditions?

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Apple Cherry Pecan	140	2.5	0	0	0	290	26	3	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (ingredient components may vary), Honey, Dried Apples (Ingredient components may vary), Pecans, Eggs, Yeast, Salt. CONTAINS: WHEAT, PECANS, SOY, AND EGG.
Apple Cinnamon Walnut	140	2	0	0	0	270	27	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Walnuts, Yeast, Salt, Eggs, Apple Juice (Ingredient components may vary), Ground Cinnamon. CONTAINS: WHEAT, WALNUTS, SOY, AND EGG
Apple Crunch	130	2g	1	0	10	290	23	4	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Apples, Honey, Brown Sugar, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, SOY, AND EGG
Apple Crunch Blend	130	2	1	0	10	290	24	3	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Enriched White Flour (Ingredient components may vary), Apples, Honey, Brown Sugar, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, SOY, AND EGG
Apricot Almond	140	2	0	0	0	310	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Apricots (Ingredient components may vary), Honey, Almonds, Yeast, Salt, Eggs. CONTAINS: WHEAT, ALMONDS, SOY, AND EGG
Asiago Pesto	160	6	1.5	0	10	440	22	1	2	5	Enriched White Flour (Ingredient components may vary), Water, Pesto Sauce (Ingredient components may vary), Asiago Cheese (Ingredient components may vary), Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic, Dried Onion. CONTAINS: WHEAT, SOY, MILK, EGG, PINE NUTS
Bacon Cheddar Beer	150	4	2	0	20	320	21	3	5	7	Fresh Ground 100% Whole Wheat Flour, Beer, ale, Cheddar Cheese (Ingredient components may vary), Honey, Bacon, cooked, Yeast, Eggs, Kosher Salt, Salt, Dried Onion, Dried Garlic, Black Pepper, Chives. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Breakfast Blast	140	1.5	0	0	0	210	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dates, Rolled Oats, Cinnamon Chips (Ingredient components may vary), Yeast, Eggs, Salt, Ground Cinnamon. CONTAINS: WHEAT, SOY, EGG, AND MILK
Burley Bread	140	2	0	0	0	300	26	4	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Sunflower Seeds, Cracked Rye, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
Caraway Rye	130	0.5	0	0	0	300	25	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Dark Rye Flour, Honey, Yeast, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Carrot Poppyseed	120	1	0	0	0	290	22	4	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Carrots, Honey, Applesauce (Ingredient components may vary), Yeast, Orange, Poppy Seeds, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, SOY, AND EGG
Challah	140	1.5	0	0	20	240	26	3	4	5	Enriched White Flour (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Sesame Seeds, Yeast, Salt. CONTAINS: WHEAT, EGGS, AND SOY.
Cheddar Garlic	160	4.5	2.5	0	15	370	23	1	4	6	Enriched White Flour (Ingredient components may vary), Water, Cheddar Cheese (ingredient components may vary), Honey, Yeast, Salt, Eggs, Sesame Seeds, Dried Onion, Dried Garlic, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Cherry Apple Berry	130	0.5	0	0	0	280	27	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Cherries (Ingredient components may vary), Dried Blueberries (Ingredient components may vary), Dried Apples (Ingredient components may vary), Yeast, Blueberries, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Cherry Walnut	140	2	0	0	5	270	26	3	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (Ingredient components may vary), Honey, Walnuts, Yeast, Eggs, Salt. CONTAINS: WHEAT, WALNUTS, EGGS, AND SOY
Cinnamon Chip	170	3	0.5	0	0	340	32	1	11	3	Enriched White Flour (Ingredient components may vary), Water, Cinnamon Chips (Ingredient components may vary), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, MILK, SOY AND EGG
Cinnamon Chip (100% Whole Wheat)	150	3	0.5	0	0	270	28	3	10	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Cinnamon Chips (Ingredient components may vary), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, SOY, MILK AND EGG.
Cinnamon Raisin Walnut	140	2	0	0	0	310	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Walnuts, Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS:WHEAT, SOY, AND EGG
Cinnamon Swirl	160	2.5	1.5	0	5	220	29	4	12	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Honey, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon. CONTAINS :WHEAT, MILK, SOY AND EGG

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BREAD NUTRITION

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Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Corn Bread	140	2.5	1	0	5	270	28	1	4	3	Enriched White Flour (Ingredient components may vary), Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Butter (Milk), Yeast, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
Corn Bread (100% Whole Wheat)	140	2.5	1	0	5	270	26	3	4	4	: Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Butter (Milk), Yeast, Salt, Eggs. CONTAINS:WHEAT, MILK, SOY, AND EGG
Jalapeno Corn Bread	140	2	1	0	5	270	26	1	4	3	Enriched White Flour (Ingredient components may vary), Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Peppers, Butter (Milk), Yeast, Chile Peppers, jalapenos, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
Jalapeno Corn Bread (100% Whole Wheat)	140	2.5	1	0	5	270	24	3	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Peppers, Butter (Milk), Yeast, Chile Peppers, jalapenos, Salt, Eggs. CONTAINS:WHEAT, MILK, SOY, AND EGG
Country	120	0.5	0	0	0	340	23	4	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Cracked Pepper Swiss	140	3	1.5	0	10	280	22	4	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Swiss Cheese (Ingredient components may vary), Honey, Eggs, Yeast, Salt, Black Pepper, Cayenne Pepper, Oregano, Basil, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Cranberry Orange	130	0.5	0	0	0	280	27	4	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cranberries (Ingredient components may vary), Honey, Yeast, Salt, Eggs, Orange Peel. CONTAINS: WHEAT, SOY, AND EGG
Dakota	150	4	0	0	0	270	23	4	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs. CONTAINS: WHEAT, SOY AND EGG
Finnish Pulla	160	4.5	2.5	0	35	140	26	1	5	4	Enriched White Flour (Ingredient components may vary), Milk, Eggs, Honey, Butter (Milk), Water, Yeast, Natural Sugar, Salt, Cardamom. CONTAINS: WHEAT, MILK, SOY, AND EGG
Flax Oatbran	130	3.5	0	0	0	330	22	4	6	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Oat Bran, Pecans, Flax Meal, Yeast, Rolled Oats, Salt, Eggs, Flax Seeds. CONTAINS:WHEAT, PECANS, SOY, AND EGG
Focaccia	140	1.5	0	0	0	380	29	1	5	4	Enriched White Flour (Ingredient components may vary), Water, Honey, Yeast, Salt, Olive Oil, Oregano, Basil. CONTAINS: WHEAT AND SOY
Golden Wheat, Apple, Cinnamon Chip, Walnut	140	2.5	0	0	0	290	26	3	8	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Cinnamon Chips (Ingredient components may vary), Dried Apples (Ingredient components may vary), Walnuts, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, WALNUTS AND EGG
Golden Wheat Chocolate Cherry Swirl	150	2.5	1	0	5	240	30	3	8	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Dried Cherries (Ingredient components may vary), Honey, Chocolate Chips (Ingredient components may vary), Brown Sugar, Butter (Milk), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Harvest Buckwheat Brown Rice	140	4.5	2	0	35	90	22	2	6	3	Water, Cultured Buttermilk (Ingredient components may vary), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Yeast, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
Harvest Buckwheat Brown Rice Bread Dakota	140	6	1.5	0	25	75	19	2	5	4	Water, Cultured Buttermilk (Ingredient components may vary), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Sunflower Seeds, Pumpkin Seeds, Yeast, Millet, Sesame Seeds, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
Harvest Buckwheat Brown Rice Bread Cinnamon Chip	160	6	2	0	25	80	25	2	9	3	Water, Cultured Buttermilk (Ingredient components may vary), Cinnamon Chips (Ingredient components may vary), Honey, Brown Rice Flour, Eggs, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Yeast, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
Hearty Caraway Rye	130	0.5	0	0	0	310	26	4	2	5	Water, Fresh Ground 100% Whole Wheat Flour, Rye Flour (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Molasses, Yeast, Salt, Eggs, Caraway Seeds. CONTAINS: WHEAT, SOY, AND EGG
High 5 Fiber	140	3	0	0	0	230	23	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS:WHEAT, SOY, AND EGG.
High Five Fiber with Blueberries	140	2.5	0	0	0	200	25	5	7	5	Water, Fresh Ground 100% Whole Wheat Flour, Dried Blueberries (Ingredient components may vary), Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS: WHEAT, EGGS, AND SOY

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High Country Crunch	150	5	0.5	0	0	230	22	4	4	5	Water, Fresh Ground 100% Whole Wheat Flour, Semolina Flour, Sunflower Seeds, Honey, Millet, Pecans, Flax Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, PECANS, SOY, AND EGG
High Fiber Apple, Cinnamon Chip, Walnut	140	2	0	0	0	280	26	5	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Cinnamon Chips (Ingredient components may vary), Walnuts, Maltodextrin (Dietary Fiber), Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, EGGS, AND WALNUTS.
High Fiber Tuscan Herb	140	0.5	0	0	0	210	26	5	4	6	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Honey, Water, Yeast, Maltodextrin (Dietary Fiber), Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Honey Whole Wheat	130	0.5	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Irish Baked Potato	150	2	1	0	5	440	28	1	4	4	Enriched White Flour (Ingredient components may vary), Water, Dehydrated Potatoes (Ingredient components may vary), Honey, Butter (Milk), Yeast, Garlic (Ingredient components may vary), Salt, Eggs, Cheddar Cheese (Ingredient components may vary), Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGG
Irish Soda Bread	130	0.5	0	0	5	180	27	2	9	4	Cultured Buttermilk (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Eggs, Salt, Baking Powder (Ingredient components may vary), Baking Soda. CONTAINS: WHEAT, SOY, EGG, AND MILK
Italian Herb Focaccia	150	2.5	0	0	0	290	27	1	2	4	Enriched White Flour (Ingredient components may vary), Water, Olive Oil, Honey, Salt, Yeast, Oregano, Basil, Dried Garlic, Black Pepper, Parsley. CONTAINS: WHEAT AND SOY.
Merry Berry	130	0.5	0	0	0	290	27	3	9	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Golden Raisins (Ingredient components may vary), Dried Cherries (Ingredient components may vary), Dried Blueberries (Ingredient components may vary), Yeast, Salt, Coconut (Ingredient components may vary), Eggs. CONTAINS: WHEAT, EGGS, COCONUT, AND SOY.
Nine Grain	130	0.5	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Nine Grain Mix (Ingredient components may vary), Yeast, Salt, Eggs. CONTAINS: WHEAT AND EGG
Oatmeal Poppyseed	130	1	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Yeast, Poppy Seeds, Salt, Eggs. CONTAINS:WHEAT, SOY, AND EGG
Onion Dill Rye	130	0.5	0	0	0	320	25	3	6	4	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Enriched White Flour (Ingredient components may vary), Rye Flour, Yeast, Salt, Eggs, Dried Onion, Dill, Poppy Seeds, Sesame Seeds. CONTAINS: WHEAT, SOY, AND EGG
Panza	130	3	1	0	5	590	22	2	4	5	Enriched White Flour (Ingredient components may vary), Water, Fresh Ground 100% Whole Wheat Flour, Calamata Olives (Ingredient components may vary), Parmesan Cheese (Ingredient components may vary), Honey, Sun Dried Tomatoes (Ingredient components may vary), Yeast, Salt, Eggs, Oregano, Basil, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Peanut Butter Chocolate Chip	180	6	1.5	0	0	300	27	2	8	5	Enriched White Flour (Ingredient components may vary), Water, Natural Peanut Butter (Ingredient components may vary), Chocolate Chips (Ingredient components may vary), Honey, Yeast, Salt, Eggs. CONTAINS:WHEAT, PEANUTS, SOY, MILK AND EGGS
Pecan Swirl	190	7	2	0	5	190	27	4	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Pecans, Honey, Butter (Milk), Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS: WHEAT, PECANS, MILK, EGGS, AND SOY.
Pizza Bread	140	4.5	1.5	0	15	450	19	2	4	7	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Mozzarella Cheese (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Water, Pepperoni (Ingredient components may vary), Honey, Eggs, Yeast, Salt, Dried Onion, Parsley, Oregano, Basil. CONTAINS: WHEAT, MILK, SOY, AND EGG
Popeye	120	1	0.5	0	5	370	22	2	4	5	Enriched White Flour (Ingredient components may vary), Water, Spinach, Fresh Ground 100% Whole Wheat Flour, Honey, Parmesan Cheese (Ingredient components may vary), Red Peppers (Ingredient components may vary), Yeast, Salt, Eggs, Dried Onion, Dried Garlic. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Popeye (100% Whole Wheat)	120	1.5	0.5	0	5	360	21	3	4	6	Golden Fresh Ground 100% Whole Wheat Flour, Water, Spinach, Honey, Parmesan Cheese (Ingredient components may vary), Red Peppers (Ingredient components may vary), Eggs, Yeast, Salt, Dried Onion, Dried Garlic. CONTAINS: WHEAT, MILK, SOY, AND EGGS
Potato Chive	150	2	1	0	5	440	29	1	4	4	Enriched White Flour (Ingredient components may vary), Water, Dehydrated Potatoes (Ingredient components may vary), Honey, Butter (Milk), Yeast, Roasted Garlic, Salt, Eggs, Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGG

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Pumpernickel Rye	120	0.5	0	0	0	330	23	5	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Pumpernickel Rye Flour, Molasses, Yeast, caramel color, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGGS, AND SOY
Pumpkin Swirl	140	2	0.5	0	5	190	29	2	12	3	Enriched White Flour (Ingredient components may vary), Water, Brown Sugar, Pumpkin (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Honey, Walnuts, Butter (Milk), Yeast, Salt, Eggs, Pumpkin Pie Spice (Ingredient components may vary). CONTAINS: WHEAT, MILK, EGGS, SOY, AND WALNUTS.
Raisin Cinnamon Chip	150	2.5	0.5	0	0	240	28	3	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Cinnamon Chips (Ingredient components may vary), Raisins, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK AND EGG
Raisin	130	0	0	0	0	310	27	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Red, White and Blueberry	140	0	0	0	5	360	30	1	8	3	Enriched White Flour (Ingredient components may vary), Water, Honey, Dried Cherries (Ingredient components may vary), Blueberries, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Rosemary Garlic	130	0.5	0	0	0	320	24	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Sonoma	160	4	1.5	0	20	135	26	3	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Dried Cranberries (Ingredient components may vary), Golden Raisins (Ingredient components may vary), Pumpkin Seeds, Butter (Milk), Sunflower Seeds, Yeast, Raw turbinado sugar, Salt, Orange, Lemon, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, EGGS, MILK, AND SOY.
Spinach Feta	130	3	2	0	15	400	19	2	4	5	Feta Cheese (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Water, Fresh Ground 100% Whole Wheat Flour, Spinach, Honey, Eggs, Yeast, Salt, Dried Garlic, Oregano, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Star Spangled Swirl	150	1.5	0.5	0	5	220	30	4	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Blueberries (Ingredient components may vary), Dried Cherries (Ingredient components may vary), Honey, Dried Apples (Ingredient components may vary), Brown Sugar, Eggs, Yeast, Butter (Milk), Blueberries, Salt. CONTAINS: WHEAT, EGG, SOY, AND MILK
Stuffing Bread	100	0	0	0	0	250	20	3	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Onion, Celery, Honey, Yeast, Salt, Eggs, Thyme, Black Pepper, Sage. CONTAINS: WHEAT, EGGS, AND SOY.
Sunflower	140	3	0	0	0	300	24	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Swedish Rye	130	1	0	0	0	380	27	3	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Enriched White Flour (Ingredient components may vary), Rye Flour, Yeast, Orange, Salt, Sesame Seeds, Eggs, Caraway Seeds, Anise Seed. CONTAINS: WHEAT, SOY, AND EGG
Trail Bread	140	2	0	0	0	290	25	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS:WHEAT, SOY, AND EGG
Tuscan Herb	120	0.5	0	0	0	250	23	4	5	5	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Honey, Water, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Walnut Raisin Rosemary Blue Cheese	150	4	1.5	0	10	330	22	3	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Blue Cheese, Honey, Walnuts, Raisins, Yeast, Molasses, Eggs, Salt, Rosemary. CONTAINS: WHEAT, MILK, EGG, WALNUTS, AND SOY.
White Chocolate Cherry Swirl	150	2.5	1.5	0	5	250	31	1	8	3	Enriched White Flour (Ingredient components may vary), Water, Dried Cherries (Ingredient components may vary), White Chocolate Chips (Ingredient components may vary), Honey, Brown Sugar, Butter (Milk), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, SOY, EGGS, AND MILK
White	130	0	0	0	0	400	29	1	5	4	Enriched White Flour (Ingredient components may vary), Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Whole Grain Goodness	140	3	0	0	0	240	22	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Eggs, Millet, Barley, Flax Seeds, Yeast, Pecans, Oat Bran, Salt, Almonds. CONTAINS: WHEAT, PECANS, SOY, AND ALMONDS

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Bread.
The way it *ought* to be.

USDA Dietary Guidelines recommend eating at least three servings of whole grains a day to help control weight. Grains offer other health benefits, including a reduced risk of cancer, heart attacks and diabetes. Great Harvest has the freshest and most nutritious whole grains anywhere!
Store bread is made from flour that is weeks or months old. Because of that, nutrients are lost; and unhealthy fats, oils,dough conditioners, and preservatives are added. But with our onsite milling and baking process, nutrients are naturally preserved. That's why it tastes so delicious.

JANUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Mexican Chocolate

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
Jan 5 - Cinnamon Raisin Pecan Jan 12 - 3 Cheese
Jan 19 - Sundried Tomato Jan 26 - Cinnamon Raisin Pecan

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Cinnamon Raisin
Green Chili Cheddar

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

JANUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin
Chocolate Chip Sugar Cookie · M & M Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Cranberry Orange Walnut Muffin · Snickerdoodle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Maple Muffin · Turtle Cookie · Cinnamon Roll

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Store bread is made from flour that is weeks or months old. Because of that, nutrients are lost; and unhealthy fats, oils,dough conditioners, and preservatives are added. But with our onsite milling and baking process, nutrients are naturally preserved. That's why it tastes so delicious.

JANUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
Jan 4 - Whole Grain White Jan 11 - 3 Cheese
Jan 18 - Sundried Tomato Jan 25 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Cinnamon Swirl

JANUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin · Oatmeal Raisin Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Blueberry Muffin · Snickerdoodle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Maple Muffin · Turtle Cookie · Cinnamon Roll

Great Harvest Bread CO.
706 N. Broadway
Rochester, MN
Hours: 6:30 a.m. – 6:00 p.m., Mon. – Friday
6:30 a.m. – 5:00 p.m. Saturday

Great Harvest Bread Co. is an Equal Opportunity Employer. We do not discriminate on the basis of race, religion, color, sex, age, national origin, or disability.

Date:_____

Name: _____
List Previous, Maiden, or Alias

Telephone # _____daytime _____evening

Current Address: _____

E-mail address_____ Date available to start to work? _____

How did you hear about us?_____ Position Desired?_____

How long do you plan on working for us?_____ Under 18 years old? Yes No

Highest grade or college completed_____

We are a non-smoking company. Can you work under these conditions? Yes No

Have you been convicted of a felony within the last 7 years? Yes No

If yes, please explain_____

Are you a U.S. Citizen, or do you have a permit which allows you to work? Yes No
(Proof of citizenship or immigration will be required on employment)

Great Harvest jobs may include standing for long periods of time, lifting regularly, stooping & bending frequently, performing repetitive hand motions; and most importantly, smiling and having fun at all times. Can you do these things, with or without accommodations? Please explain necessary accommodations

_____

The following questions do not have "right" answers but are intended to help us get to know you better. Short answers are OK, use more paper if you want.

Why are you interested in working at Great Harvest Bread Co?

Great Harvest is a very service-oriented business. What does good service mean to you?

Tell us about hobbies, special interests, experiences, or skills (Not necessarily job related). List something that you are particularly proud of.

What type(s) of music do you enjoy? Favorite radio station?

What skills from previous jobs would qualify you for a position at Great Harvest?

What are your goals for the next six to twelve months? Two years? Five years?

What are your preferred working hours and available days and hours? Will your availability change in the next six months?

Give us a couple references (with phone #) who you have known for at least 1 year.
Exclude friends or relatives.

Anything else you would like us to know about you?

Employment History

Please tell us about your recent job history starting with the present: (5 years)

Company_____ Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back? _____# of days taken off?_____
_____

Company_____ Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back? _____# of days taken off?_____
_____

Company_____ Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back? _____ # of days taken off? _____

Employment Agreement

I certify that the facts contained in this application are true and correct, and I confirm that my omission or misrepresentation of any fact on this application is sufficient reason for Great Harvest to deny me employment. If employed, such an omission or misrepresentation shall be grounds for dismissal. I further authorize investigation of all statements contained herein and contact with references listed. I agree that if an employment relationship is established with Great Harvest, it will be of an "at will" nature. Meaning that I may resign at any time & Great Harvest may dismiss me at any time with or without cause.

Signature_____ Date_____

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Rochester MN 55906
507-286-1101
www.greatharvestrochester.com

MONDAY-FRIDAY 6:30AM-6:00PM, SATURDAY 6:30AM-5:00PM, CLOSED SUNDAY

Change Your Loaf FOREVER!

Sink your teeth into a slice of this delicious & festive summer bread! Loaded with dried cranberries, wild blueberries, white chocolate chips and a splash of vanilla! This bread is bound to spark your taste buds. We l be baking Red, White & Blueberry bread throughout July!

JULY *Breads*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/berries · Cinnamon Chip White · Red Pepper Swiss · Red, White, & Blueberry

TUESDAY
Dakota · Cinnamon Chip Wheat · Cheddar Garlic · Cranberry Orange · Onion Dill Rye

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat · Red, White, & Blueberry

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta · Onion Dill Rye
Sourdough:(available after 1pm)
July 7 - Jalapeno Cheddar
July 14 - Cranberry Walnut
July 21 - Whole Grain White
July 28 - Jalapeno Cheddar

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar · Red, White, & Blueberry

SATURDAY
Cinnamon Chip White · Apple Cinnamon Swirl · Rosemary Garlic

JULY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Caramel Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Turtle Cookie

WEDNESDAY
Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Raisin Cookie · Maple Oatmeal Scone

THURSDAY
Mocha Chip Scone · Lemon Poppy Muffin · Snickerdoodles

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Walnut Chocolate Chip Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin · Snickerdoodles · Cinnamon Rolls

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www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

CHERRY APPLE BERRY bread

It's summer grilling time! Light the coals and slice up some Garden Wheat, Bacon Cheddar Beer, Green Chili Cheddar, Cheddar Garlic, Chipotle Cheddar, or Rosemary Garlic. Grilled Great Harvest breads make a wonderful addition to any BBQ. Spread olive oil onto your slices and place on the grill, oil side down. Cherry Apple Berry is the specialty bread for this month. 100% whole wheat packed full of dried fruits.

JUNE Bread Schedule

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Cheddar Garlic · Apple Cinnamon Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Green Chili Cheddar

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Cherry Apple Berry · Bacon Cheddar Beer

THURSDAY
Heritage Harvest Sunflower · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
June 1 - Whole Grain White June 8 - Jalapeno Cheddar
June 15 - White June 22 - Cranberry Walnut June 29 - 3 Cheese

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Cherry Apple Berry
Chipotle Cheddar · High 5 Fiber · Anadama (loaves & buns) · Cinnamon Raisin

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Blueberry Cheesecake Swirl

JUNE Sweet Spot

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Scotchie Cookie

TUESDAY
Caramel Apple Scone · Cappuccino Muffin · Turtle Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Carmel Cookie

THURSDAY
Caramel Apple Scone · Blueberry Muffin · Blueberry Coffee Cake
Double Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Lemon Poppy Muffin · Snickerdoodle Cookie
Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

IRELAND

Thank your lucky stars that we love the flavors of Ireland at Great Harvest. During March, we highlight many wonderful recipes that come to us from Irish bakers.

Stop in for our favorite March breads like authentic Irish Soda Bread, Irish Baked Potato and, of course, the very popular Guinness & Gouda.

We are sweet on all things Irish! Featured goodies include Blarney Scones, Paddy Muffins, Mint Blarney Cookies, and Snockerdoodles.

Look for other March surprises like Irish (Whisky) Coffee Cake and our GH Reuben sandwich.

MARCH Bread Schedule

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah · Irish Soda Bread

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Irish Baked Potato

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Garden Wheat
Heritage Harvest (NEW!)

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Guinness & Gouda

THURSDAY
Heritage Harvest Sunflower (NEW!) · Cinnamon Chip White
Bacon Cheddar Beer
Sourdough (available after 1PM)
March 2 - Sundried Tomato March 9 - Whole Grain White
March 16 - 3 Cheese March 23 - Jalapeno Cheddar March 30 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Guinness & Gouda
Irish Baked Potato · High 5 Fiber

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

MARCH Sweet Spot

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Raisin Cookie

THURSDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Snockerdoodle Cookie · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Caramel Apple Scone · Paddy's Muffin · Snockerdoodle Cookie · Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

HONEY BUNNIES

EASTER SCHEDULE
(March 29 - 31)
On Thursday, March 29 we will begin Easter Schedule. Accepting orders for Bunnies only! $2 of each BUNNY sold goes to Paws & Claws.

The rest of the month, however, stop in for our favorite March breads like authentic Irish Soda Bread, Irish Baked Potato and the popular Gouda & Stout. We are sweet on all things Irish! Featured goodies include Blarney Scones, Paddy's Muffins, Mint Blarney Cookies, and Snockerdoodles.

Look for other specials on March 16 & 17 like Irish (Whisky) Coffee Cake and our GH Reuben sandwich.

MARCH Bread Schedule

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah · Irish Soda Bread

MONDAY
Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries · Irish Baked Potato

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Garden Wheat · Pepperoni

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Gouda & Stout

THURSDAY (MARCH 29 WILL FOLLOW EASTER SCHEDULE)
Cinnamon Chip White · Bacon Cheddar Beer · Brioche · 9 Grain
Sourdough (available after 1 PM)
March 1 - Whole Grain White March 8 - Jalapeno Cheddar
March 15 -Sundried Tomato March 22 - Jalapeno Cheddar March 29 -No Sourdough

FRIDAY (MARCH 30 WILL FOLLOW EASTER SCHEDULE)
Italian Herb Focaccia · Cinnamon Chip White · Gouda & Stout
Irish Baked Potato · High 5 Fiber

SATURDAY (MARCH 31 WILL FOLLOW EASTER SCHEDULE)
Cinnamon Chip White · Rosemary Garlic · Cinnamon Swirl

Easter Schedule (March 29 - 31) Thursday - Saturday
Honey Whole Wheat (rolls), Old Fashioned White (rolls), Cinnamon Chip White, Challah (rolls), Light Wheat Virginia Rolls, Easter Ambrosia, Hot Cross Buns, & Bunnies

MARCH Sweet Spot

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Raisin Cookie

THURSDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Snockerdoodle Cookie · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Caramel Apple Scone · Paddy's Muffin · Snockerdoodle Cookie · Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

The Freshest **WHOLE GRAIN** Breads

Look for these exciting featured breads this month:
-Heritage Harvest - made from a limited supply of Rouge de Bordeaux heritage wheat that originated centuries ago in France. Rare and delicious. Once it's gone, it's gone.
-Mexican Chocolate - this whole-wheat bread is packed with chocolate and has a pinch of cinnamon and cayenne for just the right kick.
-Bacon Cheddar Beer - we're thrilled to partner with local brewery Kinney Creek to bring you different varieties of this bread each week.

Also, it's blueberry bonanza! Indulge in various breads and sweets throughout the month.

MAY Bread Schedule

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Chipotle Cheddar · Mexican Chocolate

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Heritage Harvest

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Blueberry Lemon · Bacon Cheddar Beer

THURSDAY
Heritage Harvest Sunflower · Cinnamon Chip White · Brioche · Garden Wheat
Sourdough (available after 1PM)
May 4 - Whole Grain White
May 11 - Jalapeno Cheddar
May 18 - White
May 25 - Cranberry Walnut

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Apple Cinnamon Swirl
Red Pepper Swiss · High 5 Fiber · Anadama (loaves & buns)

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Blueberry Cheesecake Swirl

MAY Sweet Spot

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Blueberry Coffee Cake
Chocolate Crinkle Cookie

WEDNESDAY
Vanilla Almond Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Carmel Cookie

THURSDAY
Mocha Chip Scone · Blueberry Muffin · Blueberry Coffee Cake
Chocolate Crinkle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Red Velvet Cupcake · Oatmeal Raisin Cookie
Cinnamon Roll

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

MAY / JUNE *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Rosemary Garlic · Pepperoni Bread

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Caraway Rye · Bacon Cheddar Beer

THURSDAY
Blueberry Lemon · Cinnamon Chip White · 9 Grain · Garden Wheat
Sourdough - See variety to the left - (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Blueberry Cheesecake Swirl
High 5 Fiber · Bacon Cheddar Beer · Potato Fennel Thyme

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl
Pepperoni Bread

Bacon, Cheddar Beer Bread

Bacon Cheddar Beer is back! We are thrilled to be partnering with local brewery Kinney Creek to bring you different varieties of beer in this bread each week.

Sourdough Schedule:
May 3 -Whole Grain
May 10 -Jalapeno Cheddar
May 17 -White
May 24 -Sundried Tomato
May 31 -Whole Grain

Jun 7 -Cranberry Walnut
Jun 14 -Jalapeno Cheddar
Jun 21 -White
Jun 28 -3 Cheese

MAY / JUNE *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Triple Chocolate Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Morning Glory Muffin · Peanut Butter M&M Cookie

WEDNESDAY
Vanilla Nut Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Carmel Cookie

THURSDAY
Mocha Chip Scone · Morning Glory Muffin · Peanut Butter Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin & Coffee Cake
Snickerdoodle Cookie · Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Enjoy a
A FRESH & FLAVORFUL
Thanksgiving

We are NOT accepting orders for Thanksgiving Week. Instead we will all be working to make as much bread and rolls as we can for you.

Grab the best buns in town! We will have a variety of bread and rolls to compliment your feast.

Soup & Sandwiches will NOT be available Thanksgiving Week.

NOVEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
MN Wild Rice

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Potato Fennel Thyme

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Potato Chive

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate
Cranberry Orange · Whole Grain White Sourdough (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · White Cheddar Garlic · Apple Cinnamon Swirl · Anadama

THANKSGIVING WEEK (Monday - Wednesday)
Honey Whole Week (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Cranberry Orange, Basil Oregano Virginia Rolls,
Light Wheat Virginia Rolls, STUFFING BREAD

NOVEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Oatmeal Chocolate Chip Cookies ·
Pumpkin Chocolate Chip Muffins & Bread · Savannah Bars

MONDAY
Maple Oatmeal Scone · Dakota Cookie

TUESDAY
Caramel Apple Scone · Double Chocolate Chip Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Oatmeal Raisin Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Turtle Cookie · Cinnamon Rolls

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Soup & Sandwiches will NOT be available Thanksgiving Week.

NOVEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
White Cheddar Garlic

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Potato Fennel Thyme

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Potato Chive

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat
Cranberry Orange · White Sourdough (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl · Anadama

THANKSGIVING WEEK (Monday - Wednesday)
Honey Whole Wheat (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Cranberry Orange, Basil Oregano Virginia Rolls,
Light Wheat Virginia Rolls, STUFFING BREAD

NOVEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Pumpkin Chocolate Chip Muffin & Bread · Savannah Bar

MONDAY
Maple Oatmeal Scone · Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Double Chocolate Chip Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Oatmeal Raisin Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Turtle Cookie · Cinnamon Roll

Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / www.tulsaok.greatharvestbread.com

STUFFING BREAD!

Enjoy the taste of Thanksgiving stuffing in a hearty loaf of Great Harvest bread! This simply delicious bread is flavored with sage, thyme, salt & pepper in our famous freshly ground whole wheat dough. We chop up the onions and celery, and hand knead the veggie mix into every loaf! Use this bread as the starting point for your own stuffing, or slice it up to make turkey sandwiches (that taste like a meal when covered with hot left over gravy). Either way, Stuffing Bread is a great addition to any holiday meal.

NOVEMBER BREADS

EVERYDAY	Honey Whole Wheat • Harvest White • Dakota Pumpkin Chocolate Chip
MONDAY	High 5 Fiber • Hummus Bread • Extreme Cinnamon Swirl
TUESDAY	Cranberry Walnut Flax • Asiago Pesto • Cinnamon Chip Jewish Apple Coffee Cake
WEDNESDAY	Cranberry Orange • Low Carb Dakota **STUFFING BREAD** • Extreme Cinnamon Swirl
THURSDAY	Pumpkin Swirl • Spinach Feta • Cinnamon Crunch Cranberry Orange Pound Cake
FRIDAY	White Chocolate Cherry Swirl • Superfood Bread Cheddar Garlic • Strawberry Shortcake
SATURDAY	Woodstock • Trail Bread Pepperjack Cornbread • Lemon Blueberry

THANKSGIVING WEEK MENU

We will follow a special Thanksgiving Week bread and sweets schedule from Monday, Nov 24th through Wednesday, Nov 26th. Our Thanksgiving menu and order form will be available online at www.tulsaok.greatharvest.com, or you can stop in at the bakery and pick up a copy. Please order early so we can have your Thanksgiving order waiting for you!

SWEET SPOT

EVERYDAY	Brownies • Power Bars • Trek Bars • Pumpkin Chocolate Chip Muffins Cinnamon Rolls & Cinnamon Twist Muffins
MONDAY	Dillon Cookies • Pumpkin Scones • Oat Berry Muffins Savory Breakfast Biscuits • Pumpkin Bars • Savannah Bars
TUESDAY	Salted Caramel Cookies • Cinnamon Chip Scones • Orange Burst Muffins Whole Wheat Coffee Cake • Peppermint Brownies
WEDNESDAY	Chocolate Chip Cookies • Savory Breakfast Biscuits Cranberry Almond Scones • Ultra lo-fat Cinnamon Apple Muffins Lemon Bars • Savannah Bars
THURSDAY	Ginger Bop Cookies • Cranberry Orange Scones Cranberry Orange Muffins • Oat Berry Muffins • S'more Bars
FRIDAY	Monster Cookies • Lo-fat Cran Flax Cookies Maple Oatmeal Scones • Morning Glory Muffins • Pumpkin Bars Savannah Bars
SATURDAY	Peanut Butter Chocolate Chip Cookies • Cappuccino Muffins White Chocolate Raspberry Scones • Lemon Blueberry Muffins Lemon Bars

BAKERY HOURS: Monday-Friday 7am to 6pm, Saturday 7am to 4pm, closed Sundays for a little Loafin'

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A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size 1 slice 2 oz (56 g)	Calories	Fat (g) % DV	Saturated Fat (g) % DV	Trans Fats (g)	Cholesterol (mg) % DV	Sodium (mg) % DV	Carbohydrates (g) % DV	Fiber (g) % DV	Sugar (g)	Protein (g)	Ingredients
Apple Cherry Pecan	140	2.0 3%	0 0%	0	0 0%	210 9%	26 9%	3 12%	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (sugar, sunflower oil), Honey, Dried Apples (sugar, sunflower oil), Pecans, Eggs, Yeast, Salt. CONTAINS: WHEAT, PECANS, EGG AND EGG.
Apple Cinnamon Walnut	140	2 3%	0 0%	0	0 0%	270 11%	27 9%	4 16%	9	4	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Walnuts, Yeast, Salt, Eggs, Apple Juice (sugar, sunflower oil), Cinnamon. Contains: WHEAT, WALNUTS, EGG AND EGG.
Apple Crunch	130	2g 3%	1 4%	0	10 3%	210 9%	23 8%	4 16%	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Apples, Honey, Cheese, Eggs, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon. Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, EGG AND EGG.
Apple Crunch Bites	130	2 3%	1 4%	0	10 3%	210 9%	26 8%	3 10%	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Unsalted Butter, Flour (sugar, sunflower oil), Apples, Honey, Cheese, Eggs, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, EGG AND EGG.
Apricot Almond	140	3 5%	0 1%	0	0 1%	260 12%	26 9%	4 16%	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Apricots (sugar, sunflower oil), Honey, Almonds, Yeast, Salt, Eggs. CONTAINS: WHEAT, ALMONDS, EGG AND EGG.
Asiago Pesto	140	6 9%	3.0 15%	0	10 3%	440 19%	22 7%	3 9%	2	6	Unbleached White Flour (sugar, sunflower oil), Water, Pesto Cheese (sugar, sunflower oil, soybean oil), Asiago Cheese (sugar, sunflower oil), Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic, Dried Onion. CONTAINS: WHEAT, EGG, MILK, EGG, PINE NUTS.
Bacon Cheddar Bowl	150	4 6%	2 10%	0	20 7%	330 12%	21 7%	3 12%	5	7	Fresh Ground 100% Whole Wheat Flour, Bacon (pork, Cheddar Cheese (cultured pasteurized milk, salt, enzymes), Honey, Cheese (cultured pasteurized milk, salt, enzymes), Yeast, Eggs, Yellow Corn Flour, Dried Onion, Dried Garlic, Black Pepper, Chives. CONTAINS: WHEAT, MILK, EGG AND EGG.
Breakfast Blast	140	1.5 3%	0 3%	0	0 1%	250 9%	26 9%	4 16%	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Oats, Rolled Oats, Cinnamon Chips (sugar, sunflower oil, cocoa processed with alkali, soy lecithin, vanilla), Yeast, Eggs, Salt, Ground Cinnamon. CONTAINS: WHEAT, EGG AND MILK.
Barley Bread	140	2 3%	0 1%	0	0 1%	300 12%	26 9%	4 16%	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Corn Flour, Canola, Cracked Rye, Yeast, Salt, Eggs. CONTAINS: WHEAT, EGG, AND EGG.
Germany Rye	120	0.5 1%	0 1%	0	0 0%	300 12%	25 8%	5 20%	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Dark Rye Flour, Honey, Yeast, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGG AND EGG.
Carrot Poppyseed	120	1 3%	0 1%	0	0 1%	270 12%	22 7%	4 16%	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Carrots, Honey, Apple sauce (sugar, sunflower oil, cellulose gum, natural flavor, citric acid, potassium sorbate), Yeast, Orange, Poppy Seeds, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, EGG AND EGG.
Challah	140	1.5 3%	0 0%	0	20 7%	340 10%	25 9%	3 12%	4	5	Unbleached White Flour (sugar, sunflower oil), Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Soybean Oil, Yeast, Salt. CONTAINS: WHEAT, EGG, AND EGG.
Cheddar Garlic	160	4.5 7%	2.5 13%	0	15 5%	370 15%	23 8%	1 3%	4	6	Unbleached White Flour (sugar, sunflower oil), Water, Cheddar Cheese (pasteurized milk, salt, enzymes), Honey, Yeast, Salt, Eggs, Soybean Oil, Dried Onion, Dried Garlic, Parsley. CONTAINS: WHEAT, MILK, EGG AND EGG.
Cherry Apple Berry	120	0.5 1%	0 0%	0	0 0%	240 12%	27 9%	4 16%	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Cherries (sugar, sunflower oil), Dried Blueberries (sugar, sunflower oil), Dried Apples (sugar, sunflower oil, soybean oil), Yeast, Blueberries, Salt, Eggs. CONTAINS: WHEAT, EGG AND EGG.
Cherry Walnut	140	3 5%	0 1%	0	5 1%	270 11%	25 9%	3 12%	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (sugar, sunflower oil), Honey, Walnuts, Yeast, Eggs, Salt. CONTAINS: WHEAT, WALNUTS, EGG AND EGG.
Cinnamon Chip	170	3 4%	0.5 4%	0	0 1%	240 14%	32 11%	1 4%	11	3	Unbleached White Flour (sugar, sunflower oil), Water, Cinnamon Chips (sugar, sunflower oil, cocoa processed with alkali, soy lecithin, vanilla), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, MILK, EGG AND EGG.
Cinnamon Chip (100% Whole Wheat)	150	3 5%	0.5 3%	0	0 0%	270 11%	29 9%	3 12%	10	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Cinnamon Chips (sugar, sunflower oil, cocoa processed with alkali, soy lecithin, vanilla), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, EGG, MILK AND EGG.
Cinnamon Raisin Walnut	140	2 3%	0 0%	0	0 0%	260 12%	26 9%	4 16%	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Walnuts, Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS: WHEAT, EGG, AND EGG.
Cinnamon Swirl	160	2.5 4%	1.5 8%	0	5 2%	220 9%	30 10%	4 16%	12	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Honey, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon. CONTAINS: WHEAT, MILK, EGG AND EGG.

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

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Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g) % DV	Saturated Fat (g) % DV	Trans Fat (g)	Cholesterol (mg) % DV	Sodium (mg) % DV	Carbohydrates (g) % DV	Fiber (g) % DV	Sugar (g)	Protein (g)	Ingredients
Core Bread	140	2.5 4%	1 5%	0	5 2%	270 11%	26 9%	1 4%	4	3	Unbleached White Flour (ingredient sources may vary), Water, Cane Flour, Honey, Cultured Buttermilk (ingredient sources may vary), Butter (Milk), Yeast, Kosher Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Core Bread (100% Whole Wheat)	140	2.5 4%	1 5%	0	5 2%	270 11%	26 9%	3 12%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Cane Flour, Honey, Cultured Buttermilk (ingredient sources may vary), Butter (Milk), Yeast, Kosher Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Jalapeno Core Bread	140	3 3%	1 5%	0	5 2%	270 11%	26 9%	1 4%	4	3	Unbleached White Flour (ingredient sources may vary), Water, Cane Flour, Honey, Cultured Buttermilk (ingredient sources may vary), Parmesan, Butter (Milk), Yeast, Chile Peppers, Jalapenos, Kosher Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Jalapeno Core Bread (100% Whole Wheat)	140	2.5 4%	1 5%	0	5 2%	270 11%	26 9%	3 12%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Cane Flour, Honey, Cultured Buttermilk (ingredient sources may vary), Parmesan, Butter (Milk), Yeast, Chile Peppers, Jalapenos, Kosher Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Country	120	0.5 1%	0 1%	0	0 1%	340 14%	23 8%	4 15%	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Molasses, Yeast, Kosher Salt, Eggs. CONTAINS WHEAT, SOY AND EGG.
Cracked Pepper Swiss	140	3 4%	1.5 8%	0	10 3%	340 12%	22 7%	4 15%	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Gluten (Ingredient sources may vary), Honey, Eggs, Yeast, Kosher Salt, Wheat Flavor, Cayenne Pepper, Oregano, Dried Parsley. CONTAINS WHEAT, MILK, SOY AND EGG.
Cranberry Orange	120	0.5 1%	0 0%	0	0 0%	240 12%	27 9%	4 16%	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cranberries (Ingredient sources may vary), Honey, Yeast, Kosher Salt, Eggs, Orange Peel. CONTAINS WHEAT, SOY AND EGG.
Delicate	150	4 6%	0 2%	0	0 0%	270 11%	23 8%	4 15%	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Kosher Salt, Eggs. CONTAINS WHEAT, SOY AND EGG.
French Pulla	160	4.5 7%	2.5 10%	0	25 12%	140 6%	26 9%	1 4%	5	4	Unbleached White Flour (ingredient sources may vary), Milk, Eggs, Honey, Butter (Milk), Water, Yeast, Natural Ginger, Kosher Salt, Cardamom. CONTAINS WHEAT, MILK, SOY AND EGG.
Rise Oatbran	120	2.5 4%	0 1%	0	0 1%	230 10%	22 7%	4 15%	6	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Oat Bran, Pecans, Flax Meal, Yeast, Rolled Oats, Kosher Salt, Eggs, Flax Seeds. CONTAINS WHEAT, PECANS, SOY AND EGG.
Focaccia	140	1.5 2%	0 1%	0	0 0%	240 10%	20 10%	1 4%	5	4	Unbleached White Flour (ingredient sources may vary), Water, Honey, Yeast, Kosher Salt, Olive Oil, Oregano, Dried Onion. CONTAINS WHEAT AND SOY
Golden Wheat, Apple, Cinnamon Chip, Walnut	140	2.5 4%	0 0%	0	0 1%	290 12%	26 9%	3 12%	8	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Cinnamon Chips (Ingredient sources may vary), Dried Apples (Ingredient sources may vary), Walnuts, Yeast, Kosher Salt, Eggs. CONTAINS WHEAT, SOY, MILK, WALNUTS AND EGG.
Golden Wheat Chocolate Cherry Swirl	150	2.5 4%	1 5%	0	5 2%	240 10%	30 10%	3 12%	8	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Dried Cherries (Ingredient sources may vary), Honey, Chocolate Chips (Ingredient sources may vary), Brown Sugar, Butter (Milk), Yeast, Eggs, Kosher Salt, Natural and Artificial Vanilla Flavoring. CONTAINS WHEAT, SOY, EGGS, AND MILK.
Harvest Buckwheat Brown Rice	140	4.5 7%	2 10%	0	25 12%	90 4%	22 7%	2 8%	6	3	Water, Cultured Buttermilk (Ingredient sources may vary), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Meals, Cornstarch, Flour, Inactivated Butter (Milk), Yeast, Buckwheat Groats, Kosher Salt, Distilled Vinegar (Ingredient sources may vary). CONTAINS MILK, SOY, AND EGG.
Harvest Buckwheat Brown Rice Bread Delicate	140	4 9%	1.5 8%	0	25 8%	75 3%	19 6%	2 8%	5	4	Water, Cultured Buttermilk (Ingredient sources may vary), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Meals, Cornstarch, Flour, Inactivated Butter (Milk), Sunflower Meals, Pumpkin Meals, Yeast, Millet, Sesame Meals, Kosher Salt, Distilled Vinegar (Ingredient sources may vary). CONTAINS MILK, SOY, AND EGG.
Harvest Buckwheat Brown Rice Bread Cinnamon Chip	160	4 9%	2 10%	0	25 8%	80 3%	25 8%	2 8%	9	3	Water, Cultured Buttermilk (Ingredient sources may vary), Cinnamon Chips (Ingredient sources may vary), Honey, Brown Rice Flour, Eggs, Tapioca Flour, Flax Meals, Cornstarch, Flour, Inactivated Butter (Milk), Yeast, Buckwheat, Oats, Kosher Salt, Distilled Vinegar (Ingredient sources may vary). CONTAINS MILK, SOY, AND EGG.
Hearty Germany Rye	120	0.5 1%	0 1%	0	0 1%	260 12%	24 9%	4 15%	2	5	Water, Fresh Ground 100% Whole Wheat Flour, Rye Flour, Flour (Ingredient sources may vary), Unbleached White Flour (Ingredient sources may vary), Molasses, Yeast, Kosher Salt, Eggs, Caraway Seeds. CONTAINS WHEAT, SOY AND EGG.
High 5 Fiber	140	3 5%	0 0%	0	0 0%	240 10%	20 8%	5 20%	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Flax Meals, Oat Bran, Millet, Sunflower Meals, Wheat Bran, Yeast, Kosher Salt, Eggs. CONTAINS WHEAT, SOY AND EGG.
High Five Fiber with Blueberries	140	2.5 4%	0 0%	0	0 0%	200 8%	25 8%	5 20%	7	5	Water, Fresh Ground 100% Whole Wheat Flour, Dried Blueberries (Ingredient sources may vary), Honey, Flax Meals, Oat Bran, Millet, Sunflower Meals, Wheat Bran, Yeast, Kosher Salt, Eggs. CONTAINS WHEAT, EGGS, AND SOY

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BREAD NUTRITION

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Serving Size 1 slice 2 oz (56 g)	Calories	Fat (g) % DV*	Saturated Fat (g) % DV*	Trans Fats (g)	Cholesterol (mg) % DV*	Sodium (mg) % DV*	Carbohydrates (g) % DV*	Fiber (g) % DV*	Sugar (g)	Protein (g)	Ingredients
High Country Crunch	160	2.5 4%	0.5 3%	0	0 0%	210 15%	32 12%	4 15%	4	6	Water, Fresh Ground 100% Whole Wheat Flour, Sunflower Flour, Sunflower Kernels, Honey, Millet, Pecans, Flax Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, PECANS, SOY, AND EGGS.
High Fiber Apple, Cinnamon Chip, Walnut	140	2 3%	0 0%	0	0 0%	240 10%	26 9%	5 20%	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Cinnamon Chips (organic cane sugar, cocoa butter, cocoa, soy lecithin, vanilla extract), Walnuts, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, EGGS, AND WALNUTS.
High Fiber Tuscan Herb	140	0.5 1%	0 1%	0	0 1%	280 9%	26 9%	5 21%	4	6	Fresh Ground 100% Whole Wheat Flour, Tomatoes (organic cane sugar, salt), Honey, Water, Yeast, Wheat Gluten, Canola Oil, Salt, Eggs, Dried Garlic, Parmesan Cheese (organic cane sugar, salt, enzymes), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Honey Whole Wheat	120	0.5 1%	0 1%	0	0 0%	300 12%	25 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Irish Baked Potato	150	2 3%	1 6%	0	5 2%	440 18%	26 9%	1 5%	4	4	Unbleached White Flour (organic cane sugar, salt, enzymes), Water, Dehydrated Potatoes (organic cane sugar, salt, enzymes), Honey, Butter (Milk), Yeast, Garlic (organic cane sugar, salt, enzymes), Salt, Eggs, Cheddar Cheese (organic cane sugar, salt, enzymes), Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Irish Soda Bread	120	0.5 1%	0 1%	0	5 2%	140 6%	27 9%	3 8%	9	4	Cultured Buttermilk (organic cane sugar, salt), Unbleached White Flour (organic cane sugar, salt, enzymes), Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Eggs, Salt, Baking Powder (organic cane sugar, salt), Baking Soda. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Italian Herb Focaccia	150	2.5 4%	0 0%	0	0 0%	390 16%	27 9%	1 4%	2	4	Unbleached White Flour (organic cane sugar, salt), Water, Olive Oil, Honey, Salt, Yeast, Oregano, Basil, Dried Garlic, Black Pepper, Parsley. CONTAINS: WHEAT AND SOY.
Merry Berry	120	0.5 1%	0 0%	0	0 0%	290 12%	27 9%	3 12%	9	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Golden Raisins (organic cane sugar, sunflower oil), Dried Cherries (organic cane sugar, sunflower oil), Dried Blueberries (organic cane sugar, sunflower oil), Yeast, Salt, Cinnamon (organic cane sugar, sunflower oil), Eggs. CONTAINS: WHEAT, EGGS, COCONUT, AND SOY.
Nine Grain	120	0.5 1%	0 1%	0	0 0%	300 12%	25 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Nine Grain Mix (organic cane sugar, salt), Yeast, Salt, Eggs. CONTAINS: WHEAT AND EGGS.
Oatmeal Poppyseed	120	1 2%	0 1%	0	0 1%	300 12%	25 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Yeast, Poppy Seeds, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Onion Dill Rye	120	0.5 1%	0 1%	0	0 1%	320 13%	25 8%	3 12%	6	4	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Unbleached White Flour (organic cane sugar, salt), Rye Flour, Yeast, Salt, Eggs, Dried Onion, Dill, Poppy Seeds, Caraway Seeds. CONTAINS: WHEAT, SOY, AND EGGS.
Raisin	120	2 4%	1 6%	0	5 2%	190 24%	22 7%	2 8%	4	5	Unbleached White Flour (organic cane sugar, salt, enzymes), Water, Fresh Ground 100% Whole Wheat Flour, Cultured Wheat Gluten, Honey, Raisins (organic cane sugar, salt, enzymes), Parmesan Cheese (organic cane sugar, salt, enzymes), Honey, Sun Dried Parmesan (organic cane sugar, salt, enzymes), Yeast, Salt, Eggs, Oregano, Basil, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Peanut Butter Chocolate Chip	160	6 9%	1.5 8%	0	0 0%	300 12%	27 9%	2 8%	8	5	Unbleached White Flour (organic cane sugar, salt), Water, Natural Peanut Butter (organic cane sugar, salt), Chocolate Chips (organic cane sugar, salt), Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, PEANUTS, SOY, MILK, AND EGGS.
Raisin Swirl	190	7 11%	3 15%	0	5 2%	190 8%	27 9%	4 15%	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Pecans, Honey, Butter (Milk), Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS: WHEAT, PECANS, MILK, EGGS, AND SOY.
Rosa Bread	140	4.5 7%	1.5 9%	0	15 5%	460 19%	19 6%	2 8%	4	7	Fresh Ground 100% Whole Wheat Flour, Tomatoes (organic cane sugar, salt), Mozzarella Cheese (organic cane sugar, salt, enzymes), Unbleached White Flour (organic cane sugar, salt, enzymes), Water, Parmesan (organic cane sugar, salt, enzymes), Honey, Eggs, Yeast, Salt, Dried Onion, Parsley, Oregano, Basil. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Rotiyo	120	1 2%	0.5 3%	0	5 1%	270 11%	22 7%	3 7%	4	5	Unbleached White Flour (organic cane sugar, salt, enzymes), Water, Whole Milk, Fresh Ground 100% Whole Wheat Flour, Honey, Parmesan Cheese (organic cane sugar, salt, enzymes), Real Parmesan (organic cane sugar, salt, enzymes), Yeast, Salt, Eggs, Dried Onion, Dried Garlic. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Rotiyo (100% Whole Wheat)	120	1.5 2%	0.5 3%	0	5 2%	360 15%	21 7%	3 11%	4	6	Golden Fresh Ground 100% Whole Wheat Flour, Water, Spinach, Honey, Parmesan Cheese (organic cane sugar, salt, enzymes), Real Parmesan (organic cane sugar, salt, enzymes), Eggs, Yeast, Salt, Dried Onion, Dried Garlic. CONTAINS: WHEAT, MILK, SOY, AND EGGS.

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice (X g)	Calories	Fat (g) %DV	Saturated Fat (g) %DV	Trans Fat (g)	Cholesterol (mg) %DV	Sodium (mg) %DV	Carbohydrates (g) %DV	Fiber (g) %DV	Sugar (g)	Protein (g)	Ingredients
Potato Chive	150	2 3%	1 5%	0	5 2%	440 19%	30 10%	1 5%	4	4	Enriched White Flour (a grain ingredient and preservatives may vary), Water, Dehydrated Potatoes (ingredient and preservatives may vary), Honey, Butter (Milk), Yeast, Toasted Garlic, Salt, Eggs, Dried Parsley, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGG.
Pumpernickel Rye	120	0.5 1%	0 0%	0	0 0%	330 14%	23 8%	5 20%	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Pumpernickel Rye Flour, Molasses, Yeast, Sea Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGGS, AND SOY.
Pumpkin Swirl	140	2 3%	0.5 3%	0	5 2%	190 8%	30 10%	2 8%	12	3	Enriched White Flour (ingredient preservatives may vary), Water, Brown Sugar, Pumpkin (ingredient preservatives may vary), Fresh Ground 100% Whole Wheat Flour, Honey, Molasses, Butter (Milk), Yeast, Salt, Eggs, Pumpkin Pie Spice (ingredient preservatives may vary). CONTAINS: WHEAT, MILK, EGGS, SOY, AND POSSIBLE
Raisin Cinnamon Chip	150	2.5 4%	0.5 3%	0	0 1%	240 10%	29 9%	2 14%	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Cinnamon Chips (ingredient preservatives may vary), Raisins, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK AND EGG.
Raisin	120	0 1%	0 0%	0	0 0%	260 12%	27 9%	4 15%	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
Red, White and Blueberry	140	0 0%	0 0%	0	5 2%	260 11%	30 10%	1 4%	8	3	Enriched White Flour (ingredient preservatives may vary), Water, Honey, Dried Cherries (ingredient preservatives may vary), Blueberries, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Rosemary Garlic	120	0.5 1%	0 1%	0	0 1%	320 14%	24 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (ingredient preservatives may vary), Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG.
Banana	150	4 6%	1.5 8%	0	20 7%	135 6%	25 9%	3 12%	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Dried Bananas (ingredient preservatives may vary), Cultured Nonfat Milk (ingredient preservatives may vary), Pureed Bananas, Butter (Milk), Sea Flavor Seeds, Yeast, Flour for Inside sugar, Salt, Orange Lemon, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, EGGS, MILK AND SOY.
Spinach Feta	120	3 5%	2 10%	0	15 5%	400 17%	19 6%	2 8%	4	5	Feta Cheese (a grain preservatives may vary), Enriched White Flour (ingredient preservatives may vary), Water, Fresh Ground 100% Whole Wheat Flour, Spinach, Honey, Eggs, Yeast, Salt, Dried Garlic, Oregano, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Star Spangled Swirl	150	1.5 2%	0.5 3%	0	5 2%	220 9%	30 10%	4 16%	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Blueberries (ingredient preservatives may vary), Dried Cherries (ingredient preservatives may vary), Honey, Dried Apples (ingredient preservatives may vary), Brown Sugar, Eggs, Yeast, Butter (Milk), Blueberries, Salt. CONTAINS: WHEAT, EGGS, SOY, AND MILK.
Stuffing Bread	100	0 1%	0 1%	0	0 1%	260 10%	20 7%	3 12%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Onion, Celery, Honey, Yeast, Salt, Eggs, Thyme, Black Pepper, Sage. CONTAINS: WHEAT, EGGS, AND SOY.
Sunflower	140	3 4%	0 2%	0	0 1%	300 12%	21 8%	4 16%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
Swedish Rye	120	1 2%	0 1%	0	0 1%	240 10%	27 9%	3 14%	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Enriched White Flour (a grain preservatives may vary), Rye Flour, Yeast, Orange, Salt, Cinnamon, Eggs, Caraway Seeds, Anise Seed. CONTAINS: WHEAT, SOY, AND EGG.
Three Bread	140	2 3%	0 1%	0	0 1%	290 12%	25 8%	4 16%	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Potatoes, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
Tuscan Herb	120	0.5 1%	0 1%	0	0 1%	260 10%	23 8%	4 16%	5	5	Fresh Ground 100% Whole Wheat Flour, Tomatoes (ingredient preservatives may vary), Honey, Water, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (a grain preservatives may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG.
Walnut Raisin Rosemary Blue Cheese	150	4 6%	1.5 8%	0	10 3%	230 10%	22 7%	3 12%	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Blue Cheese, Honey, Walnuts, Raisins, Yeast, Molasses, Eggs, Salt, Rosemary. CONTAINS: WHEAT, MILK, EGGS, WALNUTS, AND SOY.
White Chocolate Cherry Swirl	150	2.5 4%	1.5 8%	0	5 2%	250 10%	21 10%	1 4%	8	3	Enriched White Flour (ingredient preservatives may vary), Water, Dried Cherries (ingredient preservatives may vary), White Chocolate Chips (ingredient preservatives may vary), Honey, Brown Sugar, Butter (Milk), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
White	120	0 0%	0 0%	0	0 0%	400 17%	20 10%	1 4%	5	4	Enriched White Flour (ingredient preservatives may vary), Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
Whole Grain Goodness	140	3	0	0	0	240	22	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Eggs, Millet, Barley Flour Seeds, Yeast, Potatoes, Sunflour, Salt, Canola.

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

PUMPKIN CHOCOLATE CHIP

Pumpkin Chocolate Chip Muffins & Bread have the perfect combination of autumn spices. This absolutely delicious and addictive treat is available EVERYDAY in October. Pumpkin Swirl is back on the menu this month. This bread is so good it's scary! Other Fall specials - Autumn Apple, MN Wild Rice, Anadama, and the new Mexican Chocolate.

OCTOBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries · MN Wild Rice

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Pumpkin Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Mexican Chocolate *New*

THURSDAY
9 Grain · Cinnamon Chip White · Potato Fennel Thyme
Sourdough (available after 1 PM)
Oct 6 - White
Oct 13 - Cranberry Walnut
Oct 20 - Jalapeno Cheddar
Oct 27 - Whole Grain White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl · Anadama

OCTOBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Oatmeal Chocolate Chip Cookies · Pumpkin Chocolate Chip Muffins & Bread · Savannah Bars

MONDAY
Maple Oatmeal Scone · Oatmeal Raisin Cookie

TUESDAY
Pumpkin White Chocolate Scone · Autumn Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Caramel Apple Scone · Turtle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Autumn Cookie · Cinnamon Rolls

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Other Fall specials - Autumn Apple & MN Wild Rice

OCTOBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
MN Wild Rice

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Pumpkin Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat
Mexican Chocolate

THURSDAY
Whole Grain Goodness · Cinnamon Chip White · Bacon Cheddar Beer
Sourdough (available after 1 PM)
Oct 5 - White Oct 12 - Cranberry Walnut
Oct 19 - Jalapeno Cheddar Oct 26 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Anadama
Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · Potato Fennel Thyme · Apple Cinnamon Swirl

OCTOBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie ·
Pumpkin Chocolate Chip Muffin & Bread · Savannah Bar

MONDAY
Maple Oatmeal Scone · Snickerdoodle Cookie

TUESDAY
Vanilla Almond Scone · Autumn Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Caramel Apple Scone · Snickerdoodle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Turtle Cookie · Cinnamon Roll

Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / www.tulsaok.greatharvestbread.com

PUMPKIN SWIRL

This bread is so good it's scary! It's our delicious, homemade whole wheat dough mixed with real pumpkin & pumpkin pie spice. We roll it out, top it with brown sugar & walnuts, then roll the whole thing up with all the ingredients swirled together on the inside. Every slice you get is pumpkin-y sweet, with a bit of spice and lots of whole wheat! Not only that, but it makes a great autumn gift. Don't miss this tasty treat! Enjoy Pumpkin Swirl for breakfast, or dessert with any lunch or dinner meal. Don't forget to pack a slice in your child's Halloween lunch, it's sure to bring those hugs and kisses swirlin' in!

OCTOBER BREADS

EVERYDAY	Honey Whole Wheat • Harvest White Pumpkin Chocolate Chip
MONDAY	High 5 Fiber • Cheddar Garlic • **PUMPKIN SWIRL**
TUESDAY	Ezekiel Bread • Asiago Pesto Cranberry Flax • Jewish Apple Coffee Cake
WEDNESDAY	Low Carb Dakota • Onion Dill Rye Cinnamon Raisin • Iced Cinnamon Raisin
THURSDAY	Superfood Bread • Spinach Feta **PUMPKIN SWIRL** • Cranberry Orange Pound Cake
FRIDAY	Dakota • Cinnamon Chip • Cheddar Garlic
SATURDAY	Hummus Bread • Rock Island Trail Bread Lemon Blueberry

SWEETS SO SWEET IT'S SCARY!

EVERYDAY	Brownies • Power Bars • Pumpkin Chocolate Chip Muffins Cinnamon Rolls & Cinnamon Twist Muffins
MONDAY	Dillon Cookies • Oat Berry Muffins • Savory Breakfast Biscuits Pumpkin Bars
TUESDAY	Oatmeal Raisin Cookies • Pumpkin Spice Scones Lo-fat Yum Yum Brownie Muffins • Savannah Bars
WEDNESDAY	Chocolate Chip Cookies • Savory Breakfast Biscuits Lo-fat Cran-Blue Yogurt Muffins • Lemon Bars
THURSDAY	Ginger Cookies • Cranberry Orange Scones • Kahuna Bars Cranberry Orange Muffins • Oat Berry Muffin
FRIDAY	Monster Cookies • Lo-fat Cran Flax Cookies • Chocolate Chip Scones Savory Breakfast Biscuits • Morning Glory Muffins Pumpkin Bars • Savannah Bars
SATURDAY	Peanut Butter Chocolate Chip Cookies • Berry Cream Cheese Scones Cappuccino Muffins • Lemon Blueberry Muffins • Lemon Bars

BAKERY HOURS: Monday-Friday, 7am to 6pm, Saturday 7am to 4pm
Closed Sundays for a little Loafin'

Sandwiches & Panini

Served 11:00 AM to 3:00 PM
Monday - Saturday

706 N. Broadway
Rochester, MN 55906
www.GreatHarvestRochester.com
507-286-1101

Great Harvest Classic Sandwiches

All Classic Sandwiches are made with optional thin sliced red onion, romaine lettuce, sliced tomato, honey mustard, mayonnaise, salt and pepper and your choice of sandwich bread.

Turkey & Swiss...$6.45
Lightly smoked turkey breast, Swiss cheese, mayo, and honey mustard.

Louisville Chicken Salad...$6.45
Chunks of white and dark meat chicken in a seasoned mayonnaise dressing with sweet & spicy pecans.

Great Harvest Cold Signature Sandwiches

All Signature Sandwiches are made with optional thin sliced red onion, romaine lettuce, sliced tomato, salt and pepper, on the recommended bread.

California Cobb...$6.95
Fresh avocado, smoked turkey breast, and crispy bacon, with a bleu cheese spread, served on honey whole wheat bread.

Country Smoked Turkey...$6.95
Smoked turkey breast, roasted peppers and onions on focaccia bread.

Harvest Veggie...$6.95
Fresh green pepper rings, cucumber slices, provolone and cheddar cheeses with sun dried tomato spread on honey whole wheat bread.
With avocado, add 50¢

Great Harvest Hot Signature Sandwiches

All Hot Signature Sandwiches served fresh off the steamer and grill to melt in your mouth!

BLT Panini...$5.99
Crispy smoky bacon, ripe tomatoes, romaine lettuce, and mayonnaise toasted to perfection.

Tuscan Chicken Panini...$7.35
Aged provolone melted over grilled chicken breast, optional thin sliced red onion, romaine lettuce, tomato, salt and pepper and a sun dried tomato pesto spread on focaccia bread.

Smoky BBQ Cheddar Chicken Panini...$7.35
Grilled chicken breast, optional thin sliced red onions, romaine lettuce, tomato, salt and pepper, smoky honey BBQ sauce, melted sharp cheddar and crisp bacon on focaccia bread.

Spicy Smoked Turkey & Pepper Jack Panini...$7.35
Smoked turkey breast, melted pepper jack cheese, roasted onions and peppers, romaine lettuce, salt and pepper and tomato with a spicy southwest mayonnaise, optional thin sliced red onions on focaccia.

"GHBC" Grilled Cheese Panini...$5.99
A twist on the traditional sandwich served with a garlic and herb spread and two cheeses, sharp cheddar and Swiss on white bread.
With crisp bacon, add $1.00
With sliced tomato, add 50¢

Kiddie Sandwiches

Simple, tasty kid-favorite sandwiches are served with a 1/2 of a cookie.

Peanut Butter & Jelly...$2.99
Creamy peanut butter and strawberry jam.

Lil' Cheezer...$2.99
Cheddar cheese on our Old Fashioned White bread with a light touch of mayo.

Sandwich Breads

Handcrafted & baked from scratch daily!

Honey Whole Wheat
Our specialty! Made from freshly stone-ground 100% whole wheat flour milled in our bakery every day. Nutty, versatile flavor with a dense but soft texture.

Old Fashioned White
Blends pure honey and premium flour unbleached, unbromated and absolutely no preservatives. Just like the bread Grandma makes!

Italian Herbed Focaccia
Homemade in the classic Italian flat bread style. Seasoned with extra virgin olive oil, basil, oregano, parsley, and encrusted with freshly grated Parmesan cheese and garlic.

Add Chips and/or a Giant Cookie for $1.00 each

Don't forget the treats!

The perfect assortment of Great Harvest sweets for a morning meeting, a lunch gathering, or a thank-you for the office.

Tray of Treats

Large...$45.00 (serves 36-40)
Small..$22.00 (serves 12-30)
Includes a specialty loaf of the day, tea cake of the day, and an assortment of muffins, scones and cookies.

Bakery Breakfast Box...$0.00

Includes a fresh giant cinnamon roll, muffin or other specialty breakfast item, served with a side of fruit, homemade granola, and a bottle of Welch's 100% juice.

The Great Big Cookie Box

$15.00 per dozen
Varieties include oatmeal chocolate chip, oatmeal raisin, peanut butter, snickerdoodle, turtle and original oatmeal.

Catering Options

Sandwich Trays

Small...$00.00 (12 sandwiches)
Medium...$00.00 (24 sandwiches)
Large...$00.00 (36 sandwiches)
Includes a specialty loaf of the day, tea cake of the day, and an assortment of muffins, scones and cookies.

Harvest Box Lunches...$0.00

Includes a fresh giant cinnamon roll, muffin or other specialty breakfast item, served with a side of fruit, homemade granola, and a bottle of Welch's 100% juice.

Additional Offerings

Additional Item no 1...$0.00

Description of additional item 1 can be entered here. Description of additional item 1 can be entered here.

Additional Item no 2...$0.00

Description of additional item 2 can be entered here. Description of additional item 2 can be entered here.

Additional Item no 3...$0.00

Description of additional item 2 can be entered here. Description of additional item 2 can be entered here.

Please Consider When Placing Your Order:

* Place your order by calling or stopping by the bakery.
* Orders of 10 or more must be placed before 10 a.m., please.
* We're happy to deliver for lunch orders of 15 or more.
* Lunches come brown bagged. Box lunch option available- $0.00 extra
* Order 24 hours in advance to ensure availability.
* We gladly deliver. Prices vary according to distance. Please check with us regarding your location.
* Payment to be made at time of order.

We gladly accept Visa, Discover, Mastercard and American Express.

Great Harvest Bread Co. Sandwiches & Panini

Where the outside is as good as the inside!

Bakery Hours M-F 7am-6pm, Sat. 7am-3pm
Fresh Sandwiches served M-F 10am-3pm

1234 Your Street
Anywhere, ST 56789
(123)456-7890
www.webaddress.com
www.facebook/pageaddress.com

WE CATER!
See back for more information.

Breakfast Sandwiches

Served between 8 am-11am on our freshly baked whole wheat or white bread. cheese choices: Swiss, American, Provolone or Cheddar.

Egg Sandwich...$0.00
Egg & Cheese...$0.00
Egg, Bacon & Cheese...$0.00
Egg, Ham & Cheese...$0.00

Great Harvest Classic Sandwiches

All Classic Sandwiches are made with thin sliced red onion, romaine lettuce, sliced tomato, white wine Dijon mustard, mayonnaise, salt and pepper and your choice of sandwich bread.

Ham & Swiss...$0.00
Tender slices of honey smoked ham and Swiss cheese

Turkey & Swiss...$0.00
Lightly smoked turkey breast and Swiss cheese

Roast Beef...$0.00
Sliced roast beef and aged provolone

Great Harvest Cold Signature Sandwiches

All Cold Signature Sandwiches are made with thin sliced red onion, romaine lettuce, sliced tomato, salt and pepper, and with the recommended bread of your choice of sandwich bread.

California Cobb...$0.00
Fresh avocado, smoked turkey breast, and crispy bacon, with a bleu cheese spread and honey whole wheat bread

Pepper Bleu Roast Beef...$0.00
Roast beef with bleu cheese spread, on caraway rye bread.

Country Smoked Turkey...$0.00
Smokey turkey breast, roasted peppers and onions with balsamic vinegar dressing on focaccia bread

Louisville Chicken Salad...$0.00
Chunks of white and dark meat chicken in a seasoned mayonnaise dressing with sweet & spicy pecans

Tuna Salad...$0.00
Chunk white albacore tuna with a seasoned mayonnaise dressing

Harvest Veggie...$0.00
Fresh pepper rings, cucumber slices, provolone and cheddar cheeses with red pepper garlic spread on honey whole wheat bread

Peanut Butter & Jelly...$0.00
Creamy peanut butter and grape jelly on white bread

Great Harvest Hot Signature Sandwiches

All Hot Signature Sandwiches served fresh off the steamer and grill to melt in your mouth!

BLT...$0.00
Crispy smoky bacon, ripe tomatoes, romaine lettuce, salt and pepper and mayonnaise on white bread toasted in the panini grill

Tuscan Chicken Panini...$0.00
Aged provolone melted over grilled chicken breast, thin sliced red onion, romaine lettuce, tomato, salt and pepper and a sun dried tomato pesto spread on focaccia bread.

Smoky BBQ Cheddar Chicken Panini...$0.00
Grilled chicken breast, thin sliced red onions, romaine lettuce, tomato, salt and pepper, smoky honey BBQ sauce, melted sharp cheddar and crisp bacon on focaccia bread

Spicy Smoked Turkey & Pepper Jack Panini...$0.00
Smoked turkey breast, melted pepper jack cheese, roasted onions and peppers, romaine lettuce, salt and pepper and tomato with a spicy southwest mayonnaise on caraway rye bread

Mile High Rye...$0.00
Smoked turkey and roast beef with melted Swiss, thin sliced red onion, romaine lettuce, tomato, salt and pepper, and roasted garlic and dill spread on caraway rye bread

Roast Beef Panini...$0.00
Roast beef, roasted peppers and onions, melted aged provolone, romaine lettuce, tomato and salt and pepper with a red pepper garlic cheese spread on focaccia

"GHBC" Grilled Cheese Panini...$0.00
A twist on the traditional sandwich served with a garlic and herb spread and two cheeses, sharp cheddar and Swiss on white bread; this sandwich is also available with honey smoked ham, crisp bacon and/or sliced tomato with an additional cost

Area For Extra Information

Utilize this space to mention meal combos, box lunches, drinks etc.

Item Listed Here...$0.00
Extra information about this item can be placed here in order to provide your customers a brief description

Item Listed Here...$0.00
Extra information about this item can be placed here in order to provide your customers a brief description

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Fall back to APPLES

You're going to flip over the Great Harvest "Fall Back To Apples" specials! We've baked up some apple-packed masterpieces for your delight. Check out our bountiful array of applelicious breads and treats. You'll fall head-over-heels. Great for picnics, back to school lunches, desserts and anytime indulgence!

SEPTEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
MN Wild Rice · Autumn Apple

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Apple Scrapple

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat
Autumn Apple

THURSDAY
Whole Grain Goodness · Cinnamon Chip White · Apple Scrapple
Bacon Cheddar Beer
Sourdough (available after 1 PM)
Sept 7 - Whole Grain White Sept 14 - Sundried Tomato
Sept 21 - Jalapeno Cheddar Sept 28 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar
Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

SEPTEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bar · Oatmeal Chocolate Chip Cookie

MONDAY
Apple Cinnamon Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Scotchie Cookie

TUESDAY
Berry Cream Cheese Scone · Triple Chocolate Muffin · Autumn Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Monster Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie
Pumpkin Chocolate Chip Muffin & Bread · Cinnamon Roll

SATURDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Jumble Cookie · Cinnamon Roll

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SEPTEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries · MN Wild Rice · Autumn Apple

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Apple Scrapple

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Autumn Apple

THURSDAY
9 Grain · Cinnamon Chip White · Apple Scrapple · Pepperoni Rolls
Sourdough (available after 1 PM)

Sept 1 - Basil Parmesan
Sept 8 - Green Chili
Sept 15 - Jalapeno Cheddar
Sept 22 - Sundried Tomato
Sept 29 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Supreme! · High 5 Fiber · Chipotle Cheddar · Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

SEPTEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Scotchie Cookie

TUESDAY
Berry Cream Cheese Scone · Zucchini Muffin · Oatmeal Raisin Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread · Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Monster Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Pumpkin Chocolate Chip Muffin & Bread · Cinnamon Rolls

SATURDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Jumble Cookie · Cinnamon Rolls

TO WEIGH LESS... TO LIVE HEALTHIER AND LONGER, EAT MORE 'GOOD' CARBS

Kudos to Robert Atkins, the good doctor who raised awareness about the perils of carbohydrates in an increasingly overweight nation. Never mind that his high-protein alternative is fraught with health risks. Never mind that many of his low-carb disciples (as many as 70 million in one form or another) don't draw distinctions between "bad" carbs and "good" carbs. For them, a carb is a carb is a carb – all mortal enemies of a thin and happy life. Despite his diet's shortcomings, Atkins did have the courage to raise the issue in a carb-guzzling world. He engaged the debate, which we believe will ultimately lead to a healthier America. For that we are grateful.

Still, it should be noted that the American Heart Association, American Dietetic Association and the American Kidney Fund have all warned about various dangers associated with low-carb, high protein diets.

Consider this from Dr. David Katz of the Yale School of Public Health: "Diets rich in fiber and complex carbohydrates – found in fruits, vegetables, beans and WHOLE GRAINS (this is where Great Harvest Bread enters the discussion) – have been shown in a wide array of studies to be associated with reduced risks of cancer, reduced risks of cardiovascular disease, reduced risk of diabetes, reduced risks of gastrointestinal disorders and overall health promotion. In other words, the notion of cutting carbs is a step in the opposite direction from everything we know about healthy eating."

And this from Judith Wurtman, a brain researcher at M.I.T.: "The diet-industrial complex is now pushing low carbs full steam ahead. It may take a long time, but 10 years from now, people are going to look back on this and say, 'Boy, were we really stupid.' "

And this from reporter David Bjerklie in an April 2004 *Time* magazine story titled "Low-Carb Nation":

"So if the low-carb mantra has made you cut simple sugars and refined carbohydrates from your diet, great. But if you are skimping on produce and WHOLE GRAINS and instead shoveling animal and dairy fats into your body, you are short-changing your health."

Jane Brody, the food and nutrition guru at *The New York Times*, cites various studies before weighing in with these conclusions in a March 4, 2003 article: "People who eat more whole grains tend to weigh less than those who consume fewer." And: "People who eat whole grains are healthier and live longer."

Then, in a column published on March 23, 2004, she writes: "None of my slender friends and acquaintances eats a low-carb diet. ... You don't have to eat low-carb to remain slim or to lose weight and keep it off. Fiber-rich carbohydrates (i.e., Great Harvest breads) offer three major benefits to the weight-conscious eater: they hold water in the gut, take longer to digest and some of their calories are eliminated unabsorbed. In other words, they can fill you up before they fill you out. ... A diet high in fat and low in carbs has yet to be tested for long-term safety and effectiveness. But fiber-rich balanced diets, replete with WHOLE GRAINS, fruits and vegetables along with reasonable quantities of fish, poultry, meat and dairy products, have been repeatedly shown to be conducive to enjoyable eating and to achieving and maintaining a normal body weight and long-lasting health."

*"So if the low-carb mantra has made you cut simple sugars and refined carbohydrates from your diet, great. But if you are skimping on produce and **WHOLE GRAINS** and instead shoveling animal and dairy fats into your body, you are short-changing your health."*

3 Servings of WHOLE GRAINS Daily

The Surgeon General's goal is for all Americans to consume at least three servings of WHOLE GRAINS daily. We have a long way to go. Today, the daily average is about half a serving.

The Food and Drug Administration states: "Diets rich in WHOLE-GRAIN foods and other plant foods low in total fat, saturated fat and cholesterol may help reduce the risk of heart disease and certain cancers." The FDA allows food manufacturers to claim health benefits for products with at least 51 percent WHOLE GRAINS by weight and less than 3 grams of fat per serving.

The health benefits of eating WHOLE GRAIN foods are outlined in study after study around the world. In fact, dozens of studies have shown that eating WHOLE GRAINS reduces cancer risks. Dr. Joanne L. Slavin writes in The Journal of the American Dietetic Association, "WHOLE GRAINS are rich sources of a wide range of phytochemicals with anticarcinogenic properties. Some of these phytochemicals block DNA damage and suppress cancer cell growth. ... The fiber in WHOLE GRAINS increases fecal bulk and speeds the transit of stool, decreasing the opportunity for mutagens to damage cells and cause cancer of the digestive tract. In addition, hormonally active lignans in WHOLE GRAINS may protect against hormonally mediated diseases, such as cancers of the breast and prostate."

A Finnish study of 21,930 male smokers and an American study of 43,757 male health professionals found a reduced risk of heart attacks among those who ate the most WHOLE-GRAIN bread and cereal. The Nurses' Health Study of nearly 90,000 women and the Health Professionals Study of nearly 44,000 men found that those who consumed the most fiber from WHOLE GRAINS had about a 30 percent lower risk of developing Type 2 diabetes.

'BAD' CARBS VS. 'GOOD' CARBS

Let's take a moment to explore the difference between "bad" carbs and "good" carbs, according to the experts.

As *Time* magazine explained in "The Low-Carb Frenzy," all foods can be divided into combinations of three different nutritional categories based on their chemical components: carbohydrates, proteins and fats. The body breaks down carbs into sugars that flow through the bloodstream and serve as the body's key source of energy. White bread, pasta and potatoes are examples of "bad" carbs that quickly turn to sugar in the body. Sugar not needed immediately by muscles is stored as fat to be used later. On the other hand, some fruits, vegetables, beans and, yes, WHOLE GRAINS, are also carbs. But they are "good" carbs that break down slowly and provide substantial infusions of vitamins, minerals and, especially, fiber. Numerous studies have demonstrated that diets rich in fiber can lower cholesterol and reduce the risk of heart disease.

Walter Willett, a medical doctor at the Harvard School of Public Health, has written a book, *Eat, Drink and Be Healthy – The Harvard Medical School Guide to Healthy Living* (Simon & Shuster, 2002). In it he explains that the basic difference between bad carbs and good carbs isn't as simple as the traditional understanding of "simple carbohydrates" (sugars) and "complex carbohydrates" (starches).

While the terms "simple" and "complex" have a specific chemical meaning, they don't mean much inside your body. In fact, your digestive system turns white bread, a baked potato, or white rice (all starches and therefore "complex" carbs) into glucose and pumps this sugar into the bloodstream almost as fast as it delivers the sugar in a cocktail of pure glucose. Swift, high spikes in blood sugar are followed by similar surges in insulin. As this insulin forces glucose into muscle and fat cells, blood sugar levels plummet, triggering the unmistakable signals of hunger. To make matters worse, these high levels of blood sugar and insulin surges are now implicated as part of the perilous pathway to heart disease and diabetes. The harmful effects of these rapidly digested carbohydrates are especially serious for people who are overweight.

WHOLE GRAINS
Keystones of a Healthy Diet

"The carbohydrates that should form the keystones of a healthy diet come from WHOLE GRAINS, like brown rice or oats, from foods made with WHOLE GRAINS, like whole-wheat pasta or bread, or from beans. Our body takes longer to digest these carb packages, especially when they are coarsely ground or intact. That means they have a slow, low and steady effect on blood sugar and insulin levels, which protects against heart disease and diabetes. They make you feel full longer and keep you from getting hungry right away. They also give you important fiber plus plenty of vitamins and minerals."

Harvard medical doctor Dr. Walter Willett goes on to describe the two carb building blocks in his Healthy Eating Pyramid. WHOLE-GRAIN good carbs sit prominently as part of the pyramid's foundation, and highly refined, rapidly digested bad carbs (including most desserts) are relegated to the very top.

"For almost 20 years our research team has been one of several groups studying the health effects of foods made from refined and intact grains. The result of this work is compelling. Eating lots of carbs that are quickly digested and absorbed increases levels of blood sugar and insulin, raises levels of triglycerides and lowers levels of HDL cholesterol. Over the long run, these changes lead to cardiovascular disease and diabetes. In contrast, eating WHOLE-GRAIN foods is clearly better for long-term good health and offers protection against diabetes, heart disease, cancer and gastrointestinal problems such as diverticulosis and constipation. Other research around the world points to the same conclusions."

IMPORTANCE OF GLYCEMIC INDEX, GLYCEMIC LOAD

At the heart of the distinction between good carbs and bad carbs is the Glycemic Index, which emerged in the 1990s when researchers at the University of Toronto showed that some foods raised blood sugar faster and higher than others, placing greater demands on the insulin system. The Glycemic Index ranks foods according to how rapidly sugars are released into the bloodstream.

Dr. Willett describes how the index works: The body converts digestible carbs into glucose – sugar that cells use as fuel. When glucose molecules pass from the stomach into the bloodstream, the pancreas releases insulin, a hormone that activates cells to absorb glucose. As muscles, fat and other cells sponge excess glucose from the blood, insulin levels return to normal.

Discovery of the Glycemic Index led to another measurement developed by a team from the Harvard School of Public Health called Glycemic Load. It includes the food's Glycemic Index plus how much carbohydrate the food delivers in one serving. Most fruits, vegetables, beans and WHOLE GRAINS have low Glycemic Loads. However, when fruits are squeezed into juices and WHOLE GRAINS are pulverized into refined flour, they turn into the equivalent of sugar water with very high Glycemic Loads.

WHY DOES A HIGH GLYCEMIC LOAD CAUSE WEIGHT GAIN?

"After a snack or meal with a high Glycemic Load, blood-sugar levels rise higher and faster than after a meal with a low load," Dr. Willett writes. "The insulin needed to stuff all that sugar into muscle and fat cells also blunts the activity of glucagons, a hormone that signals the body to burn stored fuel when blood-sugar levels fall below a certain point. Glucose levels plummet as a result, leaving the brain and other tissues starved for energy. Concentration flags, muscles get shaky and the body perceives an emergency. In search of a quick fix, the gut and brain send out hunger signals long before it's time for another meal. And for those who respond to these signals by downing another high-glycemic snack, the cycle repeats itself. The fluctuating sugar levels and elevated insulin levels lead to excessive snacking – and calories."

WHY DOES THIS EATING PATTERN CAUSE DIABETES?

Again, Dr. Willett: "Foods with high Glycemic Load pose another problem for a growing number of Americans. The tissues of people who are overweight or physically inactive resist insulin's signal to pull in glucose from the blood – a condition known as insulin resistance. This keeps blood sugar at high levels for prolonged periods. It also forces the pancreas to produce extra insulin in order to jam glucose into cells. Overworked insulin-making cells can wear out and cease production, leading ultimately to diabetes."

We don't need to swear off carbs to avoid weight gain and diabetes. The trick, according to Dr. Willett, is to choose foods with low Glycemic Loads. "For example, switch to WHOLE GRAINS. Until the 19th century, humans ate grains either whole or roughly ground. In this form, grains offered a carbohydrate package rich in fiber, healthy fats, vitamins, minerals, plant enzymes and hundreds of nutrients. ... Fortunately, WHOLE GRAINS are making a comeback."

WHOLE GRAINS – STARS IN DISEASE PREVENTION

It is the indigestible fiber and phytochemicals in WHOLE GRAINS that render them stars in disease prevention, Jane Brody writes in *The New York Times*. So, why is fiber such an important player on the good-health team?

"Fill up with fiber," writes Dr. Bob Arnot in his popular book, *Revolutionary Weight Control Program*. "Fiber, derived from plants, is classified as soluble and insoluble. Both types are beneficial. Soluble fibers dissolve in water, and so they soak up liquids. Insoluble fibers do not dissolve in water, though they assist in moving waste through the body.

"FILL UP WITH FIBER"

"Soluble-fiber foods are among your most important weapons against hunger. When water and soluble fiber mix in the gut, the stomach and small intestine expand, sending satiety signals that shut off further eating. That's why the experimental subjects were satisfied with fewer calories when they ate WHOLE-WHEAT BREAD than when they consumed white bread, which has fiber refined out of it."

(Dr. Arnot is referring to a revealing study in which one group was given WHOLE-WHEAT BREAD on one occasion and white bread on another. Both times participants were told to eat until they were full. The group consumed far fewer calories when they ate WHOLE-WHEAT BREAD, and yet were as satisfied as when they ate the greater amount of white bread.)

Dr. Arnot concludes, "The more fiber you load up on early in the day, the more effectively you may kill hunger – and impulse eating – into the evening."

Today, 64 percent of Americans are overweight, and more than 30 percent are obese, according to the FDA. In fact, obesity is gaining on smoking as the leading cause of preventable death.

"It seems clear that a large proportion of the population could benefit from eating more WHOLE GRAIN, and efforts are needed to encourage consumption," according to the American College of Nutrition.

Simin Liu, a Harvard researcher with the Brigham and Women's Hospital in Boston, says, "Americans understand that WHOLE GRAINS are healthier than refined grains, but the average person eats less than one serving of WHOLE GRAINS per day. ... The challenge for the food industry is to make WHOLE-GRAIN products more appealing than refined-grain products." For the rest of us, she suggests, "The challenge is to develop habits to increase WHOLE-GRAIN intake such as substituting WHOLE-WHEAT BREAD for white bread when making a sandwich. Developing such a simple habit may have long-term benefits."

Nicola M. McKeown, PhD., adds, "I think people understand the importance of eating fruits and vegetables, but when it comes to WHOLE GRAINS the message has pretty much been lost. This is in part because consumers don't really understand what WHOLE-GRAIN foods are."

To that end, the U.S. Department of Agriculture is poised to launch as part of the 2005 edition of the "Dietary Guidelines for Americans" an intensive effort to increase consumption of whole grains and reduce consumption of enriched grains (those stripped of their nutrients in the production process then "enriched" with required vitamin and mineral supplements – virtually all of the breads, white or otherwise, found on supermarket shelves). The USDA would recommend increases of whole-grain consumption by 275 percent for men and 227 percent for women.

"INCREASE WHOLE-GRAIN INTAKE"

NOBODY DOES WHOLE GRAIN BETTER

Great Harvest Bread Co. understands the magic of WHOLE GRAIN. That's why we're here. We have been the WHOLE-GRAIN headquarters for nearly 30 years. WHOLE GRAINS are our niche, our specialty – they're what we do. We mill WHOLE GRAINS in our store every day, so they're always fresh. The truth is that nobody does WHOLE GRAIN better than Great Harvest.

Let's take a look at our basic building block, the kernel of wheat. This natural miracle is a storehouse of nutrients that people have needed and used for thousands of years – the "staff of life." Each kernel (it takes about a million to fill a bushel basket) has three parts. 1) The endosperm is the largest part with 83 percent of the kernel's mass. This is where starch is stored and where the largest amount of flour comes from. It contains carbs, protein, iron and B-complex vitamins. 2) Bran is the fiber-rich outer layer with about 14.5 percent of the kernel, containing protein and B-complex vitamins. 3) Germ is the nutrient-rich embryo, the sprouting section, that packs abundant B-complex vitamins and trace minerals.

In baking WHOLE-GRAIN BREADS, Great Harvest uses the entire kernel. By contrast, many commercial bread makers, producing highly refined white breads and other breads that pose as "whole wheat" or "multigrain," strip away the bran and germ to make soft, airy breads with a longer shelf life. They bleach the flour, and then add vitamins and minerals to replace the lost nutrients. But many nutrients aren't added, and the lost fiber can't be replaced.

Great Harvest bread is made completely from scratch. Great Harvest's whole grain breads are made using freshly stone-ground flour that we grind from whole wheat kernels in our store daily. The flour in our whole grain breads are never more than 48 hours old, which means that essential nutrients, which begin breaking down over time, are preserved.

Freshly stone-ground 100% whole-wheat flour (from America's best wheat) that's never more than 48 hours old gives Great Harvest bread its exceptionally fresh taste. It also gives Great Harvest bread its satisfying size. Other bakeries use dough conditioners or chemicals to boost loaf volume. At Great Harvest we just use fresh wheat, carefully and stringently selected from the and high plains of America's best wheat growing regions. That's it. Stone-ground whole wheat – plus proprietary parts of our recipes and baking process – enables most Great Harvest breads to remain fresh 7 to 10 days without preservatives.

At Great Harvest we are all about making the best-tasting, most nutritious whole-grain breads you can find anywhere. We believe that eating our bread can help you lose weight and live a healthier and longer life.

MUSCLE BREAD

As a way of closing, we offer this tip for helping your children understand the difference between "fluff" bread and WHOLE-GRAIN bread. The original idea comes from William Sears, a well-known pediatrician and author from San Clemente, Calif., who dedicated an entire chapter to bread in his *Family Nutrition Book.*

Because parents often complain that their children won't eat anything but white bread, consider taking your kids to the bread aisle at a supermarket. Have them hold a loaf of white bread in one hand and a loaf of Great Harvest WHOLE-GRAIN bread in the other. The WHOLE-GRAIN breads are always much weightier.

Then tell them, in Dr. Sears' words: "The white bread is air bread. WHOLE GRAIN is heavier because it's muscle bread."

We like that... muscle bread.

Here's to your strong muscles and to a long and healthy life from your friends at Great Harvest.

WHOLE GRAINS FOR HEALTHY KIDS!!

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GREAT HARVEST BREAD CO.

706 N. Broadway
Rochester, MN
Hours: 6:30 a.m. - 6:00 p.m., Tues. - Friday
6:30 a.m. - 5:00 p.m. Saturday

Great Harvest Bread Co. is an Equal Opportunity Employer. We do not discriminate on the basis of race, religion, color, sex, age, national origin, or disability.

Date:_____

Name: _____
List Previous, Maiden, or Alias

Telephone # _____daytime _____evening

Current Address:_____

e-mail address _____ Date available to start to work? _____

How did you hear about us?_____Position Desired?_____

How long do you plan on working for us?_____Under 18 years old? Yes No

Highest grade or college completed_____

We are a non-smoking company. Can you work under these conditions? Yes No

Have you been convicted of a felony within the last 7 years? Yes No

If yes, please explain_____

Are you a U.S. Citizen, or do you have a permit which allows you to work? Yes No
(Proof of citizenship or immigration will be required on employment)

Great Harvest jobs may include standing for long periods of time, lifting regularly, stooping & bending frequently, performing repetitive hand motions; and most importantly, smiling and having fun at all times. Can you do these things, with or without accommodations? Please explain necessary accommodations.

The following questions do not have "right" answers but are intended to help us get to know you better. Short answers are OK, use more paper if you want.

Why are you interested in working at Great Harvest Bread Co?

Great Harvest is a very service-oriented business. What does good service mean to you?

Tell us about hobbies, special interests, experiences, or skills (Not necessarily job related). List something that you are particularly proud of.

What type(s) of music do you enjoy? Favorite radio station?

What skills from previous jobs would qualify you for a position at Great Harvest?

What are your goals for the next six to twelve months? Two years? Five years?

What are your preferred working hours and available days and hours? Will your availability change in the next six months?

Give us a couple references (with phone #) who you have known for at least 1 year.
Exclude friends or relatives.

Anything else you would like us to know about you?

Employment History

Please tell us about your recent job history starting with the present: (5 years)

Company_____Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back?_____# of days taken off?_____

_____

Company_____Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back?_____# of days taken off?_____

_____

Company_____Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back?_____# of days taken off?_____

Employment Agreement

I certify that the facts contained in this application are true and correct, and I confirm that my omission or misrepresentation of any fact on this application is sufficient reason for Great Harvest to deny me employment. If employed, such an omission or misrepresentation shall be grounds for dismissal. I further authorize investigation of all statements contained herein and contact with references listed. I agree that if an employment relationship is established with Great Harvest, it will be of an "at will" nature. Meaning that I may resign at any time & Great Harvest may dismiss me at any time with or without cause.

Signature_____ Date_____

Q: Some days I am much more active than others. Does that make a difference?
A: Yes! The more physically active you are, the more carbohydrates you use for fuel. In addition, the faster the pace of activity, the more carbohydrates you use.

Q: Can I save all of my carbohydrates for dinner?
A: If you have type 2 diabetes, it's better to distribute your carbohydrates throughout the day. Your body is still making insulin; you are just using it less effectively. Lots of carbohydrates at once will tax your body's ability to clear the blood sugar. Smaller, more frequent amounts of carbohydrates are recommended. If you have type 1 diabetes, the most important point to remember is to match the insulin you take with the amount of carbohydrate at a meal.

Q: So, portion control is the right answer, rather than abstaining from carbohydrates?
A: Yes! Learn how many carbohydrates are right for you, based on your usual dietary intake, your preferences and your blood sugars.

Q: Do whole grain breads have any benefits over breads made with refined white flour?
A: Yes again! Research indicates that whole grains may help with weight loss, and help prevent colon cancer and heart disease. In addition, whole grains naturally provide micronutrients such as the B vitamins, iron and zinc. They also contain phytochemicals, which may be part of the reason they help prevent chronic disease.

DO YOURSELF A FAVOR!

If you have diabetes, consult with a certified diabetes educator or dietitian familiar with your disease. An educator can help design a meal pattern for you that will contain a healthy, balanced diet, which can include delicious and nutritious Great Harvest bread.

Here is an example of a low carbohydrate food plan using Great Harvest bread:

BREAKFAST
- 1 orange
- 1 slice of Nine Grain bread with peanut butter
- Meal total ≈ 42 grams of carbohydrate*

LUNCH
- 2 slices of Honey Whole Wheat with sliced turkey, tomatoes, lettuce, onions and sprouts
- ½ cup carrot sticks with light ranch dip
- Meal total ≈ 42 grams of carbohydrate*

DINNER
- Grilled halibut with carrots and green beans
- Large green salad with oil and vinegar
- Enjoy a handful of granola for dessert
- Meal total ≈ 18 grams of carbohydrate*

*Remember to subtract the grams of fiber from the total grams of carbohydrates.

This brochure has been written with the help of Carla Cox, Ph.D., registered dietitian, certified diabetes educator, and nutrition consultant for Great Harvest Bread Co.

Great Harvest Bread Co.®

I have DIABETES

CAN I EAT Great Harvest BREAD?

Great Harvest Bread Co.®

YOU BET!

DIABETES *is a disease diagnosed when a fasting blood sugar is greater than 126 mg/dl. Pre-diabetes is becoming a more common diagnosis, and is diagnosed when a fasting blood sugar is greater than 110 mg/dl, but less than 126 mg/dl.*

When carbohydrate-rich foods are eaten, blood sugars rise. (Foods rich in carbohydrates include fruit, milk, yogurt, potatoes, rice, whole grain breads and desserts.) In an individual with diabetes, high carbohydrate diets can overwhelm the body's ability to move sugar from the blood stream into tissues where it is used to help perform the work of the cell. Some people can have high blood sugars even with a low carbohydrate diet, because the body can make glucose even without carbohydrates. Chronically high blood sugars can damage the heart, kidney, eyes and nerves, so they need to be treated.

What complicates the food recommendations for an individual with diabetes is that everyone needs some carbohydrates. Carbohydrates are used by the brain and are important in the function of the working muscle, particularly when the work is intense (lifting, running, sprinting).

COMMON QUESTIONS FROM PEOPLE DIAGNOSED WITH DIABETES:

Q: How many carbohydrates can I eat?
A: Since each person is unique, that question is best answered by a certified diabetes educator or dietitian that frequently works with individuals diagnosed with diabetes. However, here are some general guidelines:

If you have type 2 diabetes or pre-diabetes:

- *Everyone should obtain at least 100 grams of carbohydrates per day.*
- *Individuals who are younger, more active or male, should consume more carbohydrates per meal. It may be appropriate for some to eat 60g-75g or more carbohydrates per meal! (And a slice of Great Harvest bread can certainly fit here... read on.)*
- *A small, older female who is not very active would need the least number of carbohydrates per meal (30g for breakfast, 30g for lunch and 40g for dinner would be a good estimate).*

If you have type 1 diabetes or are taking insulin at each meal:

- *Your insulin should be matched to the amount of carbohydrate you are eating at each meal and snack. Talk to your diabetes educator about using a scale of units of insulin to grams of carbohydrate.*

Q: How many grams of carbohydrates are in a slice of Great Harvest bread?
A: Since the size and shape of the loaves vary, ask for a handout that lists all the breads made at Great Harvest Bread Company, and the quantity of carbohydrates per serving. A typical slice of Great Harvest bread weighs 45g - 50g (that is a little more than 1.5 ounces). You'll need a small scale at home to be really accurate! (One slice of store bought bread is usually 30g by weight and contains 12g-15g of carbohydrates; a bagel may be as many as 150g by weight and contain 72g of carbohydrates.) Some examples are:

[Bread Variety]	[Carbohydrates]	[Fiber]
Honey Whole Wheat	22g	3g
Cranberry Orange	25g	3g
Nine Grain	23g	3g
Flax Oat Bran	21g	4g
Raisin Whole Wheat	24g	3g
High 5 Fiber	21g	5g

PER 50-GRAM SERVING SIZE

Carbohydrates (grams) - Fiber (grams) = Total Carbohydrates

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N, Broadway
Rochester MN 55906
507-286-1101
www.greatharvestrochester.com

MONDAY-FRIDAY 6:30AM-6:00PM, SATURDAY 6:30AM-5:00PM, CLOSED SUNDAY

Change Your Loaf FOREVER!

Sink your teeth into a slice of this delicious & festive summer bread! Loaded with dried cranberries, wild blueberries, white chocolate chips and a splash of vanilla! This bread is bound to spark your taste buds. We'll be baking Red, White & Blueberry bread throughout July!

JULY *Breads*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/berries · Cinnamon Chip White
Potato Fennel Thyme · Red, White, & Blueberry

TUESDAY
Dakota · Cinnamon Chip Wheat · Cheddar Garlic · Cranberry Orange
Mexican Chocolate

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat
Red, White, & Blueberry

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta · Bacon Cheddar Beer
Sourdough:(available after 1pm)
July 6 - 3 Cheese
July 13 - Plain ol White
July 20 - Sundried Tomato
July 27 - Whole Grain White

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar
Anadama (loaves & buns) · Red, White, & Blueberry

SATURDAY
Cinnamon Chip White · Apple Cinnamon Swirl · Rosemary Garlic

JULY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Turtle Cookie

WEDNESDAY
Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Raisin Cookie
Vanilla Almond Scone

THURSDAY
Mocha Chip Scone · Lemon Poppy Muffin · Snickerdoodles

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin · Monster Cookie · Cinnamon Rolls

DID YOU KNOW? *Some nutrients (such as B vitamins and phytochemicals) can lose their potency over time. That's why our whole wheat kernels are fresh ground daily, giving you the freshest bread with the most nutrients, including:*

- *B-vitamins, such as thiamine, riboflavin, niacin, biotin, pantothenic acid and B6. These vitamins help in the production of energy from carbohydrates, proteins and fats. Energy is important not only for physical activity, but to help maintain growth and repair body tissues.*
- *Vitamin E, an important antioxidant vitamin.*
- *Magnesium, which helps with muscle contraction and nerve transmission;*
- *Potassium, which aids in normal fluid and electrolyte balance and helps maintain normal blood pressure;*
- *Zinc, which associates with insulin and is important in immunity, wound healing, and the ability to taste.*
- *There are also a number of phytochemicals in whole grain bread that may help in the prevention of a variety of chronic diseases.*

SIMPLE WAYS TO GET MORE WHOLE GRAINS:

- *Only buy baked goods that are made from whole grains (whole wheat, corn, oat, rye, rice).*
- *When choosing pasta, pick whole grain noodles over ones made with white flour.*
- *When baking, exchange refined white flour to fresh ground 100% whole wheat flour.*
- *The next time you make stuffing or bread pudding, make it using only whole grain bread.*

WHOLE GRAIN GOODNESS THAT TASTES DELICIOUS, TOO!

FOOD FUN FOR KIDS

HAVING A HARD TIME GETTING YOUR KIDS TO EAT WHOLE GRAINS?

- *Gradually make the switch. When making sandwiches, sneak a slice of Honey Whole Wheat on the bottom, while keeping a slice of Great Harvest White on the top.*
- *Use cookie cutters to stamp out fun bite-sized shapes. Add cream cheese, peanut butter or whole fruit spread for the perfect healthy snack.*
- *Try a small bowl of Great Harvest granola with milk or yogurt for breakfast. A handful of granola makes an energizing lunch bag snack, too.*
- *Sign up your kids for a school field trip or tour to a Great Harvest bakery. They'll learn all about how we make whole grain goodness happen every day.*

This brochure has been written with the help of Carla Cox, Ph.D., registered dietitian, certified diabetes educator, and nutrition consultant for Great Harvest Bread Co.

Great Harvest Bread Co.®

Insert your address information here. Or if you are participating in a group buy on a professionally printed run of these flyers, this space can be used for an address sticker label.

YOUR WHOLE GRAIN HEADQUARTERS *Since 1976*

WHOLE GRAINS...

...have been at the heart of Great Harvest since we opened our doors in the mid '70s. And now the USDA Dietary Guidelines recommend that we consume three or more servings of whole grains every day.

OUR SPECIAL TOUCH

When you choose our whole grain products, you know you're getting the very best tasting and best-for-you bread around.

To guarantee phenomenal taste and great nutrition, we start by specially selecting the highest protein whole wheat we can find. But we don't stop there.

We take one extra, and critical, step to bake our breads. Every day, we grind these whole wheat kernels into fresh **100% WHOLE-GRAIN FLOUR** and bake it into our breads. That way, the incredible nutrition of the wheat kernel has little time to stale, providing a phenomenal tasting and nutritious loaf containing the critical fiber, vitamin E, vitamin B, zinc and potassium your body needs.

three servings a day! As easy as two slices of Great Harvest whole grain bread

Five pure and simple ingredients are the base of our everyday whole grain breads like Honey Whole Wheat: 100% fresh ground whole wheat flour, yeast, water, honey and salt.

And to ensure great taste, we never use additives, preservatives or dough conditioners. That, along with our scratch-made process, is all we need to guarantee freshness for seven days.

WHAT ARE WHOLE GRAINS?

Great Harvest products contain a wide variety of different whole grains like whole wheat, oats, corn, rye, spelt, barley, bulgur (cracked wheat), and millet.

Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed. For example, a wheat kernel is made of three parts: bran, the fiber-rich outer layer; endosperm, the middle; and the nutrient-rich inner germ. If during processing any of the three parts are removed, then it's not WHOLE grain. Look for the word "whole" on ingredient labels, like "whole wheat flour." Simple "wheat flour" often has the bran and germ removed, and is not whole grain. Not all brown breads are whole grain either, so be sure to read the labels.

WHY are WHOLE GRAINS GOOD FOR ME?

Whole grains are known to help **reduce the risk of developing several common chronic diseases** including:

- Heart disease
- Several forms of cancer
- Stroke (in women)
- Metabolic syndrome
- Reduce insulin resistance for type 2 diabetes
- Keep extra weight off (as recent studies have shown)

WEIGHT LOSS!

FOOD FOR LIFE!

Whole grains contain **fiber** which...

- Allows the energy from food to slowly enter the bloodstream by slowing down the rate of digestion. Therefore, after a meal or snack, you don't get hungry as fast. That can result in you eating fewer calories and having higher energy levels.
- Exercises the muscles of the intestines, keeping them in good shape and reducing risk of intestinal conditions.
- Helps to control blood sugar levels.
- Helps to reduce gastrointestinal problems such as constipation.

ENERGY!

BRAIN FOOD.

Whole grains contain **carbohydrates** which...

- are fuel for the brain and nervous system.
- provide the brain energy to solve complex problems and to enhance concentration.
- fuel muscles for physical activities and sports that require intensity or duration.

ANTI-AGING!

Whole grains contain **protein, zinc and B vitamins** which...

- are important for energy production.
- are important for muscle development, growth, maintenance and body tissue repair (mostly protein).
- are abundant with anti-aging phytochemicals (otherwise know as antioxidants).

Special CONDITIONS

WEIGHT CONTROL

There are many causes for elevated weight. A consistent reduction in total calories with increased activity appears to have the greatest impact on weight loss. Recent reports have found whole grains to be inversely related to weight gain. Including foods rich in whole grains can help create a feeling of fullness and provide energy.

Match your food quantity to your activity. If you have a desk job, three servings of whole grains per day are adequate. The more exercise you do, the more food you can add to your day. Physical laborers can enjoy lots of wholesome whole grain goodness!

DIABETES

Everyone needs carbohydrates. However, if you have type 2 diabetes you need to be careful of the QUANTITY of carbohydrates. Choose high quality carbohydrates such as these found in whole grains, whole fruits and vegetables and low fat or fat free milk. Whole grains have been reported to reduce insulin resistance when compared to simple carbohydrates. Discuss the amount of carbohydrates you need with a registered dietitian.

ATHLETES

Whole grains provide carbohydrates to fuel the working muscle. The longer the workout, and the higher the intensity (except for sprinting and resistance training), the more carbohydrates you need. Whole grains not only give you energy, but they provide nutrients that help make the body's energy system work better: B vitamins, magnesium, calcium, vitamin E and more!

Match your whole grain consumption to your exercise routine. The harder and longer you work out, the more whole grain goodness you need! Marathon runners and triathletes can benefit from lots of whole grains!

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

HONEY BUNNIES

EASTER SCHEDULE (APRIL 13-15)

Honey Whole Wheat, Old Fashioned White, Challah, Cinnamon Chip White, Light Wheat Virginia Rolls, Basil Oregano Virginia Rolls, Easter Ambrosia, Hot Cross Buns, Bunnies.

Accepting orders for Bunnies only!

$2 of each BUNNY sold goes to Paws & Claws.

APRIL *Hop on down and see what's baking today*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

THURSDAY (APRIL 13 WILL FOLLOW EASTER SCHEDULE)
9 Grain · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
April 6 - Whole Grain White April 13 - NO Sourdough
April 20 - White April 27 - Jalapeno Cheddar

FRIDAY (APRIL 14 WILL FOLLOW EASTER SCHEDULE)
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Apple Cinnamon Swirl
Chipotle Cheddar

SATURDAY (APRIL 15 WILL FOLLOW EASTER SCHEDULE)
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

Easter Schedule (April 13-15) Thursday - Saturday
Honey Whole Wheat, Old Fashioned White, Challah, Cinnamon Chip White, Light Wheat Virginia Rolls, Basil Oregano Virginia Rolls, Easter Ambrosia, Hot Cross Buns, Bunnies.

APRIL *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Maple Nut Goodie Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin
Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Butterscotch Muffin · Double Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Maple Muffin · Turtle Cookie · Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

The Freshest **WHOLE GRAIN** Breads

April means that Spring is in the air at Great Harvest! Shower yourself with our fresh and delicious Wednesday Specials all month long:

April 4
Blueberry Cheesecake Swirl

April 11
Caraway Rye

April 18
Mexican Chocolate

April 25
Brioche

APRIL Bread Schedule

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic
Wednesday Special (see left)

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Blueberry Lemon
Sourdough (available after 1PM)
April 5 - Whole Grain White
April 12 - Cranberry Walnut
April 19 - White
April 26 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

APRIL Sweet Spot

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Maple Nut Goodie Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin
Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Berry Cream Cheese Scone · Blueberry Muffin · Double Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin & Coffee Cake · Turtle Cookie
Cinnamon Roll

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Rochester MN 55906
507-286-1101
www.greatharvestrochester.com

MONDAY-FRIDAY 6:30AM-6:00PM, SATURDAY 6:30AM-5:00PM, CLOSED SUNDAY

Bread.
The way it *ought* to be.

Why we get up at 3:00 AM

Every morning we get up early knowing we are keeping our promise to deliver you fresh, healthy, real, great tasting whole grain breads and sweets.

We could sleep in if we used pre-made bread dough or frozen par baked cookies, muffins, scones, and other sweet treats; but we don't and won't.

We know you have many bread choices and truly appreciate that you make that extra stop at Great Harvest Bread Co. Thank you for supporting your local neighborhood bakery!

AUGUST *Your Local Whole Grain Headquarters!*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/ berries · Cinnamon Chip White · Blueberry Lemon
Green Chili Cheddar

TUESDAY
Cranberry Orange · Dakota · Cinnamon Chip Wheat · Cheddar Garlic

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat · Blueberry Lemon

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta
Sourdough (available after 1PM)
Aug 4 - White
Aug 11 - Sundried Tomato
Aug 18 - Jalapeno Cheddar
Aug 25 - Cranberry Walnut

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar
Blueberry Lemon

SATURDAY
Rosemary Garlic · Apple Cinnamon Swirl · Cinnamon Chip White

AUGUST *Sweet Spot!*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Triple Chocolate Scone · Pumpkin Chocolate Chip Muffin & Bread · Jumble Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Milk Chocolate Peanut Butter Cookie

WEDNESDAY
Lemon Poppy Scone · Pumpkin Chocolate Chip Muffin & Bread · Turtle Cookie

THURSDAY
Mocha Chip Scone · Vegan Berry Bran Muffin · Maple Nut Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Triple Chocolate Scone · Vegan Berry Bran Muffin · Monster Cookie
Cinnamon Rolls

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Bread.
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Every morning we get up early knowing we are keeping our promise to deliver you fresh, healthy, real, great-tasting whole-grain breads and sweets.

We could sleep in if we used pre-made bread dough or frozen par-baked cookies, muffins, scones, and other sweet treats; but we don't and won't.

We know you have many bread choices and truly appreciate that you make that extra stop at Great Harvest Bread Co. Thank you for supporting your local neighborhood bakery!

AUGUST *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · Cinnamon Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Peanut Butter Chocolate Chip · Garden Wheat

THURSDAY
Cinnamon Chip White · 9 Grain · Spinach Feta
Sourdough (available after 1pm)
Aug 3 - Whole Grain White Aug 10 - Jalapeno Cheddar
Aug 17 - Cranberry Walnut Aug 24 - 3 Cheese Aug 31 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Pepperoni Bread
Bacon Cheddar Beer · High 5 Fiber · Anadama (loaves & buns)

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

AUGUST *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Berry Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Jumble Cookie · Cinnamon Twists

WEDNESDAY
Lemon Poppy Scone · Pumpkin Chocolate Chip Muffin & Bread
Milk Chocolate Peanut Butter Cookie

THURSDAY
Mocha Chip Scone · Butterscotch Muffin · Cinnamon Twists · Maple Nut Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Triple Chocolate Scone · Butterscotch Muffin · Turtle Cookie
Cinnamon Roll · Cinnamon Twists

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JULY *Breads*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/berries · Cinnamon Chip White · Red Pepper Swiss · Red, White, & Blueberry

TUESDAY
Dakota · Cinnamon Chip Wheat · Cheddar Garlic · Cranberry Orange · Onion Dill Rye

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat · Red, White, & Blueberry

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta · Onion Dill Rye
Sourdough:(available after 1pm)
July 7 - Jalapeno Cheddar
July 14 - Cranberry Walnut
July 21 - Whole Grain White
July 28 - Jalapeno Cheddar

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar · Red, White, & Blueberry

SATURDAY
Cinnamon Chip White · Apple Cinnamon Swirl · Rosemary Garlic

JULY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Caramel Cookie

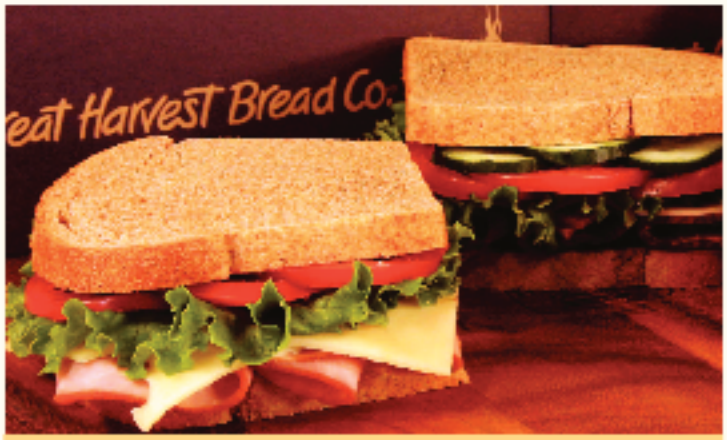
TUESDAY
Caramel Apple Scone · Blueberry Muffin · Turtle Cookie

WEDNESDAY
Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Raisin Cookie · Maple Oatmeal Scone

THURSDAY
Mocha Chip Scone · Lemon Poppy Muffin · Snickerdoodles

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Walnut Chocolate Chip Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin · Snickerdoodles · Cinnamon Rolls



Fresh from our Bakery

Bakery Box Lunch

$7.99, Classic Sandwich

$8.99, Signature Sandwich

Individual box lunches including your choice of sandwich made on fresh baked bread, chips, a pickle and a giant Great Harvest cookie.

Sandwiches feature our famous 100% whole grain Honey Whole Wheat bread made with 5 simple ingredients: wheat, water, honey, yeast and salt.

Classic Sandwiches:
Ham & Swiss, Turkey Swiss, and Roast Beef & Provolone.

Signature Sandwiches:
Harvest veggie, Pepper Blue Roast Beef, California Cobb, Chicken Salad and Tuna Salad.

Add $1.00 for individual boxes (rather than bags).

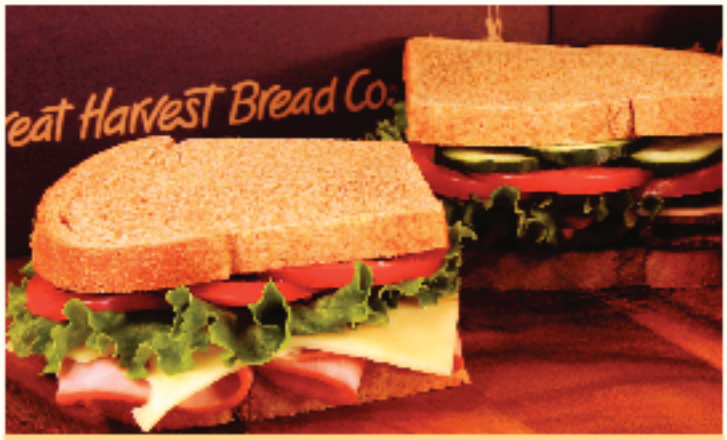
Sandwich Platter

6 Classic Sandwich Platter...$33
6 Signature Sandwich Platter...$39
12 Classic Sandwich Platter...$65
12 Signature Sandwich Platter...$77

Sandwiches platters are a great option for offering a variety of choices. Sandwiches are halved. Mayo and mustard packets are included.

Larger sandwich orders are available upon request.

Great Harvest Bread Co.



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12 Signature Sandwich Platter...$77

Sandwiches platters are a great option for offering a variety of choices. Sandwiches are halved. Mayo and mustard packets are included.

Larger sandwich orders are available upon request.

Great Harvest Bread Co.

Salad
$40
Add chicken for $7.50

A fresh mix of spinach and spring mix lettuce with wedges of tomatoes, sliced onions, craisins, sliced almonds, strawberries, feta cheese, croutons and a light raspberry vinaigrette dressing.

Soup
$12
Choose from a variety of soups including our Chicken & Noodle, Stuffed Green Pepper with Beef, Cheddar Broccoli, and many more. Each soup (32oz) order includes freshly baked rolls. Ideal for groups up to 4.

The Great Big Cookie Box
$17.00, Bakers dozen
Choose from chocolate chip, snickerdoodle, peanut butter chocolate chip, dillon, and more. Varieties change daily.

Sweets Spot
Large...$60 (25 item assortment)
Small...$33 (15 item assortment)
These boxes include an assortment of muffins, bars and scones. The large box also includes a fresh sliced batter bread.

To order, call Sam or Steph at (918) 878-7878
or visit us at:
5203 S Sheridan Road, Tulsa, OK 74145
Mon-Fri 7am-6pm
Sat 7am-4pm

1. Order 24 hours in advance to ensure availability.
2. We gladly deliver. Prices vary according to distance. Please check with us regarding your location.
3. Payment to be made at time of order. We gladly accept Visa, Discover, Mastercard and American Express.

Great Harvest Bread Co.

www.tulsaok.greatharvestbread.com

Salad
$40
Add chicken for $7.50

A fresh mix of spinach and spring mix lettuce with wedges of tomatoes, sliced onions, craisins, sliced almonds, strawberries, feta cheese, croutons and a light raspberry vinaigrette dressing.

Soup
$12
Choose from a variety of soups including our Chicken & Noodle, Stuffed Green Pepper with Beef, Cheddar Broccoli, and many more. Each soup (32oz) order includes freshly baked rolls. Ideal for groups up to 4.

The Great Big Cookie Box
$17.00, Bakers dozen
Choose from chocolate chip, snickerdoodle, peanut butter chocolate chip, dillon, and more. Varieties change daily.

Sweets Spot
Large...$60 (25 item assortment)
Small...$33 (15 item assortment)
These boxes include an assortment of muffins, bars and scones. The large box also includes a fresh sliced batter bread.

To order, call Sam or Steph at (918) 878-7878
or visit us at:
5203 S Sheridan Road, Tulsa, OK 74145
Mon-Fri 7am-6pm
Sat 7am-4pm

1. Order 24 hours in advance to ensure availability.
2. We gladly deliver. Prices vary according to distance. Please check with us regarding your location.
3. Payment to be made at time of order. We gladly accept Visa, Discover, Mastercard and American Express.

Great Harvest Bread Co.

www.tulsaok.greatharvestbread.com

Great Harvest Bread Co.

Made from scratch

Give and Be Merry!

MERRY BERRY!
Cranberries and White Chocolate packed into a sweet, white bread will make you very merry! Available every day in December.

Holiday Hours:
Open Christmas Eve & New Year's Eve
6:30 - 3:00 pm

Rolls! Rolls! Rolls!
Dec 21 - 24
We will make lots of rolls in addition to scheduled breads. Also - Finnish Pulla, Light Wheat Virginia Rolls & Basil Oregano Virginia Rolls.

Sorry - No orders
Dec 21 - 24

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

DECEMBER Bread Schedule

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah · Merry Berry

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · Merry Berry

TUESDAY
Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Mexican Chocolate · Merry Berry

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Merry Berry

THURSDAY
9 Grain · Cinnamon Chip White · Rosemary Garlic · Merry Berry
Sourdough (available after 1PM)
Dec 1 - Cranberry Walnut
Dec 8 - White
Dec 15 - Jalapeno Cheddar
Dec 22 - Cranberry Walnut
Dec 29 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Butterscotch Delight · Merry Berry

SATURDAY
Cinnamon Chip White · White Rosemary Garlic · Apple Cinnamon Swirl · Merry Berry

Christmas WEEK (Wednesday - Saturday)
Honey Whole Wheat (Loaves & Rolls), Old Fashioned White (Loaves & Rolls), Challah (Loaves & Rolls), Basil Oregano Virginia Rolls, Light Wheat Virginia Rolls, & Finnish Pulla

DECEMBER Sweet Spot

EVERYDAY
Low Fat Oatberry Muffins · Oatmeal Chocolate Chip Cookies
Savannah Bars · Ginger Cookies

MONDAY
Egg Nog Scone · Christmas Cookie · Pumpkin Choc Chip Muffin & Bread

TUESDAY
Cinnamon Chip Cream Cheese Scone · Chocolate Mint Cookie · Blueberry Muffin

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie · Raspberry White Chocolate Muffin

THURSDAY
Egg Nog Scone · Snickerdoodle Cookie · Pumpkin Choc Chip Muffin & Bread

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Chocolate Muffin
Cinnamon Rolls

SATURDAY
Egg Nog Scone · Christmas Cookie · Raspberry White Chocolate Muffin
Cinnamon Rolls

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Made from scratch
Give AND Be Merry!

MERRY BERRY!
Cranberries and White Chocolate packed into a sweet, white bread will make you very merry! Available every day in December.

Holiday Hours:
Open Christmas Eve
6:30 - 3:00 pm
Closed Dec 25 - 26 &
Dec 31 - Jan 2

Rolls! Rolls! Rolls!
Dec 20 - 24
We will make lots of rolls in addition to scheduled breads. Also - Finnish Pulla, Light Wheat Virginia Rolls & Basil Oregano Virginia Rolls.

Sorry - No orders
Dec 20 - 24

DECEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah
MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · Merry Berry
TUESDAY
Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Mexican Chocolate · Merry Berry
WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Merry Berry
THURSDAY
9 Grain · Cinnamon Chip White · Rosemary Garlic · Merry Berry
Sourdough (available after 1PM)
Dec 7 - Cranberry Walnut Dec 14 - Jalapeno Cheddar
Dec 21 - Cranberry Walnut Dec 29 - White
FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Butterscotch Delight · Merry Berry
SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl · Merry Berry

Christmas WEEK (Wednesday - Sunday)
Honey Whole Wheat (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Finnish Pulla,
Basil Oregano Virginia Rolls, & Light Wheat Virginia Rolls

DECEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Ginger Cookie
MONDAY
Egg Nog Scone · Christmas Cookie · Pumpkin Choc Chip Muffin & Bread
TUESDAY
Cinnamon Chip Cream Cheese Scone · Chocolate Mint Cookie · Blueberry Muffin
WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie · Raspberry White Chocolate Muffin
THURSDAY
Egg Nog Scone · Snickerdoodle Cookie · Pumpkin Choc Chip Muffin & Bread
FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Chocolate Muffin
Cinnamon Roll
SATURDAY
Egg Nog Scone · Christmas Cookie · Raspberry White Chocolate Muffin
Cinnamon Roll

HANDCRAFTED EVERY DAY AT:

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706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

White CHOCOLATE CHERRY Swirl

Chocolate Lovers Rejoice!

Every February we celebrate chocolate big time, and not just for Valentine's Day. Enjoy specialty chocolate treats all month!

Fun Fact

Did you know chocolate stimulates endorphins (which make us happy!) and contains serotonin (which acts as an antidepressant). The Harvard School of Public Health said that a person who eats chocolate up to 3 times per month lives almost a year longer. So eat up without the guilt!

FEBRUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · White Chocolate Cherry Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Blueberry Cheesecake Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · White Chocolate Cherry Swirl
Flax Oatbran · Potato Fennel Thyme

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate Sourdough (available after 1PM)
Feb 2 - White Feb 9 - Cranberry Walnut
Feb 16 - 3 Cheese Feb 23 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Peanut Butter Chocolate Chip
Chipotle Cheddar · White Chocolate Cherry Swirl · High 5 Fiber

SATURDAY
Cinnamon Chip White · Potato Fennel Thyme · White Chocolate Cherry Swirl

FEBRUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Chocolate Bliss Cookie

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Chocolate Cherry Scone · Red Velvet Cupcake · Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Chocolate Cappuccino Muffin · Peanut Butter M & M Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Chocolate Cherry Scone · Raspberry Chocolate Muffin · Turtle Cookie · Cinnamon Roll

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FEBRUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · White Chocolate Cherry Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Blueberry Cheesecake Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · White Chocolate Cherry Swirl
Flax Oatbran · Potato Fennel Thyme

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate
White Sourdough (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Peanut Butter Chocolate Chip
Chipotle Cheddar · White Chocolate Cherry Swirl · High 5 Fiber

SATURDAY
Cinnamon Chip White · Rosemary Garlic · White Chocolate Cherry Swirl

FEBRUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Chocolate Bliss Cookie

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Chocolate Cherry Scone · Red Velvet Cupcake · Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Chocolate Cappuccino Muffin · Peanut Butter M & M Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
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EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · White Chocolate Cherry Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Blueberry Cheesecake Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · White Chocolate Cherry Swirl
Flax Oatbran · Potato Fennel Thyme

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate Sourdough (available after 1PM)
Feb 2 - White Feb 9 - Cranberry Walnut
Feb 16 - 3 Cheese Feb 23 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Peanut Butter Chocolate Chip
Chipotle Cheddar · White Chocolate Cherry Swirl · High 5 Fiber

SATURDAY
Cinnamon Chip White · Potato Fennel Thyme · White Chocolate Cherry Swirl

FEBRUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Chocolate Bliss Cookie

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Chocolate Cherry Scone · Red Velvet Cupcake · Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Chocolate Cappuccino Muffin · Peanut Butter M & M Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Chocolate Cherry Scone · Raspberry Chocolate Muffin · Turtle Cookie · Cinnamon Roll

FRESH MADE SANDWICHES

Premium Great Harvest bread combined with select fresh ingredients make a delicious and wholesome sandwich. Come in and let us make one fresh for you!

Ham and Swiss
Turkey and Swiss
Roast Beef and Provolone
Veggie Three-Seed Hummus
Baja Chipotle Turkey
Chimichurri Roast Beef
The Italian
Big Sky Chicken Salad
Peanut Butter & Jelly

- Special -

Ham and Brie

Refer to our sandwich menu for full description of our delicious sandwich options served daily from 11 a.m. - 2 p.m.

Hot Fresh Bread Handcrafted Every Day!

September & October Bread and Sweets Menu

EVERY DAY BREAD
Honey Whole Wheat, Harvest White, Cinnamon Chip, and Savory Biscuits

MONDAY, WEDNESDAY & FRIDAY BREAD
Dakota, Hummus, and Bacon Cheddar Beer - Made with locally-brewed beer!

TUESDAY, THURSDAY, & SATURDAY BREADS
Anadama, Cheddar Garlic and Oregon Herb

MONDAY, WEDNESDAY & FRIDAY SWEETS TREATS
Dillon Cookie, Salted Caramel Cookie, Berry Cream Cheese Scone, Pumpkin Chocolate Chip Muffin and Batter Bread, Savannah Bars, and Brownies

TUESDAY, THURSDAY & SATURDAY SWEET TREATS
Oatmeal Raisin Cookie, Chocolate Chip Hazelnut Scone, Pumpkin Chocolate Chip Muffin and Batter Bread, and Savannah Bar

ADDITIONAL PRODUCTS OFFERINGS
Chocolate Chip Cookie Mix, Pancake Mix, Groovy Granola, 9 Grain Hot Cereal, Cinnamon Raisin Oatmeal Cereal Mix, Corn Bread Mix, Harvest Bars, and Dog Treats

Offering fresh brewed coffee from our local coffee guys!

1234 My Street, City, State 55555
406-123-1234
www.MyWebsite.com
www.Facebook.com/myGreatHarvestBread

Hours: M - F: 7 a.m. to 6 p.m. and Sat: 7 a.m. to 5 p.m.

GREAT HARVEST BREAD CO.
JOB APPLICATION

Name:_____ Date:_____

Address:_____
Street city/state zip

Phone #: _____ Best time to call: _____

Under 18 years old?_____ If in school, what year? _____

Hours per week desired (list minimum needed and max.) _____

If part-time, list available hours from 4am to 7pm and days from Monday to Sunday:

_____
_____
_____

Will your availability listed above change in the next 6 months?_____

How long do you plan on working for us? _____

Highest grade completed/ years of college/ degrees earned: _____

Have you ever been convicted of a crime? ____ (if yes, date, place & nature)

Please answer the following: (Use back of application for your answers)

1. Give us your 2 best work-related references (like previous employers) and phone #'s.
2. List a brief job history. Include supervisors' names, dates employed and reason for leaving.
3. Why did you choose to apply at Great Harvest?
4. Great Harvest is a very service-oriented business. What does good service mean to you?
5. Great Harvest is a high-volume business with a workday that can be long and stress-filled. What makes you believe you can perform well and excel under these working conditions?

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Apple Cherry Pecan	140	2.5	0	0	0	290	26	3	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (ingredient components may vary), Honey, Dried Apples (Ingredient components may vary), Pecans, Eggs, Yeast, Salt. CONTAINS: WHEAT, PECANS, SOY, AND EGG.
Apple Cinnamon Walnut	140	2	0	0	0	270	27	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Walnuts, Yeast, Salt, Eggs, Apple Juice (Ingredient components may vary), Ground Cinnamon. CONTAINS: WHEAT, WALNUTS, SOY, AND EGG
Apple Crunch	130	2g	1	0	10	290	23	4	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Apples, Honey, Brown Sugar, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, SOY, AND EGG
Apple Crunch Blend	130	2	1	0	10	290	24	3	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Enriched White Flour (Ingredient components may vary), Apples, Honey, Brown Sugar, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, SOY, AND EGG
Apricot Almond	140	2	0	0	0	310	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Apricots (Ingredient components may vary), Honey, Almonds, Yeast, Salt, Eggs. CONTAINS: WHEAT, ALMONDS, SOY, AND EGG
Asiago Pesto	160	6	1.5	0	10	440	22	1	2	5	Enriched White Flour (Ingredient components may vary), Water, Pesto Sauce (Ingredient components may vary), Asiago Cheese (Ingredient components may vary), Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic, Dried Onion. CONTAINS: WHEAT, SOY, MILK, EGG, PINE NUTS
Bacon Cheddar Beer	150	4	2	0	20	320	21	3	5	7	Fresh Ground 100% Whole Wheat Flour, Beer, ale, Cheddar Cheese (Ingredient components may vary), Honey, Bacon, cooked, Yeast, Eggs, Kosher Salt, Salt, Dried Onion, Dried Garlic, Black Pepper, Chives. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Breakfast Blast	140	1.5	0	0	0	210	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dates, Rolled Oats, Cinnamon Chips (Ingredient components may vary), Yeast, Eggs, Salt, Ground Cinnamon. CONTAINS: WHEAT, SOY, EGG, AND MILK
Burley Bread	140	2	0	0	0	300	26	4	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Sunflower Seeds, Cracked Rye, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
Caraway Rye	130	0.5	0	0	0	300	25	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Dark Rye Flour, Honey, Yeast, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Carrot Poppyseed	120	1	0	0	0	290	22	4	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Carrots, Honey, Applesauce (Ingredient components may vary), Yeast, Orange, Poppy Seeds, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, SOY, AND EGG
Challah	140	1.5	0	0	20	240	26	3	4	5	Enriched White Flour (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Sesame Seeds, Yeast, Salt. CONTAINS: WHEAT, EGGS, AND SOY.
Cheddar Garlic	160	4.5	2.5	0	15	370	23	1	4	6	Enriched White Flour (Ingredient components may vary), Water, Cheddar Cheese (ingredient components may vary), Honey, Yeast, Salt, Eggs, Sesame Seeds, Dried Onion, Dried Garlic, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Cherry Apple Berry	130	0.5	0	0	0	280	27	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Cherries (Ingredient components may vary), Dried Blueberries (Ingredient components may vary), Dried Apples (Ingredient components may vary), Yeast, Blueberries, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Cherry Walnut	140	2	0	0	5	270	26	3	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (Ingredient components may vary), Honey, Walnuts, Yeast, Eggs, Salt. CONTAINS: WHEAT, WALNUTS, EGGS, AND SOY
Cinnamon Chip	170	3	0.5	0	0	340	32	1	11	3	Enriched White Flour (Ingredient components may vary), Water, Cinnamon Chips (Ingredient components may vary), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, MILK, SOY AND EGG
Cinnamon Chip (100% Whole Wheat)	150	3	0.5	0	0	270	28	3	10	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Cinnamon Chips (Ingredient components may vary), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, SOY, MILK AND EGG.
Cinnamon Raisin Walnut	140	2	0	0	0	310	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Walnuts, Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS:WHEAT, SOY, AND EGG
Cinnamon Swirl	160	2.5	1.5	0	5	220	29	4	12	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Honey, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon. CONTAINS :WHEAT, MILK, SOY AND EGG

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Corn Bread	140	2.5	1	0	5	270	28	1	4	3	Enriched White Flour (Ingredient components may vary), Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Butter (Milk), Yeast, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
Corn Bread (100% Whole Wheat)	140	2.5	1	0	5	270	26	3	4	4	: Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Butter (Milk), Yeast, Salt, Eggs. CONTAINS:WHEAT, MILK, SOY, AND EGG
Jalapeno Corn Bread	140	2	1	0	5	270	26	1	4	3	Enriched White Flour (Ingredient components may vary), Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Peppers, Butter (Milk), Yeast, Chile Peppers, jalapenos, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
Jalapeno Corn Bread (100% Whole Wheat)	140	2.5	1	0	5	270	24	3	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Peppers, Butter (Milk), Yeast, Chile Peppers, jalapenos, Salt, Eggs. CONTAINS:WHEAT, MILK, SOY, AND EGG
Country	120	0.5	0	0	0	340	23	4	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Cracked Pepper Swiss	140	3	1.5	0	10	280	22	4	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Swiss Cheese (Ingredient components may vary), Honey, Eggs, Yeast, Salt, Black Pepper, Cayenne Pepper, Oregano, Basil, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Cranberry Orange	130	0.5	0	0	0	280	27	4	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cranberries (Ingredient components may vary), Honey, Yeast, Salt, Eggs, Orange Peel. CONTAINS: WHEAT, SOY, AND EGG
Dakota	150	4	0	0	0	270	23	4	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs. CONTAINS: WHEAT, SOY AND EGG
Finnish Pulla	160	4.5	2.5	0	35	140	26	1	5	4	Enriched White Flour (Ingredient components may vary), Milk, Eggs, Honey, Butter (Milk), Water, Yeast, Natural Sugar, Salt, Cardamom. CONTAINS: WHEAT, MILK, SOY, AND EGG
Flax Oatbran	130	3.5	0	0	0	330	22	4	6	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Oat Bran, Pecans, Flax Meal, Yeast, Rolled Oats, Salt, Eggs, Flax Seeds. CONTAINS:WHEAT, PECANS, SOY, AND EGG
Focaccia	140	1.5	0	0	0	380	29	1	5	4	Enriched White Flour (Ingredient components may vary), Water, Honey, Yeast, Salt, Olive Oil, Oregano, Basil. CONTAINS: WHEAT AND SOY
Golden Wheat, Apple, Cinnamon Chip, Walnut	140	2.5	0	0	0	290	26	3	8	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Cinnamon Chips (Ingredient components may vary), Dried Apples (Ingredient components may vary), Walnuts, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, WALNUTS AND EGG
Golden Wheat Chocolate Cherry Swirl	150	2.5	1	0	5	240	30	3	8	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Dried Cherries (Ingredient components may vary), Honey, Chocolate Chips (Ingredient components may vary), Brown Sugar, Butter (Milk), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Harvest Buckwheat Brown Rice	140	4.5	2	0	35	90	22	2	6	3	Water, Cultured Buttermilk (Ingredient components may vary), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Yeast, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
Harvest Buckwheat Brown Rice Bread Dakota	140	6	1.5	0	25	75	19	2	5	4	Water, Cultured Buttermilk (Ingredient components may vary), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Sunflower Seeds, Pumpkin Seeds, Yeast, Millet, Sesame Seeds, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
Harvest Buckwheat Brown Rice Bread Cinnamon Chip	160	6	2	0	25	80	25	2	9	3	Water, Cultured Buttermilk (Ingredient components may vary), Cinnamon Chips (Ingredient components may vary), Honey, Brown Rice Flour, Eggs, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Yeast, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
Hearty Caraway Rye	130	0.5	0	0	0	310	26	4	2	5	Water, Fresh Ground 100% Whole Wheat Flour, Rye Flour (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Molasses, Yeast, Salt, Eggs, Caraway Seeds. CONTAINS: WHEAT, SOY, AND EGG
High 5 Fiber	140	3	0	0	0	230	23	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS:WHEAT, SOY, AND EGG.
High Five Fiber with Blueberries	140	2.5	0	0	0	200	25	5	7	5	Water, Fresh Ground 100% Whole Wheat Flour, Dried Blueberries (Ingredient components may vary), Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS: WHEAT, EGGS, AND SOY

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
High Country Crunch	150	5	0.5	0	0	230	22	4	4	5	Water, Fresh Ground 100% Whole Wheat Flour, Semolina Flour, Sunflower Seeds, Honey, Millet, Pecans, Flax Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, PECANS, SOY, AND EGG
High Fiber Apple, Cinnamon Chip, Walnut	140	2	0	0	0	280	26	5	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Cinnamon Chips (Ingredient components may vary), Walnuts, Maltodextrin (Dietary Fiber), Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, EGGS, AND WALNUTS.
High Fiber Tuscan Herb	140	0.5	0	0	0	210	26	5	4	6	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Honey, Water, Yeast, Maltodextrin (Dietary Fiber), Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Honey Whole Wheat	130	0.5	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Irish Baked Potato	150	2	1	0	5	440	28	1	4	4	Enriched White Flour (Ingredient components may vary), Water, Dehydrated Potatoes (Ingredient components may vary), Honey, Butter (Milk), Yeast, Garlic (Ingredient components may vary), Salt, Eggs, Cheddar Cheese (Ingredient components may vary), Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGG
Irish Soda Bread	130	0.5	0	0	5	180	27	2	9	4	Cultured Buttermilk (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Eggs, Salt, Baking Powder (Ingredient components may vary), Baking Soda. CONTAINS: WHEAT, SOY, EGG, AND MILK
Italian Herb Focaccia	150	2.5	0	0	0	290	27	1	2	4	Enriched White Flour (Ingredient components may vary), Water, Olive Oil, Honey, Salt, Yeast, Oregano, Basil, Dried Garlic, Black Pepper, Parsley. CONTAINS: WHEAT AND SOY.
Merry Berry	130	0.5	0	0	0	290	27	3	9	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Golden Raisins (Ingredient components may vary), Dried Cherries (Ingredient components may vary), Dried Blueberries (Ingredient components may vary), Yeast, Salt, Coconut (Ingredient components may vary), Eggs. CONTAINS: WHEAT, EGGS, COCONUT, AND SOY.
Nine Grain	130	0.5	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Nine Grain Mix (Ingredient components may vary), Yeast, Salt, Eggs. CONTAINS: WHEAT AND EGG
Oatmeal Poppyseed	130	1	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Yeast, Poppy Seeds, Salt, Eggs. CONTAINS:WHEAT, SOY, AND EGG
Onion Dill Rye	130	0.5	0	0	0	320	25	3	6	4	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Enriched White Flour (Ingredient components may vary), Rye Flour, Yeast, Salt, Eggs, Dried Onion, Dill, Poppy Seeds, Sesame Seeds. CONTAINS: WHEAT, SOY, AND EGG
Panza	130	3	1	0	5	590	22	2	4	5	Enriched White Flour (Ingredient components may vary), Water, Fresh Ground 100% Whole Wheat Flour, Calamata Olives (Ingredient components may vary), Parmesan Cheese (Ingredient components may vary), Honey, Sun Dried Tomatoes (Ingredient components may vary), Yeast, Salt, Eggs, Oregano, Basil, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Peanut Butter Chocolate Chip	180	6	1.5	0	0	300	27	2	8	5	Enriched White Flour (Ingredient components may vary), Water, Natural Peanut Butter (Ingredient components may vary), Chocolate Chips (Ingredient components may vary), Honey, Yeast, Salt, Eggs. CONTAINS:WHEAT, PEANUTS, SOY, MILK AND EGGS
Pecan Swirl	190	7	2	0	5	190	27	4	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Pecans, Honey, Butter (Milk), Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS: WHEAT, PECANS, MILK, EGGS, AND SOY.
Pizza Bread	140	4.5	1.5	0	15	450	19	2	4	7	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Mozzarella Cheese (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Water, Pepperoni (Ingredient components may vary), Honey, Eggs, Yeast, Salt, Dried Onion, Parsley, Oregano, Basil. CONTAINS: WHEAT, MILK, SOY, AND EGG
Popeye	120	1	0.5	0	5	370	22	2	4	5	Enriched White Flour (Ingredient components may vary), Water, Spinach, Fresh Ground 100% Whole Wheat Flour, Honey, Parmesan Cheese (Ingredient components may vary), Red Peppers (Ingredient components may vary), Yeast, Salt, Eggs, Dried Onion, Dried Garlic. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Popeye (100% Whole Wheat)	120	1.5	0.5	0	5	360	21	3	4	6	Golden Fresh Ground 100% Whole Wheat Flour, Water, Spinach, Honey, Parmesan Cheese (Ingredient components may vary), Red Peppers (Ingredient components may vary), Eggs, Yeast, Salt, Dried Onion, Dried Garlic. CONTAINS: WHEAT, MILK, SOY, AND EGGS
Potato Chive	150	2	1	0	5	440	29	1	4	4	Enriched White Flour (Ingredient components may vary), Water, Dehydrated Potatoes (Ingredient components may vary), Honey, Butter (Milk), Yeast, Roasted Garlic, Salt, Eggs, Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGG

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A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Pumpernickel Rye	120	0.5	0	0	0	330	23	5	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Pumpernickel Rye Flour, Molasses, Yeast, caramel color, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGGS, AND SOY
Pumpkin Swirl	140	2	0.5	0	5	190	29	2	12	3	Enriched White Flour (Ingredient components may vary), Water, Brown Sugar, Pumpkin (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Honey, Walnuts, Butter (Milk), Yeast, Salt, Eggs, Pumpkin Pie Spice (Ingredient components may vary). CONTAINS: WHEAT, MILK, EGGS, SOY, AND WALNUTS.
Raisin Cinnamon Chip	150	2.5	0.5	0	0	240	28	3	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Cinnamon Chips (Ingredient components may vary), Raisins, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK AND EGG
Raisin	130	0	0	0	0	310	27	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Red, White and Blueberry	140	0	0	0	5	360	30	1	8	3	Enriched White Flour (Ingredient components may vary), Water, Honey, Dried Cherries (Ingredient components may vary), Blueberries, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Rosemary Garlic	130	0.5	0	0	0	320	24	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Sonoma	160	4	1.5	0	20	135	26	3	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Dried Cranberries (Ingredient components may vary), Golden Raisins (Ingredient components may vary), Pumpkin Seeds, Butter (Milk), Sunflower Seeds, Yeast, Raw turbinado sugar, Salt, Orange, Lemon, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, EGGS, MILK, AND SOY.
Spinach Feta	130	3	2	0	15	400	19	2	4	5	Feta Cheese (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Water, Fresh Ground 100% Whole Wheat Flour, Spinach, Honey, Eggs, Yeast, Salt, Dried Garlic, Oregano, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Star Spangled Swirl	150	1.5	0.5	0	5	220	30	4	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Blueberries (Ingredient components may vary), Dried Cherries (Ingredient components may vary), Honey, Dried Apples (Ingredient components may vary), Brown Sugar, Eggs, Yeast, Butter (Milk), Blueberries, Salt. CONTAINS: WHEAT, EGG, SOY, AND MILK
Stuffing Bread	100	0	0	0	0	250	20	3	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Onion, Celery, Honey, Yeast, Salt, Eggs, Thyme, Black Pepper, Sage. CONTAINS: WHEAT, EGGS, AND SOY.
Sunflower	140	3	0	0	0	300	24	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Swedish Rye	130	1	0	0	0	380	27	3	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Enriched White Flour (Ingredient components may vary), Rye Flour, Yeast, Orange, Salt, Sesame Seeds, Eggs, Caraway Seeds, Anise Seed. CONTAINS: WHEAT, SOY, AND EGG
Trail Bread	140	2	0	0	0	290	25	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS:WHEAT, SOY, AND EGG
Tuscan Herb	120	0.5	0	0	0	250	23	4	5	5	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Honey, Water, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Walnut Raisin Rosemary Blue Cheese	150	4	1.5	0	10	330	22	3	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Blue Cheese, Honey, Walnuts, Raisins, Yeast, Molasses, Eggs, Salt, Rosemary. CONTAINS: WHEAT, MILK, EGG, WALNUTS, AND SOY.
White Chocolate Cherry Swirl	150	2.5	1.5	0	5	250	31	1	8	3	Enriched White Flour (Ingredient components may vary), Water, Dried Cherries (Ingredient components may vary), White Chocolate Chips (Ingredient components may vary), Honey, Brown Sugar, Butter (Milk), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, SOY, EGGS, AND MILK
White	130	0	0	0	0	400	29	1	5	4	Enriched White Flour (Ingredient components may vary), Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Whole Grain Goodness	140	3	0	0	0	240	22	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Eggs, Millet, Barley, Flax Seeds, Yeast, Pecans, Oat Bran, Salt, Almonds. CONTAINS: WHEAT, PECANS, SOY, AND ALMONDS

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Bread.
The way it *ought* to be.

USDA Dietary Guidelines recommend eating at least three servings of whole grains a day to help control weight. Grains offer other health benefits, including a reduced risk of cancer, heart attacks and diabetes. Great Harvest has the freshest and most nutritious whole grains anywhere!
Store bread is made from flour that is weeks or months old. Because of that, nutrients are lost; and unhealthy fats, oils,dough conditioners, and preservatives are added. But with our onsite milling and baking process, nutrients are naturally preserved. That's why it tastes so delicious.

JANUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Mexican Chocolate

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
Jan 5 - Cinnamon Raisin Pecan Jan 12 - 3 Cheese
Jan 19 - Sundried Tomato Jan 26 - Cinnamon Raisin Pecan

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Cinnamon Raisin
Green Chili Cheddar

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

JANUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin
Chocolate Chip Sugar Cookie · M & M Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Cranberry Orange Walnut Muffin · Snickerdoodle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Maple Muffin · Turtle Cookie · Cinnamon Roll

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JANUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
Jan 4 - Whole Grain White Jan 11 - 3 Cheese
Jan 18 - Sundried Tomato Jan 25 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Cinnamon Swirl

JANUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin · Oatmeal Raisin Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Blueberry Muffin · Snickerdoodle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Maple Muffin · Turtle Cookie · Cinnamon Roll

Great Harvest Bread CO.
706 N. Broadway
Rochester, MN
Hours: 6:30 a.m. – 6:00 p.m., Mon. – Friday
6:30 a.m. – 5:00 p.m. Saturday

Great Harvest Bread Co. is an Equal Opportunity Employer. We do not discriminate on the basis of race, religion, color, sex, age, national origin, or disability.

Date:_____

Name: _____
List Previous, Maiden, or Alias

Telephone # _____daytime _____evening

Current Address: _____

E-mail address_____ Date available to start to work? _____

How did you hear about us?_____ Position Desired?_____

How long do you plan on working for us?_____ Under 18 years old? Yes No

Highest grade or college completed_____

We are a non-smoking company. Can you work under these conditions? Yes No

Have you been convicted of a felony within the last 7 years? Yes No

If yes, please explain_____

Are you a U.S. Citizen, or do you have a permit which allows you to work? Yes No
(Proof of citizenship or immigration will be required on employment)

Great Harvest jobs may include standing for long periods of time, lifting regularly, stooping & bending frequently, performing repetitive hand motions; and most importantly, smiling and having fun at all times. Can you do these things, with or without accommodations? Please explain necessary accommodations

_____

The following questions do not have "right" answers but are intended to help us get to know you better. Short answers are OK, use more paper if you want.

Why are you interested in working at Great Harvest Bread Co?

Great Harvest is a very service-oriented business. What does good service mean to you?

Tell us about hobbies, special interests, experiences, or skills (Not necessarily job related). List something that you are particularly proud of.

What type(s) of music do you enjoy? Favorite radio station?

What skills from previous jobs would qualify you for a position at Great Harvest?

What are your goals for the next six to twelve months? Two years? Five years?

What are your preferred working hours and available days and hours? Will your availability change in the next six months?

Give us a couple references (with phone #) who you have known for at least 1 year.
Exclude friends or relatives.

Anything else you would like us to know about you?

Employment History

Please tell us about your recent job history starting with the present: (5 years)

Company_____ Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back? _____# of days taken off?_____
_____

Company_____ Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back? _____# of days taken off?_____
_____

Company_____ Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back? _____ # of days taken off? _____

Employment Agreement

I certify that the facts contained in this application are true and correct, and I confirm that my omission or misrepresentation of any fact on this application is sufficient reason for Great Harvest to deny me employment. If employed, such an omission or misrepresentation shall be grounds for dismissal. I further authorize investigation of all statements contained herein and contact with references listed. I agree that if an employment relationship is established with Great Harvest, it will be of an "at will" nature. Meaning that I may resign at any time & Great Harvest may dismiss me at any time with or without cause.

Signature_____ Date_____

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www.greatharvestrochester.com

MONDAY-FRIDAY 6:30AM-6:00PM, SATURDAY 6:30AM-5:00PM, CLOSED SUNDAY

Change Your Loaf FOREVER!

Sink your teeth into a slice of this delicious & festive summer bread! Loaded with dried cranberries, wild blueberries, white chocolate chips and a splash of vanilla! This bread is bound to spark your taste buds. We l be baking Red, White & Blueberry bread throughout July!

JULY *Breads*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/berries · Cinnamon Chip White · Red Pepper Swiss · Red, White, & Blueberry

TUESDAY
Dakota · Cinnamon Chip Wheat · Cheddar Garlic · Cranberry Orange · Onion Dill Rye

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat · Red, White, & Blueberry

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta · Onion Dill Rye
Sourdough:(available after 1pm)
July 7 - Jalapeno Cheddar
July 14 - Cranberry Walnut
July 21 - Whole Grain White
July 28 - Jalapeno Cheddar

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar · Red, White, & Blueberry

SATURDAY
Cinnamon Chip White · Apple Cinnamon Swirl · Rosemary Garlic

JULY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Caramel Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Turtle Cookie

WEDNESDAY
Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Raisin Cookie · Maple Oatmeal Scone

THURSDAY
Mocha Chip Scone · Lemon Poppy Muffin · Snickerdoodles

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Walnut Chocolate Chip Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin · Snickerdoodles · Cinnamon Rolls

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

CHERRY APPLE BERRY bread

It's summer grilling time! Light the coals and slice up some Garden Wheat, Bacon Cheddar Beer, Green Chili Cheddar, Cheddar Garlic, Chipotle Cheddar, or Rosemary Garlic. Grilled Great Harvest breads make a wonderful addition to any BBQ. Spread olive oil onto your slices and place on the grill, oil side down. Cherry Apple Berry is the specialty bread for this month. 100% whole wheat packed full of dried fruits.

JUNE Bread Schedule

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Cheddar Garlic · Apple Cinnamon Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Green Chili Cheddar

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Cherry Apple Berry · Bacon Cheddar Beer

THURSDAY
Heritage Harvest Sunflower · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
June 1 - Whole Grain White June 8 - Jalapeno Cheddar
June 15 - White June 22 - Cranberry Walnut June 29 - 3 Cheese

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Cherry Apple Berry
Chipotle Cheddar · High 5 Fiber · Anadama (loaves & buns) · Cinnamon Raisin

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Blueberry Cheesecake Swirl

JUNE Sweet Spot

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Scotchie Cookie

TUESDAY
Caramel Apple Scone · Cappuccino Muffin · Turtle Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Carmel Cookie

THURSDAY
Caramel Apple Scone · Blueberry Muffin · Blueberry Coffee Cake
Double Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Lemon Poppy Muffin · Snickerdoodle Cookie
Cinnamon Roll

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

IRELAND

Thank your lucky stars that we love the flavors of Ireland at Great Harvest. During March, we highlight many wonderful recipes that come to us from Irish bakers.

Stop in for our favorite March breads like authentic Irish Soda Bread, Irish Baked Potato and, of course, the very popular Guinness & Gouda.

We are sweet on all things Irish! Featured goodies include Blarney Scones, Paddy Muffins, Mint Blarney Cookies, and Snockerdoodles.

Look for other March surprises like Irish (Whisky) Coffee Cake and our GH Reuben sandwich.

MARCH Bread Schedule

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah · Irish Soda Bread

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Irish Baked Potato

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Garden Wheat
Heritage Harvest (NEW!)

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Guinness & Gouda

THURSDAY
Heritage Harvest Sunflower (NEW!) · Cinnamon Chip White
Bacon Cheddar Beer
Sourdough (available after 1PM)
March 2 - Sundried Tomato March 9 - Whole Grain White
March 16 - 3 Cheese March 23 - Jalapeno Cheddar March 30 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Guinness & Gouda
Irish Baked Potato · High 5 Fiber

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

MARCH Sweet Spot

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Raisin Cookie

THURSDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Snockerdoodle Cookie · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Caramel Apple Scone · Paddy's Muffin · Snockerdoodle Cookie · Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

HONEY BUNNIES

EASTER SCHEDULE
(March 29 - 31)
On Thursday, March 29 we will begin Easter Schedule. Accepting orders for Bunnies only! $2 of each BUNNY sold goes to Paws & Claws.

The rest of the month, however, stop in for our favorite March breads like authentic Irish Soda Bread, Irish Baked Potato and the popular Gouda & Stout. We are sweet on all things Irish! Featured goodies include Blarney Scones, Paddy's Muffins, Mint Blarney Cookies, and Snockerdoodles.

Look for other specials on March 16 & 17 like Irish (Whisky) Coffee Cake and our GH Reuben sandwich.

MARCH Bread Schedule

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah · Irish Soda Bread

MONDAY
Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries · Irish Baked Potato

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Garden Wheat · Pepperoni

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Gouda & Stout

THURSDAY (MARCH 29 WILL FOLLOW EASTER SCHEDULE)
Cinnamon Chip White · Bacon Cheddar Beer · Brioche · 9 Grain
Sourdough (available after 1 PM)
March 1 - Whole Grain White March 8 - Jalapeno Cheddar
March 15 -Sundried Tomato March 22 - Jalapeno Cheddar March 29 -No Sourdough

FRIDAY (MARCH 30 WILL FOLLOW EASTER SCHEDULE)
Italian Herb Focaccia · Cinnamon Chip White · Gouda & Stout
Irish Baked Potato · High 5 Fiber

SATURDAY (MARCH 31 WILL FOLLOW EASTER SCHEDULE)
Cinnamon Chip White · Rosemary Garlic · Cinnamon Swirl

Easter Schedule (March 29 - 31) Thursday - Saturday
Honey Whole Wheat (rolls), Old Fashioned White (rolls), Cinnamon Chip White, Challah (rolls), Light Wheat Virginia Rolls, Easter Ambrosia, Hot Cross Buns, & Bunnies

MARCH Sweet Spot

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Raisin Cookie

THURSDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Snockerdoodle Cookie · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Caramel Apple Scone · Paddy's Muffin · Snockerdoodle Cookie · Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

The Freshest **WHOLE GRAIN** Breads

Look for these exciting featured breads this month:
-Heritage Harvest - made from a limited supply of Rouge de Bordeaux heritage wheat that originated centuries ago in France. Rare and delicious. Once it's gone, it's gone.
-Mexican Chocolate - this whole-wheat bread is packed with chocolate and has a pinch of cinnamon and cayenne for just the right kick.
-Bacon Cheddar Beer - we're thrilled to partner with local brewery Kinney Creek to bring you different varieties of this bread each week.

Also, it's blueberry bonanza! Indulge in various breads and sweets throughout the month.

MAY Bread Schedule

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Chipotle Cheddar · Mexican Chocolate

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Heritage Harvest

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Blueberry Lemon · Bacon Cheddar Beer

THURSDAY
Heritage Harvest Sunflower · Cinnamon Chip White · Brioche · Garden Wheat
Sourdough (available after 1PM)
May 4 - Whole Grain White
May 11 - Jalapeno Cheddar
May 18 - White
May 25 - Cranberry Walnut

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Apple Cinnamon Swirl
Red Pepper Swiss · High 5 Fiber · Anadama (loaves & buns)

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Blueberry Cheesecake Swirl

MAY Sweet Spot

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Blueberry Coffee Cake
Chocolate Crinkle Cookie

WEDNESDAY
Vanilla Almond Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Carmel Cookie

THURSDAY
Mocha Chip Scone · Blueberry Muffin · Blueberry Coffee Cake
Chocolate Crinkle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Red Velvet Cupcake · Oatmeal Raisin Cookie
Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

MAY / JUNE *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Rosemary Garlic · Pepperoni Bread

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Caraway Rye · Bacon Cheddar Beer

THURSDAY
Blueberry Lemon · Cinnamon Chip White · 9 Grain · Garden Wheat
Sourdough - See variety to the left - (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Blueberry Cheesecake Swirl
High 5 Fiber · Bacon Cheddar Beer · Potato Fennel Thyme

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl
Pepperoni Bread

Bacon, Cheddar Beer Bread

Bacon Cheddar Beer is back! We are thrilled to be partnering with local brewery Kinney Creek to bring you different varieties of beer in this bread each week.

Sourdough Schedule:
May 3 -Whole Grain
May 10 -Jalapeno Cheddar
May 17 -White
May 24 -Sundried Tomato
May 31 -Whole Grain

Jun 7 -Cranberry Walnut
Jun 14 -Jalapeno Cheddar
Jun 21 -White
Jun 28 -3 Cheese

MAY / JUNE *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Triple Chocolate Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Morning Glory Muffin · Peanut Butter M&M Cookie

WEDNESDAY
Vanilla Nut Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Carmel Cookie

THURSDAY
Mocha Chip Scone · Morning Glory Muffin · Peanut Butter Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin & Coffee Cake
Snickerdoodle Cookie · Cinnamon Roll

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706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Enjoy a
A FRESH & FLAVORFUL
Thanksgiving

We are NOT accepting orders for Thanksgiving Week. Instead we will all be working to make as much bread and rolls as we can for you.

Grab the best buns in town! We will have a variety of bread and rolls to compliment your feast.

Soup & Sandwiches will NOT be available Thanksgiving Week.

NOVEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
MN Wild Rice

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Potato Fennel Thyme

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Potato Chive

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate
Cranberry Orange · Whole Grain White Sourdough (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · White Cheddar Garlic · Apple Cinnamon Swirl · Anadama

THANKSGIVING WEEK (Monday - Wednesday)
Honey Whole Week (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Cranberry Orange, Basil Oregano Virginia Rolls,
Light Wheat Virginia Rolls, STUFFING BREAD

NOVEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Oatmeal Chocolate Chip Cookies ·
Pumpkin Chocolate Chip Muffins & Bread · Savannah Bars

MONDAY
Maple Oatmeal Scone · Dakota Cookie

TUESDAY
Caramel Apple Scone · Double Chocolate Chip Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Oatmeal Raisin Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Turtle Cookie · Cinnamon Rolls

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Enjoy a
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Thanksgiving

We are NOT accepting orders for Thanksgiving Week. Instead we will all be working to make as much bread and rolls as we can for you.

Grab the best buns in town! We will have a variety of bread and rolls to compliment your feast.

Soup & Sandwiches will NOT be available Thanksgiving Week.

NOVEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
White Cheddar Garlic

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Potato Fennel Thyme

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Potato Chive

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat
Cranberry Orange · White Sourdough (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl · Anadama

THANKSGIVING WEEK (Monday - Wednesday)
Honey Whole Wheat (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Cranberry Orange, Basil Oregano Virginia Rolls,
Light Wheat Virginia Rolls, STUFFING BREAD

NOVEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Pumpkin Chocolate Chip Muffin & Bread · Savannah Bar

MONDAY
Maple Oatmeal Scone · Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Double Chocolate Chip Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Oatmeal Raisin Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Turtle Cookie · Cinnamon Roll

Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / www.tulsaok.greatharvestbread.com

STUFFING BREAD!

Enjoy the taste of Thanksgiving stuffing in a hearty loaf of Great Harvest bread! This simply delicious bread is flavored with sage, thyme, salt & pepper in our famous freshly ground whole wheat dough. We chop up the onions and celery, and hand knead the veggie mix into every loaf! Use this bread as the starting point for your own stuffing, or slice it up to make turkey sandwiches (that taste like a meal when covered with hot left over gravy). Either way, Stuffing Bread is a great addition to any holiday meal.

NOVEMBER BREADS

EVERYDAY	Honey Whole Wheat • Harvest White • Dakota Pumpkin Chocolate Chip
MONDAY	High 5 Fiber • Hummus Bread • Extreme Cinnamon Swirl
TUESDAY	Cranberry Walnut Flax • Asiago Pesto • Cinnamon Chip Jewish Apple Coffee Cake
WEDNESDAY	Cranberry Orange • Low Carb Dakota **STUFFING BREAD** • Extreme Cinnamon Swirl
THURSDAY	Pumpkin Swirl • Spinach Feta • Cinnamon Crunch Cranberry Orange Pound Cake
FRIDAY	White Chocolate Cherry Swirl • Superfood Bread Cheddar Garlic • Strawberry Shortcake
SATURDAY	Woodstock • Trail Bread Pepperjack Cornbread • Lemon Blueberry

THANKSGIVING WEEK MENU

We will follow a special Thanksgiving Week bread and sweets schedule from Monday, Nov 24th through Wednesday, Nov 26th. Our Thanksgiving menu and order form will be available online at www.tulsaok.greatharvest.com, or you can stop in at the bakery and pick up a copy. Please order early so we can have your Thanksgiving order waiting for you!

SWEET SPOT

EVERYDAY	Brownies • Power Bars • Trek Bars • Pumpkin Chocolate Chip Muffins Cinnamon Rolls & Cinnamon Twist Muffins
MONDAY	Dillon Cookies • Pumpkin Scones • Oat Berry Muffins Savory Breakfast Biscuits • Pumpkin Bars • Savannah Bars
TUESDAY	Salted Caramel Cookies • Cinnamon Chip Scones • Orange Burst Muffins Whole Wheat Coffee Cake • Peppermint Brownies
WEDNESDAY	Chocolate Chip Cookies • Savory Breakfast Biscuits Cranberry Almond Scones • Ultra lo-fat Cinnamon Apple Muffins Lemon Bars • Savannah Bars
THURSDAY	Ginger Bop Cookies • Cranberry Orange Scones Cranberry Orange Muffins • Oat Berry Muffins • S'more Bars
FRIDAY	Monster Cookies • Lo-fat Cran Flax Cookies Maple Oatmeal Scones • Morning Glory Muffins • Pumpkin Bars Savannah Bars
SATURDAY	Peanut Butter Chocolate Chip Cookies • Cappuccino Muffins White Chocolate Raspberry Scones • Lemon Blueberry Muffins Lemon Bars

BAKERY HOURS: Monday-Friday 7am to 6pm, Saturday 7am to 4pm, closed Sundays for a little Loafin'

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size 1 slice 2 oz (56 g)	Calories	Fat (g) % DV	Saturated Fat (g) % DV	Trans Fats (g)	Cholesterol (mg) % DV	Sodium (mg) % DV	Carbohydrates (g) % DV	Fiber (g) % DV	Sugar (g)	Protein (g)	Ingredients
Apple Cherry Pecan	140	2.0 3%	0 0%	0	0 0%	210 9%	26 9%	3 12%	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (sugar, sunflower oil), Honey, Dried Apples (sugar, sunflower oil), Pecans, Eggs, Yeast, Salt. CONTAINS: WHEAT, PECANS, EGG AND EGG.
Apple Cinnamon Walnut	140	2 3%	0 0%	0	0 0%	270 11%	27 9%	4 16%	9	4	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Walnuts, Yeast, Salt, Eggs, Apple Juice (sugar, sunflower oil), Cinnamon. Contains: WHEAT, WALNUTS, EGG AND EGG.
Apple Crunch	130	2g 3%	1 4%	0	10 3%	210 9%	23 8%	4 16%	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Apples, Honey, Cheese, Eggs, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon. Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, EGG AND EGG.
Apple Crunch Bites	130	2 3%	1 4%	0	10 3%	210 9%	26 8%	3 10%	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Unsalted Butter, Flour (sugar, sunflower oil), Apples, Honey, Cheese, Eggs, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, EGG AND EGG.
Apricot Almond	140	3 5%	0 1%	0	0 1%	260 12%	26 9%	4 16%	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Apricots (sugar, sunflower oil), Honey, Almonds, Yeast, Salt, Eggs. CONTAINS: WHEAT, ALMONDS, EGG AND EGG.
Asiago Pesto	140	6 9%	3.0 15%	0	10 3%	440 19%	22 7%	3 9%	2	6	Unbleached White Flour (sugar, sunflower oil), Water, Pesto Cheese (sugar, sunflower oil, soybean oil), Asiago Cheese (sugar, sunflower oil), Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic, Dried Onion. CONTAINS: WHEAT, EGG, MILK, EGG, PINE NUTS.
Bacon Cheddar Bowl	150	4 6%	2 10%	0	20 7%	330 12%	21 7%	3 12%	5	7	Fresh Ground 100% Whole Wheat Flour, Bacon (pork, Cheddar Cheese (cultured milk, salt, enzymes), Honey, Cheese, cooked, Yeast, Eggs, Yeast, Salt, Dried Onion, Dried Garlic, Black Pepper, Chives. CONTAINS: WHEAT, MILK, EGG AND EGG.
Breakfast Blast	140	1.5 2%	0 0%	0	0 1%	250 9%	26 9%	4 15%	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Oats, Rolled Oats, Cinnamon Chips (sugar, sunflower oil, cocoa processed with alkali, soy lecithin, vanilla), Yeast, Eggs, Salt, Ground Cinnamon. CONTAINS: WHEAT, EGG AND MILK.
Barley Bread	140	2 3%	0 1%	0	0 1%	300 12%	26 9%	4 16%	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Corn Flour, Canola, Cracked Rye, Yeast, Salt, Eggs. CONTAINS: WHEAT, EGG, AND EGG.
Germany Rye	120	0.5 1%	0 1%	0	0 0%	300 12%	25 8%	5 20%	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Dark Rye Flour, Honey, Yeast, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGG AND EGG.
Carrot Poppyseed	120	1 2%	0 1%	0	0 1%	270 12%	22 7%	4 15%	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Carrots, Honey, Apple sauce (sugar, sunflower oil, cellulose gum, natural flavor, citric acid, potassium sorbate), Yeast, Sugar, Poppy Seeds, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, EGG AND EGG.
Challah	140	1.5 2%	0 0%	0	20 7%	240 10%	25 9%	3 12%	4	5	Unbleached White Flour (sugar, sunflower oil), Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Soybean Oil, Yeast, Salt. CONTAINS: WHEAT, EGG, AND EGG.
Cheddar Garlic	160	4.5 7%	2.5 13%	0	15 5%	370 15%	23 8%	1 3%	4	6	Unbleached White Flour (sugar, sunflower oil), Water, Cheddar Cheese (sugar, sunflower oil, cellulose gum, natural flavor), Honey, Yeast, Salt, Eggs, Soybean Oil, Dried Onion, Dried Garlic, Parsley. CONTAINS: WHEAT, MILK, EGG AND EGG.
Cherry Apple Berry	120	0.5 1%	0 0%	0	0 0%	240 12%	27 9%	4 16%	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Cherries (sugar, sunflower oil, cellulose gum, natural flavor), Dried Blueberries (sugar, sunflower oil, cellulose gum, natural flavor), Dried Apples (sugar, sunflower oil, cellulose gum, natural flavor), Yeast, Soybean oil, Salt, Eggs. CONTAINS: WHEAT, EGG AND EGG.
Cherry Walnut	140	2 3%	0 1%	0	5 1%	270 11%	25 9%	3 12%	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (sugar, sunflower oil, cellulose gum, natural flavor), Honey, Walnuts, Yeast, Eggs, Salt. CONTAINS: WHEAT, WALNUTS, EGG AND EGG.
Cinnamon Chip	170	3 4%	0.5 4%	0	0 1%	340 14%	32 11%	1 4%	11	3	Unbleached White Flour (sugar, sunflower oil), Water, Cinnamon Chips (sugar, sunflower oil, cocoa processed with alkali, soy lecithin, vanilla), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, MILK, EGG AND EGG.
Cinnamon Chip (100% Whole Wheat)	150	3 5%	0.5 3%	0	0 0%	270 11%	29 9%	3 12%	10	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Cinnamon Chips (sugar, sunflower oil, cocoa processed with alkali, soy lecithin, vanilla), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, EGG, MILK AND EGG.
Cinnamon Raisin Walnut	140	2 3%	0 0%	0	0 0%	260 12%	26 9%	4 16%	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Walnuts, Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS: WHEAT, EGG, AND EGG.
Cinnamon Swirl	160	3.5 4%	1.5 8%	0	5 2%	220 9%	30 10%	4 16%	12	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Honey, Butter (Milk), Eggs, Yeast, Salt, Cinnamon. CONTAINS: WHEAT, MILK, EGG AND EGG.

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g) % DV	Saturated Fat (g) % DV	Trans Fat (g)	Cholesterol (mg) % DV	Sodium (mg) % DV	Carbohydrates (g) % DV	Fiber (g) % DV	Sugar (g)	Protein (g)	Ingredients
Core Bread	140	2.5 4%	1 5%	0	5 2%	270 11%	26 9%	1 4%	4	3	Unbleached White Flour (ingredient sources may vary), Water, Cane Flour, Honey, Cultured Buttermilk (ingredient sources may vary), Butter (Milk), Yeast, Kosher Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Core Bread (100% Whole Wheat)	140	2.5 4%	1 5%	0	5 2%	270 11%	26 9%	3 12%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Cane Flour, Honey, Cultured Buttermilk (ingredient sources may vary), Butter (Milk), Yeast, Kosher Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Jalapeno Core Bread	140	3 3%	1 5%	0	5 2%	270 11%	26 9%	1 4%	4	3	Unbleached White Flour (ingredient sources may vary), Water, Cane Flour, Honey, Cultured Buttermilk (ingredient sources may vary), Parmesan, Butter (Milk), Yeast, Chile Peppers, Jalapenos, Kosher Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Jalapeno Core Bread (100% Whole Wheat)	140	2.5 4%	1 5%	0	5 2%	270 11%	26 9%	3 12%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Cane Flour, Honey, Cultured Buttermilk (ingredient sources may vary), Parmesan, Butter (Milk), Yeast, Chile Peppers, Jalapenos, Kosher Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Country	120	0.5 1%	0 1%	0	0 1%	340 14%	23 8%	4 15%	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Molasses, Yeast, Kosher Salt, Eggs. CONTAINS WHEAT, SOY AND EGG.
Cracked Pepper Swiss	140	3 4%	1.5 8%	0	10 3%	340 12%	22 7%	4 15%	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Gluten (Ingredient sources may vary), Honey, Eggs, Yeast, Kosher Salt, Wheat Flavor, Cayenne Pepper, Oregano, Dried Parsley. CONTAINS WHEAT, MILK, SOY AND EGG.
Cranberry Orange	120	0.5 1%	0 0%	0	0 0%	240 12%	27 9%	4 16%	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cranberries (Ingredient sources may vary), Honey, Yeast, Kosher Salt, Eggs, Orange Peel. CONTAINS WHEAT, SOY AND EGG.
Delicate	150	4 6%	0 2%	0	0 0%	270 11%	23 8%	4 15%	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Kosher Salt, Eggs. CONTAINS WHEAT, SOY AND EGG.
French Pulla	160	4.5 7%	2.5 10%	0	25 12%	140 6%	26 9%	1 4%	5	4	Unbleached White Flour (ingredient sources may vary), Milk, Eggs, Honey, Butter (Milk), Water, Yeast, Natural Ginger, Kosher Salt, Cardamom. CONTAINS WHEAT, MILK, SOY AND EGG.
Rise Oatbran	120	2.5 4%	0 1%	0	0 1%	230 10%	22 7%	4 15%	6	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Oat Bran, Pecans, Flax Meal, Yeast, Rolled Oats, Kosher Salt, Eggs, Flax Seeds. CONTAINS WHEAT, PECANS, SOY AND EGG.
Focaccia	140	1.5 2%	0 1%	0	0 0%	240 10%	20 10%	1 4%	5	4	Unbleached White Flour (ingredient sources may vary), Water, Honey, Yeast, Kosher Salt, Olive Oil, Oregano, Dried Onion. CONTAINS WHEAT AND SOY
Golden Wheat, Apple, Cinnamon Chip, Walnut	140	2.5 4%	0 0%	0	0 1%	290 12%	26 9%	3 12%	8	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Cinnamon Chips (Ingredient sources may vary), Dried Apples (Ingredient sources may vary), Walnuts, Yeast, Kosher Salt, Eggs. CONTAINS WHEAT, SOY, MILK, WALNUTS AND EGG.
Golden Wheat Chocolate Cherry Swirl	150	2.5 4%	1 5%	0	5 2%	240 10%	30 10%	3 12%	8	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Dried Cherries (Ingredient sources may vary), Honey, Chocolate Chips (Ingredient sources may vary), Brown Sugar, Butter (Milk), Yeast, Eggs, Kosher Salt, Natural and Artificial Vanilla Flavoring. CONTAINS WHEAT, SOY, EGGS, AND MILK.
Harvest Buckwheat Brown Rice	140	4.5 7%	2 10%	0	25 12%	90 4%	22 7%	2 8%	6	3	Water, Cultured Buttermilk (Ingredient sources may vary), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Meals, Cornstarch, Flour, Inactivated Butter (Milk), Yeast, Buckwheat Groats, Kosher Salt, Distilled Vinegar (Ingredient sources may vary). CONTAINS MILK, SOY, AND EGG.
Harvest Buckwheat Brown Rice Bread Delicate	140	4 9%	1.5 8%	0	25 8%	75 3%	19 6%	2 8%	5	4	Water, Cultured Buttermilk (Ingredient sources may vary), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Meals, Cornstarch, Flour, Inactivated Butter (Milk), Sunflower Meals, Pumpkin Meals, Yeast, Millet, Sesame Meals, Kosher Salt, Distilled Vinegar (Ingredient sources may vary). CONTAINS MILK, SOY, AND EGG.
Harvest Buckwheat Brown Rice Bread Cinnamon Chip	160	4 9%	2 10%	0	25 8%	80 3%	25 8%	2 8%	9	3	Water, Cultured Buttermilk (Ingredient sources may vary), Cinnamon Chips (Ingredient sources may vary), Honey, Brown Rice Flour, Eggs, Tapioca Flour, Flax Meals, Cornstarch, Flour, Inactivated Butter (Milk), Yeast, Buckwheat, Oats, Kosher Salt, Distilled Vinegar (Ingredient sources may vary). CONTAINS MILK, SOY, AND EGG.
Hearty Germany Rye	120	0.5 1%	0 1%	0	0 1%	260 12%	24 9%	4 15%	2	5	Water, Fresh Ground 100% Whole Wheat Flour, Rye Flour, Flour (Ingredient sources may vary), Unbleached White Flour (Ingredient sources may vary), Molasses, Yeast, Kosher Salt, Eggs, Caraway Seeds. CONTAINS WHEAT, SOY AND EGG.
High 5 Fiber	140	3 5%	0 0%	0	0 0%	240 10%	20 8%	5 20%	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Flax Meals, Oat Bran, Millet, Sunflower Meals, Wheat Bran, Yeast, Kosher Salt, Eggs. CONTAINS WHEAT, SOY AND EGG.
High Five Fiber with Blueberries	140	2.5 4%	0 0%	0	0 0%	200 8%	25 8%	5 20%	7	5	Water, Fresh Ground 100% Whole Wheat Flour, Dried Blueberries (Ingredient sources may vary), Honey, Flax Meals, Oat Bran, Millet, Sunflower Meals, Wheat Bran, Yeast, Kosher Salt, Eggs. CONTAINS WHEAT, EGGS, AND SOY

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

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Serving Size 1 slice 2 oz (56 g)	Calories	Fat (g) % DV*	Saturated Fat (g) % DV*	Trans Fats (g)	Cholesterol (mg) % DV*	Sodium (mg) % DV*	Carbohydrates (g) % DV*	Fiber (g) % DV*	Sugar (g)	Protein (g)	Ingredients
High Country Crunch	160	2.5 4%	0.5 3%	0	0 0%	210 15%	32 12%	4 15%	4	6	Water, Fresh Ground 100% Whole Wheat Flour, Sunflower Flour, Sunflower Kernels, Honey, Millet, Pecans, Flax Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, PECANS, SOY, AND EGGS.
High Fiber Apple, Cinnamon Chip, Walnut	140	2 3%	0 0%	0	0 0%	240 10%	26 9%	5 20%	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Cinnamon Chips (organic cane sugar, cocoa butter, cocoa, soy lecithin, vanilla extract), Walnuts, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, EGGS, AND WALNUTS.
High Fiber Tuscan Herb	140	0.5 1%	0 1%	0	0 1%	280 9%	26 9%	5 21%	4	6	Fresh Ground 100% Whole Wheat Flour, Tomatoes (organic cane sugar, salt), Honey, Water, Yeast, Wheat Gluten, Canola Oil, Salt, Eggs, Dried Garlic, Parmesan Cheese (organic cane sugar, salt, enzymes), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Honey Whole Wheat	120	0.5 1%	0 1%	0	0 0%	300 12%	25 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Irish Baked Potato	150	2 3%	1 6%	0	5 2%	440 18%	26 9%	1 5%	4	4	Unbleached White Flour (organic cane sugar, salt, enzymes), Water, Dehydrated Potatoes (organic cane sugar, salt, enzymes), Honey, Butter (Milk), Yeast, Garlic (organic cane sugar, salt, enzymes), Salt, Eggs, Cheddar Cheese (organic cane sugar, salt, enzymes), Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Irish Soda Bread	120	0.5 1%	0 1%	0	5 2%	140 6%	27 9%	3 8%	9	4	Cultured Buttermilk (organic cane sugar, salt), Unbleached White Flour (organic cane sugar, salt, enzymes), Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Eggs, Salt, Baking Powder (organic cane sugar, salt), Baking Soda. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Italian Herb Focaccia	150	2.5 4%	0 0%	0	0 0%	390 16%	27 9%	1 4%	2	4	Unbleached White Flour (organic cane sugar, salt), Water, Olive Oil, Honey, Salt, Yeast, Oregano, Basil, Dried Garlic, Black Pepper, Parsley. CONTAINS: WHEAT AND SOY.
Merry Berry	120	0.5 1%	0 0%	0	0 0%	290 12%	27 9%	3 12%	9	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Golden Raisins (organic cane sugar, sunflower oil), Dried Cherries (organic cane sugar, sunflower oil), Dried Blueberries (organic cane sugar, sunflower oil), Yeast, Salt, Cinnamon (organic cane sugar, sunflower oil), Eggs. CONTAINS: WHEAT, EGGS, COCONUT, AND SOY.
Nine Grain	120	0.5 1%	0 1%	0	0 0%	300 12%	25 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Nine Grain Mix (organic cane sugar, salt), Yeast, Salt, Eggs. CONTAINS: WHEAT AND EGGS.
Oatmeal Poppyseed	120	1 2%	0 1%	0	0 1%	300 12%	25 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Yeast, Poppy Seeds, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Onion Dill Rye	120	0.5 1%	0 1%	0	0 1%	320 13%	25 8%	3 12%	6	4	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Unbleached White Flour (organic cane sugar, salt), Rye Flour, Yeast, Salt, Eggs, Dried Onion, Dill, Poppy Seeds, Caraway Seeds. CONTAINS: WHEAT, SOY, AND EGGS.
Raisin	120	2 4%	1 6%	0	5 2%	190 24%	22 7%	2 8%	4	5	Unbleached White Flour (organic cane sugar, salt, enzymes), Water, Fresh Ground 100% Whole Wheat Flour, Cultured Wheat Gluten, Honey, Raisins (organic cane sugar, salt, enzymes), Parmesan Cheese (organic cane sugar, salt, enzymes), Honey, Sun Dried Parmesan (organic cane sugar, salt, enzymes), Yeast, Salt, Eggs, Oregano, Basil, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Peanut Butter Chocolate Chip	160	6 9%	1.5 8%	0	0 0%	300 12%	27 9%	2 8%	8	5	Unbleached White Flour (organic cane sugar, salt), Water, Natural Peanut Butter (organic cane sugar, salt), Chocolate Chips (organic cane sugar, salt), Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, PEANUTS, SOY, MILK, AND EGGS.
Raisin Swirl	190	7 11%	3 15%	0	5 2%	190 8%	27 9%	4 15%	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Pecans, Honey, Butter (Milk), Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS: WHEAT, PECANS, MILK, EGGS, AND SOY.
Rosa Bread	140	4.5 7%	1.5 9%	0	15 5%	460 19%	19 6%	2 8%	4	7	Fresh Ground 100% Whole Wheat Flour, Tomatoes (organic cane sugar, salt), Mozzarella Cheese (organic cane sugar, salt, enzymes), Unbleached White Flour (organic cane sugar, salt, enzymes), Water, Parmesan (organic cane sugar, salt, enzymes), Honey, Eggs, Yeast, Salt, Dried Onion, Parsley, Oregano, Basil. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Rotiyo	120	1 2%	0.5 3%	0	5 1%	270 11%	22 7%	3 7%	4	5	Unbleached White Flour (organic cane sugar, salt, enzymes), Water, Whole Milk, Fresh Ground 100% Whole Wheat Flour, Honey, Parmesan Cheese (organic cane sugar, salt, enzymes), Real Parmesan (organic cane sugar, salt, enzymes), Yeast, Salt, Eggs, Dried Onion, Dried Garlic. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Rotiyo (100% Whole Wheat)	120	1.5 2%	0.5 3%	0	5 2%	360 15%	21 7%	3 11%	4	6	Golden Fresh Ground 100% Whole Wheat Flour, Water, Spinach, Honey, Parmesan Cheese (organic cane sugar, salt, enzymes), Real Parmesan (organic cane sugar, salt, enzymes), Eggs, Yeast, Salt, Dried Onion, Dried Garlic. CONTAINS: WHEAT, MILK, SOY, AND EGGS.

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Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

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Serving Size: 1 slice (X g)	Calories	Fat (g) %DV	Saturated Fat (g) %DV	Trans Fat (g)	Cholesterol (mg) %DV	Sodium (mg) %DV	Carbohydrates (g) %DV	Fiber (g) %DV	Sugar (g)	Protein (g)	Ingredients
Potato Chive	150	2 3%	1 5%	0	5 2%	440 19%	30 10%	1 5%	4	4	Enriched White Flour (a grain ingredient and preservatives may vary), Water, Dehydrated Potatoes (ingredient and preservatives may vary), Honey, Butter (Milk), Yeast, Toasted Garlic, Salt, Eggs, Dried Parsley, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGG.
Pumpernickel Rye	120	0.5 1%	0 0%	0	0 0%	330 14%	23 8%	5 20%	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Pumpernickel Rye Flour, Molasses, Yeast, Sea Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGGS, AND SOY.
Pumpkin Swirl	140	2 3%	0.5 3%	0	5 2%	190 8%	30 10%	2 8%	12	3	Enriched White Flour (ingredient preservatives may vary), Water, Brown Sugar, Pumpkin (ingredient preservatives may vary), Fresh Ground 100% Whole Wheat Flour, Honey, Molasses, Butter (Milk), Yeast, Salt, Eggs, Pumpkin Pie Spice (ingredient preservatives may vary). CONTAINS: WHEAT, MILK, EGGS, SOY, AND POSSIBLE
Raisin Cinnamon Chip	150	2.5 4%	0.5 3%	0	0 1%	240 10%	29 9%	2 14%	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Cinnamon Chips (ingredient preservatives may vary), Raisins, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK AND EGG.
Raisin	120	0 1%	0 0%	0	0 0%	260 12%	27 9%	4 15%	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
Red, White and Blueberry	140	0 0%	0 0%	0	5 2%	260 11%	30 10%	1 4%	8	3	Enriched White Flour (ingredient preservatives may vary), Water, Honey, Dried Cherries (ingredient preservatives may vary), Blueberries, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Rosemary Garlic	120	0.5 1%	0 1%	0	0 1%	320 14%	24 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (ingredient preservatives may vary), Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG.
Banana	150	4 6%	1.5 8%	0	20 7%	135 6%	25 9%	3 12%	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Dried Bananas (ingredient preservatives may vary), Cultured Nonfat Milk (ingredient preservatives may vary), Pureed Bananas, Butter (Milk), Sea Flavor Seeds, Yeast, Flour for Inside sugar, Salt, Orange Lemon, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, EGGS, MILK AND SOY.
Spinach Feta	120	3 5%	2 10%	0	15 5%	400 17%	19 6%	2 8%	4	5	Feta Cheese (a grain preservatives may vary), Enriched White Flour (ingredient preservatives may vary), Water, Fresh Ground 100% Whole Wheat Flour, Spinach, Honey, Eggs, Yeast, Salt, Dried Garlic, Oregano, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Star Spangled Swirl	150	1.5 2%	0.5 3%	0	5 2%	220 9%	30 10%	4 16%	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Blueberries (ingredient preservatives may vary), Dried Cherries (ingredient preservatives may vary), Honey, Dried Apples (ingredient preservatives may vary), Brown Sugar, Eggs, Yeast, Butter (Milk), Blueberries, Salt. CONTAINS: WHEAT, EGGS, SOY, AND MILK.
Stuffing Bread	100	0 1%	0 1%	0	0 1%	260 10%	20 7%	3 12%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Onion, Celery, Honey, Yeast, Salt, Eggs, Thyme, Black Pepper, Sage. CONTAINS: WHEAT, EGGS, AND SOY.
Sunflower	140	3 4%	0 2%	0	0 1%	300 12%	21 8%	4 16%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
Swedish Rye	120	1 2%	0 1%	0	0 1%	240 10%	27 9%	3 14%	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Enriched White Flour (a grain preservatives may vary), Rye Flour, Yeast, Orange, Salt, Cinnamon, Eggs, Caraway Seeds, Anise Seed. CONTAINS: WHEAT, SOY, AND EGG.
Three Bread	140	2 3%	0 1%	0	0 1%	290 12%	25 8%	4 16%	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Potatoes, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
Tuscan Herb	120	0.5 1%	0 1%	0	0 1%	260 10%	23 8%	4 16%	5	5	Fresh Ground 100% Whole Wheat Flour, Tomatoes (ingredient preservatives may vary), Honey, Water, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (a grain preservatives may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG.
Walnut Raisin Rosemary Blue Cheese	150	4 6%	1.5 8%	0	10 3%	230 10%	22 7%	3 12%	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Blue Cheese, Honey, Walnuts, Raisins, Yeast, Molasses, Eggs, Salt, Rosemary. CONTAINS: WHEAT, MILK, EGGS, WALNUTS, AND SOY.
White Chocolate Cherry Swirl	150	2.5 4%	1.5 8%	0	5 2%	250 10%	21 10%	1 4%	8	3	Enriched White Flour (ingredient preservatives may vary), Water, Dried Cherries (ingredient preservatives may vary), White Chocolate Chips (ingredient preservatives may vary), Honey, Brown Sugar, Butter (Milk), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
White	120	0 0%	0 0%	0	0 0%	400 17%	20 10%	1 4%	5	4	Enriched White Flour (ingredient preservatives may vary), Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
Whole Grain Goodness	140	3	0	0	0	240	22	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Eggs, Millet, Barley Flour Seeds, Yeast, Potatoes, Sunflour, Salt, Canola.

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

PUMPKIN CHOCOLATE CHIP

Pumpkin Chocolate Chip Muffins & Bread have the perfect combination of autumn spices. This absolutely delicious and addictive treat is available EVERYDAY in October. Pumpkin Swirl is back on the menu this month. This bread is so good it's scary! Other Fall specials - Autumn Apple, MN Wild Rice, Anadama, and the new Mexican Chocolate.

OCTOBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries · MN Wild Rice

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Pumpkin Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Mexican Chocolate *New*

THURSDAY
9 Grain · Cinnamon Chip White · Potato Fennel Thyme
Sourdough (available after 1 PM)
Oct 6 - White
Oct 13 - Cranberry Walnut
Oct 20 - Jalapeno Cheddar
Oct 27 - Whole Grain White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl · Anadama

OCTOBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Oatmeal Chocolate Chip Cookies · Pumpkin Chocolate Chip Muffins & Bread · Savannah Bars

MONDAY
Maple Oatmeal Scone · Oatmeal Raisin Cookie

TUESDAY
Pumpkin White Chocolate Scone · Autumn Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Caramel Apple Scone · Turtle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Autumn Cookie · Cinnamon Rolls

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Other Fall specials - Autumn Apple & MN Wild Rice

OCTOBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
MN Wild Rice

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Pumpkin Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat
Mexican Chocolate

THURSDAY
Whole Grain Goodness · Cinnamon Chip White · Bacon Cheddar Beer
Sourdough (available after 1 PM)
Oct 5 - White Oct 12 - Cranberry Walnut
Oct 19 - Jalapeno Cheddar Oct 26 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Anadama
Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · Potato Fennel Thyme · Apple Cinnamon Swirl

OCTOBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie ·
Pumpkin Chocolate Chip Muffin & Bread · Savannah Bar

MONDAY
Maple Oatmeal Scone · Snickerdoodle Cookie

TUESDAY
Vanilla Almond Scone · Autumn Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Caramel Apple Scone · Snickerdoodle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Turtle Cookie · Cinnamon Roll

Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / www.tulsaok.greatharvestbread.com

PUMPKIN SWIRL

This bread is so good it's scary! It's our delicious, homemade whole wheat dough mixed with real pumpkin & pumpkin pie spice. We roll it out, top it with brown sugar & walnuts, then roll the whole thing up with all the ingredients swirled together on the inside. Every slice you get is pumpkin-y sweet, with a bit of spice and lots of whole wheat! Not only that, but it makes a great autumn gift. Don't miss this tasty treat! Enjoy Pumpkin Swirl for breakfast, or dessert with any lunch or dinner meal. Don't forget to pack a slice in your child's Halloween lunch, it's sure to bring those hugs and kisses swirlin' in!

OCTOBER BREADS

EVERYDAY	Honey Whole Wheat • Harvest White Pumpkin Chocolate Chip
MONDAY	High 5 Fiber • Cheddar Garlic • **PUMPKIN SWIRL**
TUESDAY	Ezekiel Bread • Asiago Pesto Cranberry Flax • Jewish Apple Coffee Cake
WEDNESDAY	Low Carb Dakota • Onion Dill Rye Cinnamon Raisin • Iced Cinnamon Raisin
THURSDAY	Superfood Bread • Spinach Feta **PUMPKIN SWIRL** • Cranberry Orange Pound Cake
FRIDAY	Dakota • Cinnamon Chip • Cheddar Garlic
SATURDAY	Hummus Bread • Rock Island Trail Bread Lemon Blueberry

SWEETS SO SWEET IT'S SCARY!

EVERYDAY	Brownies • Power Bars • Pumpkin Chocolate Chip Muffins Cinnamon Rolls & Cinnamon Twist Muffins
MONDAY	Dillon Cookies • Oat Berry Muffins • Savory Breakfast Biscuits Pumpkin Bars
TUESDAY	Oatmeal Raisin Cookies • Pumpkin Spice Scones Lo-fat Yum Yum Brownie Muffins • Savannah Bars
WEDNESDAY	Chocolate Chip Cookies • Savory Breakfast Biscuits Lo-fat Cran-Blue Yogurt Muffins • Lemon Bars
THURSDAY	Ginger Cookies • Cranberry Orange Scones • Kahuna Bars Cranberry Orange Muffins • Oat Berry Muffin
FRIDAY	Monster Cookies • Lo-fat Cran Flax Cookies • Chocolate Chip Scones Savory Breakfast Biscuits • Morning Glory Muffins Pumpkin Bars • Savannah Bars
SATURDAY	Peanut Butter Chocolate Chip Cookies • Berry Cream Cheese Scones Cappuccino Muffins • Lemon Blueberry Muffins • Lemon Bars

BAKERY HOURS: Monday-Friday, 7am to 6pm, Saturday 7am to 4pm
Closed Sundays for a little Loafin'

Sandwiches & Panini

Served 11:00 AM to 3:00 PM
Monday - Saturday

706 N. Broadway
Rochester, MN 55906
www.GreatHarvestRochester.com
507-286-1101

Great Harvest Classic Sandwiches

All Classic Sandwiches are made with optional thin sliced red onion, romaine lettuce, sliced tomato, honey mustard, mayonnaise, salt and pepper and your choice of sandwich bread.

Turkey & Swiss...$6.45
Lightly smoked turkey breast, Swiss cheese, mayo, and honey mustard.

Louisville Chicken Salad...$6.45
Chunks of white and dark meat chicken in a seasoned mayonnaise dressing with sweet & spicy pecans.

Great Harvest Cold Signature Sandwiches

All Signature Sandwiches are made with optional thin sliced red onion, romaine lettuce, sliced tomato, salt and pepper, on the recommended bread.

California Cobb...$6.95
Fresh avocado, smoked turkey breast, and crispy bacon, with a bleu cheese spread, served on honey whole wheat bread.

Country Smoked Turkey...$6.95
Smoked turkey breast, roasted peppers and onions on focaccia bread.

Harvest Veggie...$6.95
Fresh green pepper rings, cucumber slices, provolone and cheddar cheeses with sun dried tomato spread on honey whole wheat bread.
With avocado, add 50¢

Great Harvest Hot Signature Sandwiches

All Hot Signature Sandwiches served fresh off the steamer and grill to melt in your mouth!

BLT Panini...$5.99
Crispy smoky bacon, ripe tomatoes, romaine lettuce, and mayonnaise toasted to perfection.

Tuscan Chicken Panini...$7.35
Aged provolone melted over grilled chicken breast, optional thin sliced red onion, romaine lettuce, tomato, salt and pepper and a sun dried tomato pesto spread on focaccia bread.

Smoky BBQ Cheddar Chicken Panini...$7.35
Grilled chicken breast, optional thin sliced red onions, romaine lettuce, tomato, salt and pepper, smoky honey BBQ sauce, melted sharp cheddar and crisp bacon on focaccia bread.

Spicy Smoked Turkey & Pepper Jack Panini...$7.35
Smoked turkey breast, melted pepper jack cheese, roasted onions and peppers, romaine lettuce, salt and pepper and tomato with a spicy southwest mayonnaise, optional thin sliced red onions on focaccia.

"GHBC" Grilled Cheese Panini...$5.99
A twist on the traditional sandwich served with a garlic and herb spread and two cheeses, sharp cheddar and Swiss on white bread.
With crisp bacon, add $1.00
With sliced tomato, add 50¢

Kiddie Sandwiches

Simple, tasty kid-favorite sandwiches are served with a 1/2 of a cookie.

Peanut Butter & Jelly...$2.99
Creamy peanut butter and strawberry jam.

Lil' Cheezer...$2.99
Cheddar cheese on our Old Fashioned White bread with a light touch of mayo.

Sandwich Breads

Handcrafted & baked from scratch daily!

Honey Whole Wheat
Our specialty! Made from freshly stone-ground 100% whole wheat flour milled in our bakery every day. Nutty, versatile flavor with a dense but soft texture.

Old Fashioned White
Blends pure honey and premium flour unbleached, unbromated and absolutely no preservatives. Just like the bread Grandma makes!

Italian Herbed Focaccia
Homemade in the classic Italian flat bread style. Seasoned with extra virgin olive oil, basil, oregano, parsley, and encrusted with freshly grated Parmesan cheese and garlic.

Add Chips and/or a Giant Cookie for $1.00 each

Don't forget the treats!

The perfect assortment of Great Harvest sweets for a morning meeting, a lunch gathering, or a thank-you for the office.

Tray of Treats

Large...$45.00 (serves 36-40)
Small..$22.00 (serves 12-30)
Includes a specialty loaf of the day, tea cake of the day, and an assortment of muffins, scones and cookies.

Bakery Breakfast Box...$0.00

Includes a fresh giant cinnamon roll, muffin or other specialty breakfast item, served with a side of fruit, homemade granola, and a bottle of Welch's 100% juice.

The Great Big Cookie Box

$15.00 per dozen
Varieties include oatmeal chocolate chip, oatmeal raisin, peanut butter, snickerdoodle, turtle and original oatmeal.

Catering Options

Sandwich Trays

Small...$00.00 (12 sandwiches)
Medium...$00.00 (24 sandwiches)
Large...$00.00 (36 sandwiches)
Includes a specialty loaf of the day, tea cake of the day, and an assortment of muffins, scones and cookies.

Harvest Box Lunches...$0.00

Includes a fresh giant cinnamon roll, muffin or other specialty breakfast item, served with a side of fruit, homemade granola, and a bottle of Welch's 100% juice.

Additional Offerings

Additional Item no 1...$0.00

Description of additional item 1 can be entered here. Description of additional item 1 can be entered here.

Additional Item no 2...$0.00

Description of additional item 2 can be entered here. Description of additional item 2 can be entered here.

Additional Item no 3...$0.00

Description of additional item 2 can be entered here. Description of additional item 2 can be entered here.

Please Consider When Placing Your Order:

* Place your order by calling or stopping by the bakery.
* Orders of 10 or more must be placed before 10 a.m., please.
* We're happy to deliver for lunch orders of 15 or more.
* Lunches come brown bagged. Box lunch option available- $0.00 extra
* Order 24 hours in advance to ensure availability.
* We gladly deliver. Prices vary according to distance. Please check with us regarding your location.
* Payment to be made at time of order.

We gladly accept Visa, Discover, Mastercard and American Express.

Great Harvest Bread Co. Sandwiches & Panini

Where the outside is as good as the inside!

Bakery Hours M-F 7am-6pm, Sat. 7am-3pm
Fresh Sandwiches served M-F 10am-3pm

1234 Your Street
Anywhere, ST 56789
(123)456-7890
www.webaddress.com
www.facebook/pageaddress.com

WE CATER!
See back for more information.

Breakfast Sandwiches

Served between 8 am-11am on our freshly baked whole wheat or white bread. cheese choices: Swiss, American, Provolone or Cheddar.

Egg Sandwich...$0.00
Egg & Cheese...$0.00
Egg, Bacon & Cheese...$0.00
Egg, Ham & Cheese...$0.00

Great Harvest Classic Sandwiches

All Classic Sandwiches are made with thin sliced red onion, romaine lettuce, sliced tomato, white wine Dijon mustard, mayonnaise, salt and pepper and your choice of sandwich bread.

Ham & Swiss...$0.00
Tender slices of honey smoked ham and Swiss cheese

Turkey & Swiss...$0.00
Lightly smoked turkey breast and Swiss cheese

Roast Beef...$0.00
Sliced roast beef and aged provolone

Great Harvest Cold Signature Sandwiches

All Cold Signature Sandwiches are made with thin sliced red onion, romaine lettuce, sliced tomato, salt and pepper, and with the recommended bread of your choice of sandwich bread.

California Cobb...$0.00
Fresh avocado, smoked turkey breast, and crispy bacon, with a bleu cheese spread and honey whole wheat bread

Pepper Bleu Roast Beef...$0.00
Roast beef with bleu cheese spread, on caraway rye bread.

Country Smoked Turkey...$0.00
Smokey turkey breast, roasted peppers and onions with balsamic vinegar dressing on focaccia bread

Louisville Chicken Salad...$0.00
Chunks of white and dark meat chicken in a seasoned mayonnaise dressing with sweet & spicy pecans

Tuna Salad...$0.00
Chunk white albacore tuna with a seasoned mayonnaise dressing

Harvest Veggie...$0.00
Fresh pepper rings, cucumber slices, provolone and cheddar cheeses with red pepper garlic spread on honey whole wheat bread

Peanut Butter & Jelly...$0.00
Creamy peanut butter and grape jelly on white bread

Great Harvest Hot Signature Sandwiches

All Hot Signature Sandwiches served fresh off the steamer and grill to melt in your mouth!

BLT...$0.00
Crispy smoky bacon, ripe tomatoes, romaine lettuce, salt and pepper and mayonnaise on white bread toasted in the panini grill

Tuscan Chicken Panini...$0.00
Aged provolone melted over grilled chicken breast, thin sliced red onion, romaine lettuce, tomato, salt and pepper and a sun dried tomato pesto spread on focaccia bread.

Smoky BBQ Cheddar Chicken Panini...$0.00
Grilled chicken breast, thin sliced red onions, romaine lettuce, tomato, salt and pepper, smoky honey BBQ sauce, melted sharp cheddar and crisp bacon on focaccia bread

Spicy Smoked Turkey & Pepper Jack Panini...$0.00
Smoked turkey breast, melted pepper jack cheese, roasted onions and peppers, romaine lettuce, salt and pepper and tomato with a spicy southwest mayonnaise on caraway rye bread

Mile High Rye...$0.00
Smoked turkey and roast beef with melted Swiss, thin sliced red onion, romaine lettuce, tomato, salt and pepper, and roasted garlic and dill spread on caraway rye bread

Roast Beef Panini...$0.00
Roast beef, roasted peppers and onions, melted aged provolone, romaine lettuce, tomato and salt and pepper with a red pepper garlic cheese spread on focaccia

"GHBC" Grilled Cheese Panini...$0.00
A twist on the traditional sandwich served with a garlic and herb spread and two cheeses, sharp cheddar and Swiss on white bread; this sandwich is also available with honey smoked ham, crisp bacon and/or sliced tomato with an additional cost

Area For Extra Information

Utilize this space to mention meal combos, box lunches, drinks etc.

Item Listed Here...$0.00
Extra information about this item can be placed here in order to provide your customers a brief description

Item Listed Here...$0.00
Extra information about this item can be placed here in order to provide your customers a brief description

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Fall back to APPLES

You're going to flip over the Great Harvest "Fall Back To Apples" specials! We've baked up some apple-packed masterpieces for your delight. Check out our bountiful array of applelicious breads and treats. You'll fall head-over-heels. Great for picnics, back to school lunches, desserts and anytime indulgence!

SEPTEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
MN Wild Rice · Autumn Apple

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Apple Scrapple

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat
Autumn Apple

THURSDAY
Whole Grain Goodness · Cinnamon Chip White · Apple Scrapple
Bacon Cheddar Beer
Sourdough (available after 1 PM)
Sept 7 - Whole Grain White Sept 14 - Sundried Tomato
Sept 21 - Jalapeno Cheddar Sept 28 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar
Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

SEPTEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bar · Oatmeal Chocolate Chip Cookie

MONDAY
Apple Cinnamon Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Scotchie Cookie

TUESDAY
Berry Cream Cheese Scone · Triple Chocolate Muffin · Autumn Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Monster Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie
Pumpkin Chocolate Chip Muffin & Bread · Cinnamon Roll

SATURDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Jumble Cookie · Cinnamon Roll

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SEPTEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries · MN Wild Rice · Autumn Apple

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Apple Scrapple

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Autumn Apple

THURSDAY
9 Grain · Cinnamon Chip White · Apple Scrapple · Pepperoni Rolls
Sourdough (available after 1 PM)

Sept 1 - Basil Parmesan
Sept 8 - Green Chili
Sept 15 - Jalapeno Cheddar
Sept 22 - Sundried Tomato
Sept 29 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Supreme! · High 5 Fiber · Chipotle Cheddar · Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

SEPTEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Scotchie Cookie

TUESDAY
Berry Cream Cheese Scone · Zucchini Muffin · Oatmeal Raisin Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread · Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Monster Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Pumpkin Chocolate Chip Muffin & Bread · Cinnamon Rolls

SATURDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Jumble Cookie · Cinnamon Rolls

TO WEIGH LESS... TO LIVE HEALTHIER AND LONGER, EAT MORE 'GOOD' CARBS

Kudos to Robert Atkins, the good doctor who raised awareness about the perils of carbohydrates in an increasingly overweight nation. Never mind that his high-protein alternative is fraught with health risks. Never mind that many of his low-carb disciples (as many as 70 million in one form or another) don't draw distinctions between "bad" carbs and "good" carbs. For them, a carb is a carb is a carb – all mortal enemies of a thin and happy life. Despite his diet's shortcomings, Atkins did have the courage to raise the issue in a carb-guzzling world. He engaged the debate, which we believe will ultimately lead to a healthier America. For that we are grateful.

Still, it should be noted that the American Heart Association, American Dietetic Association and the American Kidney Fund have all warned about various dangers associated with low-carb, high protein diets.

Consider this from Dr. David Katz of the Yale School of Public Health: "Diets rich in fiber and complex carbohydrates – found in fruits, vegetables, beans and WHOLE GRAINS (this is where Great Harvest Bread enters the discussion) – have been shown in a wide array of studies to be associated with reduced risks of cancer, reduced risks of cardiovascular disease, reduced risk of diabetes, reduced risks of gastrointestinal disorders and overall health promotion. In other words, the notion of cutting carbs is a step in the opposite direction from everything we know about healthy eating."

And this from Judith Wurtman, a brain researcher at M.I.T.: "The diet-industrial complex is now pushing low carbs full steam ahead. It may take a long time, but 10 years from now, people are going to look back on this and say, 'Boy, were we really stupid.' "

And this from reporter David Bjerklie in an April 2004 *Time* magazine story titled "Low-Carb Nation":

"So if the low-carb mantra has made you cut simple sugars and refined carbohydrates from your diet, great. But if you are skimping on produce and WHOLE GRAINS and instead shoveling animal and dairy fats into your body, you are short-changing your health."

Jane Brody, the food and nutrition guru at *The New York Times*, cites various studies before weighing in with these conclusions in a March 4, 2003 article: "People who eat more whole grains tend to weigh less than those who consume fewer." And: "People who eat whole grains are healthier and live longer."

Then, in a column published on March 23, 2004, she writes: "None of my slender friends and acquaintances eats a low-carb diet. ... You don't have to eat low-carb to remain slim or to lose weight and keep it off. Fiber-rich carbohydrates (i.e., Great Harvest breads) offer three major benefits to the weight-conscious eater: they hold water in the gut, take longer to digest and some of their calories are eliminated unabsorbed. In other words, they can fill you up before they fill you out. ... A diet high in fat and low in carbs has yet to be tested for long-term safety and effectiveness. But fiber-rich balanced diets, replete with WHOLE GRAINS, fruits and vegetables along with reasonable quantities of fish, poultry, meat and dairy products, have been repeatedly shown to be conducive to enjoyable eating and to achieving and maintaining a normal body weight and long-lasting health."

*"So if the low-carb mantra has made you cut simple sugars and refined carbohydrates from your diet, great. But if you are skimping on produce and **WHOLE GRAINS** and instead shoveling animal and dairy fats into your body, you are short-changing your health."*

3 Servings of WHOLE GRAINS Daily

The Surgeon General's goal is for all Americans to consume at least three servings of WHOLE GRAINS daily. We have a long way to go. Today, the daily average is about half a serving.

The Food and Drug Administration states: "Diets rich in WHOLE-GRAIN foods and other plant foods low in total fat, saturated fat and cholesterol may help reduce the risk of heart disease and certain cancers." The FDA allows food manufacturers to claim health benefits for products with at least 51 percent WHOLE GRAINS by weight and less than 3 grams of fat per serving.

The health benefits of eating WHOLE GRAIN foods are outlined in study after study around the world. In fact, dozens of studies have shown that eating WHOLE GRAINS reduces cancer risks. Dr. Joanne L. Slavin writes in The Journal of the American Dietetic Association, "WHOLE GRAINS are rich sources of a wide range of phytochemicals with anticarcinogenic properties. Some of these phytochemicals block DNA damage and suppress cancer cell growth. ... The fiber in WHOLE GRAINS increases fecal bulk and speeds the transit of stool, decreasing the opportunity for mutagens to damage cells and cause cancer of the digestive tract. In addition, hormonally active lignans in WHOLE GRAINS may protect against hormonally mediated diseases, such as cancers of the breast and prostate."

A Finnish study of 21,930 male smokers and an American study of 43,757 male health professionals found a reduced risk of heart attacks among those who ate the most WHOLE-GRAIN bread and cereal. The Nurses' Health Study of nearly 90,000 women and the Health Professionals Study of nearly 44,000 men found that those who consumed the most fiber from WHOLE GRAINS had about a 30 percent lower risk of developing Type 2 diabetes.

'BAD' CARBS VS. 'GOOD' CARBS

Let's take a moment to explore the difference between "bad" carbs and "good" carbs, according to the experts.

As *Time* magazine explained in "The Low-Carb Frenzy," all foods can be divided into combinations of three different nutritional categories based on their chemical components: carbohydrates, proteins and fats. The body breaks down carbs into sugars that flow through the bloodstream and serve as the body's key source of energy. White bread, pasta and potatoes are examples of "bad" carbs that quickly turn to sugar in the body. Sugar not needed immediately by muscles is stored as fat to be used later. On the other hand, some fruits, vegetables, beans and, yes, WHOLE GRAINS, are also carbs. But they are "good" carbs that break down slowly and provide substantial infusions of vitamins, minerals and, especially, fiber. Numerous studies have demonstrated that diets rich in fiber can lower cholesterol and reduce the risk of heart disease.

Walter Willett, a medical doctor at the Harvard School of Public Health, has written a book, *Eat, Drink and Be Healthy – The Harvard Medical School Guide to Healthy Living* (Simon & Shuster, 2002). In it he explains that the basic difference between bad carbs and good carbs isn't as simple as the traditional understanding of "simple carbohydrates" (sugars) and "complex carbohydrates" (starches).

While the terms "simple" and "complex" have a specific chemical meaning, they don't mean much inside your body. In fact, your digestive system turns white bread, a baked potato, or white rice (all starches and therefore "complex" carbs) into glucose and pumps this sugar into the bloodstream almost as fast as it delivers the sugar in a cocktail of pure glucose. Swift, high spikes in blood sugar are followed by similar surges in insulin. As this insulin forces glucose into muscle and fat cells, blood sugar levels plummet, triggering the unmistakable signals of hunger. To make matters worse, these high levels of blood sugar and insulin surges are now implicated as part of the perilous pathway to heart disease and diabetes. The harmful effects of these rapidly digested carbohydrates are especially serious for people who are overweight.

WHOLE GRAINS
Keystones of a Healthy Diet

"The carbohydrates that should form the keystones of a healthy diet come from WHOLE GRAINS, like brown rice or oats, from foods made with WHOLE GRAINS, like whole-wheat pasta or bread, or from beans. Our body takes longer to digest these carb packages, especially when they are coarsely ground or intact. That means they have a slow, low and steady effect on blood sugar and insulin levels, which protects against heart disease and diabetes. They make you feel full longer and keep you from getting hungry right away. They also give you important fiber plus plenty of vitamins and minerals."

Harvard medical doctor Dr. Walter Willett goes on to describe the two carb building blocks in his Healthy Eating Pyramid. WHOLE-GRAIN good carbs sit prominently as part of the pyramid's foundation, and highly refined, rapidly digested bad carbs (including most desserts) are relegated to the very top.

"For almost 20 years our research team has been one of several groups studying the health effects of foods made from refined and intact grains. The result of this work is compelling. Eating lots of carbs that are quickly digested and absorbed increases levels of blood sugar and insulin, raises levels of triglycerides and lowers levels of HDL cholesterol. Over the long run, these changes lead to cardiovascular disease and diabetes. In contrast, eating WHOLE-GRAIN foods is clearly better for long-term good health and offers protection against diabetes, heart disease, cancer and gastrointestinal problems such as diverticulosis and constipation. Other research around the world points to the same conclusions."

IMPORTANCE OF GLYCEMIC INDEX, GLYCEMIC LOAD

At the heart of the distinction between good carbs and bad carbs is the Glycemic Index, which emerged in the 1990s when researchers at the University of Toronto showed that some foods raised blood sugar faster and higher than others, placing greater demands on the insulin system. The Glycemic Index ranks foods according to how rapidly sugars are released into the bloodstream.

Dr. Willett describes how the index works: The body converts digestible carbs into glucose – sugar that cells use as fuel. When glucose molecules pass from the stomach into the bloodstream, the pancreas releases insulin, a hormone that activates cells to absorb glucose. As muscles, fat and other cells sponge excess glucose from the blood, insulin levels return to normal.

Discovery of the Glycemic Index led to another measurement developed by a team from the Harvard School of Public Health called Glycemic Load. It includes the food's Glycemic Index plus how much carbohydrate the food delivers in one serving. Most fruits, vegetables, beans and WHOLE GRAINS have low Glycemic Loads. However, when fruits are squeezed into juices and WHOLE GRAINS are pulverized into refined flour, they turn into the equivalent of sugar water with very high Glycemic Loads.

WHY DOES A HIGH GLYCEMIC LOAD CAUSE WEIGHT GAIN?

"After a snack or meal with a high Glycemic Load, blood-sugar levels rise higher and faster than after a meal with a low load," Dr. Willett writes. "The insulin needed to stuff all that sugar into muscle and fat cells also blunts the activity of glucagons, a hormone that signals the body to burn stored fuel when blood-sugar levels fall below a certain point. Glucose levels plummet as a result, leaving the brain and other tissues starved for energy. Concentration flags, muscles get shaky and the body perceives an emergency. In search of a quick fix, the gut and brain send out hunger signals long before it's time for another meal. And for those who respond to these signals by downing another high-glycemic snack, the cycle repeats itself. The fluctuating sugar levels and elevated insulin levels lead to excessive snacking – and calories."

WHY DOES THIS EATING PATTERN CAUSE DIABETES?

Again, Dr. Willett: "Foods with high Glycemic Load pose another problem for a growing number of Americans. The tissues of people who are overweight or physically inactive resist insulin's signal to pull in glucose from the blood – a condition known as insulin resistance. This keeps blood sugar at high levels for prolonged periods. It also forces the pancreas to produce extra insulin in order to jam glucose into cells. Overworked insulin-making cells can wear out and cease production, leading ultimately to diabetes."

We don't need to swear off carbs to avoid weight gain and diabetes. The trick, according to Dr. Willett, is to choose foods with low Glycemic Loads. "For example, switch to WHOLE GRAINS. Until the 19th century, humans ate grains either whole or roughly ground. In this form, grains offered a carbohydrate package rich in fiber, healthy fats, vitamins, minerals, plant enzymes and hundreds of nutrients. ... Fortunately, WHOLE GRAINS are making a comeback."

WHOLE GRAINS – STARS IN DISEASE PREVENTION

It is the indigestible fiber and phytochemicals in WHOLE GRAINS that render them stars in disease prevention, Jane Brody writes in *The New York Times*. So, why is fiber such an important player on the good-health team?

"Fill up with fiber," writes Dr. Bob Arnot in his popular book, *Revolutionary Weight Control Program*. "Fiber, derived from plants, is classified as soluble and insoluble. Both types are beneficial. Soluble fibers dissolve in water, and so they soak up liquids. Insoluble fibers do not dissolve in water, though they assist in moving waste through the body.

"FILL UP WITH FIBER"

"Soluble-fiber foods are among your most important weapons against hunger. When water and soluble fiber mix in the gut, the stomach and small intestine expand, sending satiety signals that shut off further eating. That's why the experimental subjects were satisfied with fewer calories when they ate WHOLE-WHEAT BREAD than when they consumed white bread, which has fiber refined out of it."

(Dr. Arnot is referring to a revealing study in which one group was given WHOLE-WHEAT BREAD on one occasion and white bread on another. Both times participants were told to eat until they were full. The group consumed far fewer calories when they ate WHOLE-WHEAT BREAD, and yet were as satisfied as when they ate the greater amount of white bread.)

Dr. Arnot concludes, "The more fiber you load up on early in the day, the more effectively you may kill hunger – and impulse eating – into the evening."

Today, 64 percent of Americans are overweight, and more than 30 percent are obese, according to the FDA. In fact, obesity is gaining on smoking as the leading cause of preventable death.

"It seems clear that a large proportion of the population could benefit from eating more WHOLE GRAIN, and efforts are needed to encourage consumption," according to the American College of Nutrition.

Simin Liu, a Harvard researcher with the Brigham and Women's Hospital in Boston, says, "Americans understand that WHOLE GRAINS are healthier than refined grains, but the average person eats less than one serving of WHOLE GRAINS per day. ... The challenge for the food industry is to make WHOLE-GRAIN products more appealing than refined-grain products." For the rest of us, she suggests, "The challenge is to develop habits to increase WHOLE-GRAIN intake such as substituting WHOLE-WHEAT BREAD for white bread when making a sandwich. Developing such a simple habit may have long-term benefits."

Nicola M. McKeown, PhD., adds, "I think people understand the importance of eating fruits and vegetables, but when it comes to WHOLE GRAINS the message has pretty much been lost. This is in part because consumers don't really understand what WHOLE-GRAIN foods are."

To that end, the U.S. Department of Agriculture is poised to launch as part of the 2005 edition of the "Dietary Guidelines for Americans" an intensive effort to increase consumption of whole grains and reduce consumption of enriched grains (those stripped of their nutrients in the production process then "enriched" with required vitamin and mineral supplements – virtually all of the breads, white or otherwise, found on supermarket shelves). The USDA would recommend increases of whole-grain consumption by 275 percent for men and 227 percent for women.

"INCREASE WHOLE-GRAIN INTAKE"

NOBODY DOES WHOLE GRAIN BETTER

Great Harvest Bread Co. understands the magic of WHOLE GRAIN. That's why we're here. We have been the WHOLE-GRAIN headquarters for nearly 30 years. WHOLE GRAINS are our niche, our specialty – they're what we do. We mill WHOLE GRAINS in our store every day, so they're always fresh. The truth is that nobody does WHOLE GRAIN better than Great Harvest.

Let's take a look at our basic building block, the kernel of wheat. This natural miracle is a storehouse of nutrients that people have needed and used for thousands of years – the "staff of life." Each kernel (it takes about a million to fill a bushel basket) has three parts. 1) The endosperm is the largest part with 83 percent of the kernel's mass. This is where starch is stored and where the largest amount of flour comes from. It contains carbs, protein, iron and B-complex vitamins. 2) Bran is the fiber-rich outer layer with about 14.5 percent of the kernel, containing protein and B-complex vitamins. 3) Germ is the nutrient-rich embryo, the sprouting section, that packs abundant B-complex vitamins and trace minerals.

In baking WHOLE-GRAIN BREADS, Great Harvest uses the entire kernel. By contrast, many commercial bread makers, producing highly refined white breads and other breads that pose as "whole wheat" or "multigrain," strip away the bran and germ to make soft, airy breads with a longer shelf life. They bleach the flour, and then add vitamins and minerals to replace the lost nutrients. But many nutrients aren't added, and the lost fiber can't be replaced.

Great Harvest bread is made completely from scratch. Great Harvest's whole grain breads are made using freshly stone-ground flour that we grind from whole wheat kernels in our store daily. The flour in our whole grain breads are never more than 48 hours old, which means that essential nutrients, which begin breaking down over time, are preserved.

Freshly stone-ground 100% whole-wheat flour (from America's best wheat) that's never more than 48 hours old gives Great Harvest bread its exceptionally fresh taste. It also gives Great Harvest bread its satisfying size. Other bakeries use dough conditioners or chemicals to boost loaf volume. At Great Harvest we just use fresh wheat, carefully and stringently selected from the and high plains of America's best wheat growing regions. That's it. Stone-ground whole wheat – plus proprietary parts of our recipes and baking process – enables most Great Harvest breads to remain fresh 7 to 10 days without preservatives.

At Great Harvest we are all about making the best-tasting, most nutritious whole-grain breads you can find anywhere. We believe that eating our bread can help you lose weight and live a healthier and longer life.

MUSCLE BREAD

As a way of closing, we offer this tip for helping your children understand the difference between "fluff" bread and WHOLE-GRAIN bread. The original idea comes from William Sears, a well-known pediatrician and author from San Clemente, Calif., who dedicated an entire chapter to bread in his *Family Nutrition Book.*

Because parents often complain that their children won't eat anything but white bread, consider taking your kids to the bread aisle at a supermarket. Have them hold a loaf of white bread in one hand and a loaf of Great Harvest WHOLE-GRAIN bread in the other. The WHOLE-GRAIN breads are always much weightier.

Then tell them, in Dr. Sears' words: "The white bread is air bread. WHOLE GRAIN is heavier because it's muscle bread."

We like that... muscle bread.

Here's to your strong muscles and to a long and healthy life from your friends at Great Harvest.

WHOLE GRAINS FOR HEALTHY KIDS!!

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GREAT HARVEST BREAD CO.

706 N. Broadway
Rochester, MN
Hours: 6:30 a.m. - 6:00 p.m., Tues. - Friday
6:30 a.m. - 5:00 p.m. Saturday

Great Harvest Bread Co. is an Equal Opportunity Employer. We do not discriminate on the basis of race, religion, color, sex, age, national origin, or disability.

Date:_____

Name: _____
List Previous, Maiden, or Alias

Telephone # _____daytime _____evening

Current Address:_____

e-mail address _____ Date available to start to work? _____

How did you hear about us?_____Position Desired?_____

How long do you plan on working for us?_____Under 18 years old? Yes No

Highest grade or college completed_____

We are a non-smoking company. Can you work under these conditions? Yes No

Have you been convicted of a felony within the last 7 years? Yes No

If yes, please explain_____

Are you a U.S. Citizen, or do you have a permit which allows you to work? Yes No
(Proof of citizenship or immigration will be required on employment)

Great Harvest jobs may include standing for long periods of time, lifting regularly, stooping & bending frequently, performing repetitive hand motions; and most importantly, smiling and having fun at all times. Can you do these things, with or without accommodations? Please explain necessary accommodations.

The following questions do not have "right" answers but are intended to help us get to know you better. Short answers are OK, use more paper if you want.

Why are you interested in working at Great Harvest Bread Co?

Great Harvest is a very service-oriented business. What does good service mean to you?

Tell us about hobbies, special interests, experiences, or skills (Not necessarily job related). List something that you are particularly proud of.

What type(s) of music do you enjoy? Favorite radio station?

What skills from previous jobs would qualify you for a position at Great Harvest?

What are your goals for the next six to twelve months? Two years? Five years?

What are your preferred working hours and available days and hours? Will your availability change in the next six months?

Give us a couple references (with phone #) who you have known for at least 1 year.
Exclude friends or relatives.

Anything else you would like us to know about you?

Employment History

Please tell us about your recent job history starting with the present: (5 years)

Company_____Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back?_____# of days taken off?_____

_____

Company_____Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back?_____# of days taken off?_____

_____

Company_____Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back?_____# of days taken off?_____

Employment Agreement

I certify that the facts contained in this application are true and correct, and I confirm that my omission or misrepresentation of any fact on this application is sufficient reason for Great Harvest to deny me employment. If employed, such an omission or misrepresentation shall be grounds for dismissal. I further authorize investigation of all statements contained herein and contact with references listed. I agree that if an employment relationship is established with Great Harvest, it will be of an "at will" nature. Meaning that I may resign at any time & Great Harvest may dismiss me at any time with or without cause.

Signature_____ Date_____

Q: Some days I am much more active than others. Does that make a difference?
A: Yes! The more physically active you are, the more carbohydrates you use for fuel. In addition, the faster the pace of activity, the more carbohydrates you use.

Q: Can I save all of my carbohydrates for dinner?
A: If you have type 2 diabetes, it's better to distribute your carbohydrates throughout the day. Your body is still making insulin; you are just using it less effectively. Lots of carbohydrates at once will tax your body's ability to clear the blood sugar. Smaller, more frequent amounts of carbohydrates are recommended. If you have type 1 diabetes, the most important point to remember is to match the insulin you take with the amount of carbohydrate at a meal.

Q: So, portion control is the right answer, rather than abstaining from carbohydrates?
A: Yes! Learn how many carbohydrates are right for you, based on your usual dietary intake, your preferences and your blood sugars.

Q: Do whole grain breads have any benefits over breads made with refined white flour?
A: Yes again! Research indicates that whole grains may help with weight loss, and help prevent colon cancer and heart disease. In addition, whole grains naturally provide micronutrients such as the B vitamins, iron and zinc. They also contain phytochemicals, which may be part of the reason they help prevent chronic disease.

DO YOURSELF A FAVOR!

If you have diabetes, consult with a certified diabetes educator or dietitian familiar with your disease. An educator can help design a meal pattern for you that will contain a healthy, balanced diet, which can include delicious and nutritious Great Harvest bread.

Here is an example of a low carbohydrate food plan using Great Harvest bread:

BREAKFAST
- 1 orange
- 1 slice of Nine Grain bread with peanut butter
- Meal total ≈ 42 grams of carbohydrate*

LUNCH
- 2 slices of Honey Whole Wheat with sliced turkey, tomatoes, lettuce, onions and sprouts
- ½ cup carrot sticks with light ranch dip
- Meal total ≈ 42 grams of carbohydrate*

DINNER
- Grilled halibut with carrots and green beans
- Large green salad with oil and vinegar
- Enjoy a handful of granola for dessert
- Meal total ≈ 18 grams of carbohydrate*

*Remember to subtract the grams of fiber from the total grams of carbohydrates.

This brochure has been written with the help of Carla Cox, Ph.D., registered dietitian, certified diabetes educator, and nutrition consultant for Great Harvest Bread Co.

Great Harvest Bread Co.®

I have DIABETES

CAN I EAT Great Harvest BREAD?

Great Harvest Bread Co.®

YOU BET!

DIABETES *is a disease diagnosed when a fasting blood sugar is greater than 126 mg/dl. Pre-diabetes is becoming a more common diagnosis, and is diagnosed when a fasting blood sugar is greater than 110 mg/dl, but less than 126 mg/dl.*

When carbohydrate-rich foods are eaten, blood sugars rise. (Foods rich in carbohydrates include fruit, milk, yogurt, potatoes, rice, whole grain breads and desserts.) In an individual with diabetes, high carbohydrate diets can overwhelm the body's ability to move sugar from the blood stream into tissues where it is used to help perform the work of the cell. Some people can have high blood sugars even with a low carbohydrate diet, because the body can make glucose even without carbohydrates. Chronically high blood sugars can damage the heart, kidney, eyes and nerves, so they need to be treated.

What complicates the food recommendations for an individual with diabetes is that everyone needs some carbohydrates. Carbohydrates are used by the brain and are important in the function of the working muscle, particularly when the work is intense (lifting, running, sprinting).

COMMON QUESTIONS FROM PEOPLE DIAGNOSED WITH DIABETES:

Q: How many carbohydrates can I eat?
A: Since each person is unique, that question is best answered by a certified diabetes educator or dietitian that frequently works with individuals diagnosed with diabetes. However, here are some general guidelines:

If you have type 2 diabetes or pre-diabetes:

- *Everyone should obtain at least 100 grams of carbohydrates per day.*
- *Individuals who are younger, more active or male, should consume more carbohydrates per meal. It may be appropriate for some to eat 60g-75g or more carbohydrates per meal! (And a slice of Great Harvest bread can certainly fit here... read on.)*
- *A small, older female who is not very active would need the least number of carbohydrates per meal (30g for breakfast, 30g for lunch and 40g for dinner would be a good estimate).*

If you have type 1 diabetes or are taking insulin at each meal:

- *Your insulin should be matched to the amount of carbohydrate you are eating at each meal and snack. Talk to your diabetes educator about using a scale of units of insulin to grams of carbohydrate.*

Q: How many grams of carbohydrates are in a slice of Great Harvest bread?
A: Since the size and shape of the loaves vary, ask for a handout that lists all the breads made at Great Harvest Bread Company, and the quantity of carbohydrates per serving. A typical slice of Great Harvest bread weighs 45g - 50g (that is a little more than 1.5 ounces). You'll need a small scale at home to be really accurate! (One slice of store bought bread is usually 30g by weight and contains 12g-15g of carbohydrates; a bagel may be as many as 150g by weight and contain 72g of carbohydrates.) Some examples are:

[Bread Variety]	[Carbohydrates]	[Fiber]
Honey Whole Wheat	22g	3g
Cranberry Orange	25g	3g
Nine Grain	23g	3g
Flax Oat Bran	21g	4g
Raisin Whole Wheat	24g	3g
High 5 Fiber	21g	5g

PER 50-GRAM SERVING SIZE

Carbohydrates (grams) - Fiber (grams) = Total Carbohydrates

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N, Broadway
Rochester MN 55906
507-286-1101
www.greatharvestrochester.com

MONDAY-FRIDAY 6:30AM-6:00PM, SATURDAY 6:30AM-5:00PM, CLOSED SUNDAY

Change Your Loaf FOREVER!

Sink your teeth into a slice of this delicious & festive summer bread! Loaded with dried cranberries, wild blueberries, white chocolate chips and a splash of vanilla! This bread is bound to spark your taste buds. We'll be baking Red, White & Blueberry bread throughout July!

JULY *Breads*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/berries · Cinnamon Chip White
Potato Fennel Thyme · Red, White, & Blueberry

TUESDAY
Dakota · Cinnamon Chip Wheat · Cheddar Garlic · Cranberry Orange
Mexican Chocolate

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat
Red, White, & Blueberry

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta · Bacon Cheddar Beer
Sourdough:(available after 1pm)
July 6 - 3 Cheese
July 13 - Plain ol White
July 20 - Sundried Tomato
July 27 - Whole Grain White

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar
Anadama (loaves & buns) · Red, White, & Blueberry

SATURDAY
Cinnamon Chip White · Apple Cinnamon Swirl · Rosemary Garlic

JULY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Turtle Cookie

WEDNESDAY
Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Raisin Cookie
Vanilla Almond Scone

THURSDAY
Mocha Chip Scone · Lemon Poppy Muffin · Snickerdoodles

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin · Monster Cookie · Cinnamon Rolls

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

HONEY BUNNIES

EASTER SCHEDULE (APRIL 13-15)

Honey Whole Wheat, Old Fashioned White, Challah, Cinnamon Chip White, Light Wheat Virginia Rolls, Basil Oregano Virginia Rolls, Easter Ambrosia, Hot Cross Buns, Bunnies.

Accepting orders for Bunnies only!

$2 of each BUNNY sold goes to Paws & Claws.

APRIL *Hop on down and see what's baking today*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

THURSDAY (APRIL 13 WILL FOLLOW EASTER SCHEDULE)
9 Grain · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
April 6 - Whole Grain White April 13 - NO Sourdough
April 20 - White April 27 - Jalapeno Cheddar

FRIDAY (APRIL 14 WILL FOLLOW EASTER SCHEDULE)
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Apple Cinnamon Swirl
Chipotle Cheddar

SATURDAY (APRIL 15 WILL FOLLOW EASTER SCHEDULE)
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

Easter Schedule (April 13-15) Thursday - Saturday
Honey Whole Wheat, Old Fashioned White, Challah, Cinnamon Chip White, Light Wheat Virginia Rolls, Basil Oregano Virginia Rolls, Easter Ambrosia, Hot Cross Buns, Bunnies.

APRIL *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Maple Nut Goodie Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin
Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Butterscotch Muffin · Double Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Maple Muffin · Turtle Cookie · Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

The Freshest **WHOLE GRAIN** Breads

April means that Spring is in the air at Great Harvest! Shower yourself with our fresh and delicious Wednesday Specials all month long:

April 4
Blueberry Cheesecake Swirl

April 11
Caraway Rye

April 18
Mexican Chocolate

April 25
Brioche

APRIL *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic
Wednesday Special (see left)

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Blueberry Lemon
Sourdough (available after 1PM)
April 5 - Whole Grain White
April 12 - Cranberry Walnut
April 19 - White
April 26 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

APRIL *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Maple Nut Goodie Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin
Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Berry Cream Cheese Scone · Blueberry Muffin · Double Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin & Coffee Cake · Turtle Cookie
Cinnamon Roll

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Bread.
The way it *ought* to be.

Why we get up at 3:00 AM

Every morning we get up early knowing we are keeping our promise to deliver you fresh, healthy, real, great tasting whole grain breads and sweets.

We could sleep in if we used pre-made bread dough or frozen par baked cookies, muffins, scones, and other sweet treats; but we don't and won't.

We know you have many bread choices and truly appreciate that you make that extra stop at Great Harvest Bread Co. Thank you for supporting your local neighborhood bakery!

AUGUST *Your Local Whole Grain Headquarters!*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/ berries · Cinnamon Chip White · Blueberry Lemon
Green Chili Cheddar

TUESDAY
Cranberry Orange · Dakota · Cinnamon Chip Wheat · Cheddar Garlic

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat · Blueberry Lemon

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta
Sourdough (available after 1PM)
Aug 4 - White
Aug 11 - Sundried Tomato
Aug 18 - Jalapeno Cheddar
Aug 25 - Cranberry Walnut

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar
Blueberry Lemon

SATURDAY
Rosemary Garlic · Apple Cinnamon Swirl · Cinnamon Chip White

AUGUST *Sweet Spot!*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Triple Chocolate Scone · Pumpkin Chocolate Chip Muffin & Bread · Jumble Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Milk Chocolate Peanut Butter Cookie

WEDNESDAY
Lemon Poppy Scone · Pumpkin Chocolate Chip Muffin & Bread · Turtle Cookie

THURSDAY
Mocha Chip Scone · Vegan Berry Bran Muffin · Maple Nut Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Triple Chocolate Scone · Vegan Berry Bran Muffin · Monster Cookie
Cinnamon Rolls

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We could sleep in if we used pre-made bread dough or frozen par-baked cookies, muffins, scones, and other sweet treats; but we don't and won't.

We know you have many bread choices and truly appreciate that you make that extra stop at Great Harvest Bread Co. Thank you for supporting your local neighborhood bakery!

AUGUST *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · Cinnamon Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Peanut Butter Chocolate Chip · Garden Wheat

THURSDAY
Cinnamon Chip White · 9 Grain · Spinach Feta
Sourdough (available after 1pm)
Aug 3 - Whole Grain White Aug 10 - Jalapeno Cheddar
Aug 17 - Cranberry Walnut Aug 24 - 3 Cheese Aug 31 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Pepperoni Bread
Bacon Cheddar Beer · High 5 Fiber · Anadama (loaves & buns)

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

AUGUST *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Berry Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Jumble Cookie · Cinnamon Twists

WEDNESDAY
Lemon Poppy Scone · Pumpkin Chocolate Chip Muffin & Bread
Milk Chocolate Peanut Butter Cookie

THURSDAY
Mocha Chip Scone · Butterscotch Muffin · Cinnamon Twists · Maple Nut Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Triple Chocolate Scone · Butterscotch Muffin · Turtle Cookie
Cinnamon Roll · Cinnamon Twists

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Sink your teeth into a slice of this delicious & festive summer bread! Loaded with dried cranberries, wild blueberries, white chocolate chips and a splash of vanilla! This bread is bound to spark your taste buds. We l be baking Red, White & Blueberry bread throughout July!

JULY *Breads*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/berries · Cinnamon Chip White · Red Pepper Swiss · Red, White, & Blueberry

TUESDAY
Dakota · Cinnamon Chip Wheat · Cheddar Garlic · Cranberry Orange · Onion Dill Rye

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat · Red, White, & Blueberry

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta · Onion Dill Rye
Sourdough:(available after 1pm)
July 7 - Jalapeno Cheddar *July 14 - Cranberry Walnut*
July 21 - Whole Grain White *July 28 - Jalapeno Cheddar*

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar · Red, White, & Blueberry

SATURDAY
Cinnamon Chip White · Apple Cinnamon Swirl · Rosemary Garlic

JULY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Caramel Cookie

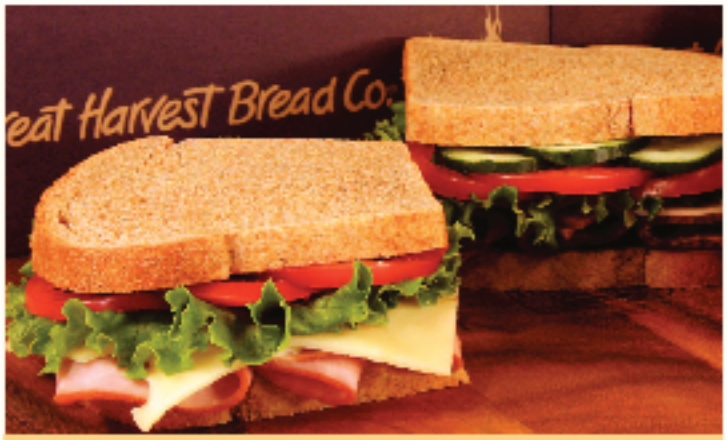
TUESDAY
Caramel Apple Scone · Blueberry Muffin · Turtle Cookie

WEDNESDAY
Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Raisin Cookie · Maple Oatmeal Scone

THURSDAY
Mocha Chip Scone · Lemon Poppy Muffin · Snickerdoodles

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Walnut Chocolate Chip Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin · Snickerdoodles · Cinnamon Rolls



Fresh from our Bakery

Bakery Box Lunch

$7.99, Classic Sandwich

$8.99, Signature Sandwich

Individual box lunches including your choice of sandwich made on fresh baked bread, chips, a pickle and a giant Great Harvest cookie.

Sandwiches feature our famous 100% whole grain Honey Whole Wheat bread made with 5 simple ingredients: wheat, water, honey, yeast and salt.

Classic Sandwiches:
Ham & Swiss, Turkey Swiss, and Roast Beef & Provolone.

Signature Sandwiches:
Harvest veggie, Pepper Blue Roast Beef, California Cobb, Chicken Salad and Tuna Salad.

Add $1.00 for individual boxes (rather than bags).

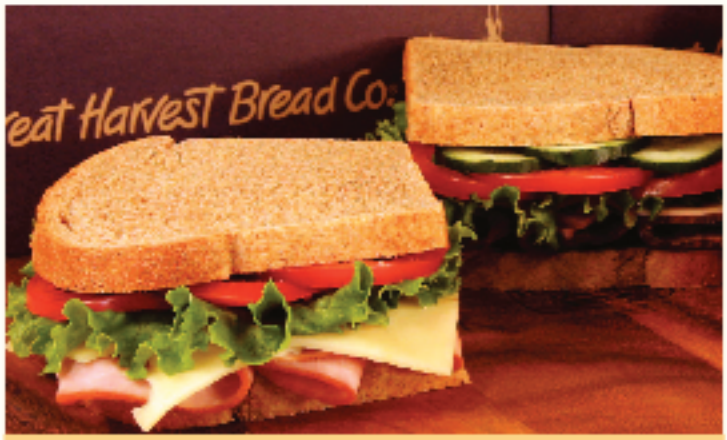
Sandwich Platter

6 Classic Sandwich Platter...$33
6 Signature Sandwich Platter...$39
12 Classic Sandwich Platter...$65
12 Signature Sandwich Platter...$77

Sandwiches platters are a great option for offering a variety of choices. Sandwiches are halved. Mayo and mustard packets are included.

Larger sandwich orders are available upon request.

Great Harvest Bread Co.



Fresh from our Bakery

Bakery Box Lunch

$7.99, Classic Sandwich

$8.99, Signature Sandwich

Individual box lunches including your choice of sandwich made on fresh baked bread, chips, a pickle and a giant Great Harvest cookie.

Sandwiches feature our famous 100% whole grain Honey Whole Wheat bread made with 5 simple ingredients: wheat, water, honey, yeast and salt.

Classic Sandwiches:
Ham & Swiss, Turkey Swiss, and Roast Beef & Provolone.

Signature Sandwiches:
Harvest veggie, Pepper Blue Roast Beef, California Cobb, Chicken Salad and Tuna Salad.

Add $1.00 for individual boxes (rather than bags).

Sandwich Platter

6 Classic Sandwich Platter...$33
6 Signature Sandwich Platter...$39
12 Classic Sandwich Platter...$65
12 Signature Sandwich Platter...$77

Sandwiches platters are a great option for offering a variety of choices. Sandwiches are halved. Mayo and mustard packets are included.

Larger sandwich orders are available upon request.

Great Harvest Bread Co.

Salad
$40
Add chicken for $7.50

A fresh mix of spinach and spring mix lettuce with wedges of tomatoes, sliced onions, craisins, sliced almonds, strawberries, feta cheese, croutons and a light raspberry vinaigrette dressing.

Soup
$12
Choose from a variety of soups including our Chicken & Noodle, Stuffed Green Pepper with Beef, Cheddar Broccoli, and many more. Each soup (32oz) order includes freshly baked rolls. Ideal for groups up to 4.

The Great Big Cookie Box
$17.00, Bakers dozen
Choose from chocolate chip, snickerdoodle, peanut butter chocolate chip, dillon, and more. Varieties change daily.

Sweets Spot
Large...$60 (25 item assortment)
Small...$33 (15 item assortment)
These boxes include an assortment of muffins, bars and scones. The large box also includes a fresh sliced batter bread.

To order, call Sam or Steph at (918) 878-7878
or visit us at:
5203 S Sheridan Road, Tulsa, OK 74145
Mon-Fri 7am-6pm
Sat 7am-4pm

1. Order 24 hours in advance to ensure availability.
2. We gladly deliver. Prices vary according to distance. Please check with us regarding your location.
3. Payment to be made at time of order. We gladly accept Visa, Discover, Mastercard and American Express.

Great Harvest Bread Co.

www.tulsaok.greatharvestbread.com

Salad
$40
Add chicken for $7.50

A fresh mix of spinach and spring mix lettuce with wedges of tomatoes, sliced onions, craisins, sliced almonds, strawberries, feta cheese, croutons and a light raspberry vinaigrette dressing.

Soup
$12
Choose from a variety of soups including our Chicken & Noodle, Stuffed Green Pepper with Beef, Cheddar Broccoli, and many more. Each soup (32oz) order includes freshly baked rolls. Ideal for groups up to 4.

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$17.00, Bakers dozen
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1. Order 24 hours in advance to ensure availability.
2. We gladly deliver. Prices vary according to distance. Please check with us regarding your location.
3. Payment to be made at time of order. We gladly accept Visa, Discover, Mastercard and American Express.

Great Harvest Bread Co.

www.tulsaok.greatharvestbread.com

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Made From Scratch

Give AND Be Merry!

MERRY BERRY!
Cranberries and White Chocolate packed into a sweet, white bread will make you very merry! Available every day in December.

Holiday Hours:
Open Christmas Eve & New Year's Eve
6:30 - 3:00 pm

Rolls! Rolls! Rolls!
Dec 21 - 24
We will make lots of rolls in addition to scheduled breads. Also - Finnish Pulla, Light Wheat Virginia Rolls & Basil Oregano Virginia Rolls.

Sorry - No orders
Dec 21 - 24

DECEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah · Merry Berry

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · Merry Berry

TUESDAY
Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Mexican Chocolate · Merry Berry

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Merry Berry

THURSDAY
9 Grain · Cinnamon Chip White · Rosemary Garlic · Merry Berry
Sourdough (available after 1PM)
Dec 1 - Cranberry Walnut Dec 8 - White
Dec 15 - Jalapeno Cheddar Dec 22 - Cranberry Walnut
Dec 29 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Butterscotch Delight · Merry Berry

SATURDAY
Cinnamon Chip White · White Rosemary Garlic · Apple Cinnamon Swirl · Merry Berry

Christmas WEEK (Wednesday - Saturday)
Honey Whole Wheat (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Basil Oregano Virginia Rolls,
Light Wheat Virginia Rolls, & Finnish Pulla

DECEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Oatmeal Chocolate Chip Cookies
Savannah Bars · Ginger Cookies

MONDAY
Egg Nog Scone · Christmas Cookie · Pumpkin Choc Chip Muffin & Bread

TUESDAY
Cinnamon Chip Cream Cheese Scone · Chocolate Mint Cookie · Blueberry Muffin

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie · Raspberry White Chocolate Muffin

THURSDAY
Egg Nog Scone · Snickerdoodle Cookie · Pumpkin Choc Chip Muffin & Bread

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Chocolate Muffin
Cinnamon Rolls

SATURDAY
Egg Nog Scone · Christmas Cookie · Raspberry White Chocolate Muffin
Cinnamon Rolls

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Made from scratch

Give AND Be Merry!

MERRY BERRY!
Cranberries and White Chocolate packed into a sweet, white bread will make you very merry! Available every day in December.

Holiday Hours:
Open Christmas Eve
6:30 - 3:00 pm
Closed Dec 25 - 26 &
Dec 31 - Jan 2

Rolls! Rolls! Rolls!
Dec 20 - 24
We will make lots of rolls in addition to scheduled breads. Also - Finnish Pulla, Light Wheat Virginia Rolls & Basil Oregano Virginia Rolls.

Sorry - No orders
Dec 20 - 24

DECEMBER Bread Schedule

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · Merry Berry

TUESDAY
Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Mexican Chocolate · Merry Berry

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Merry Berry

THURSDAY
9 Grain · Cinnamon Chip White · Rosemary Garlic · Merry Berry
Sourdough (available after 1PM)
Dec 7 - Cranberry Walnut Dec 14 - Jalapeno Cheddar
Dec 21 - Cranberry Walnut Dec 29 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Butterscotch Delight · Merry Berry

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl · Merry Berry

Christmas WEEK (Wednesday - Sunday)
Honey Whole Wheat (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Finnish Pulla,
Basil Oregano Virginia Rolls, & Light Wheat Virginia Rolls

DECEMBER Sweet Spot

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Ginger Cookie

MONDAY
Egg Nog Scone · Christmas Cookie · Pumpkin Choc Chip Muffin & Bread

TUESDAY
Cinnamon Chip Cream Cheese Scone · Chocolate Mint Cookie · Blueberry Muffin

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie · Raspberry White Chocolate Muffin

THURSDAY
Egg Nog Scone · Snickerdoodle Cookie · Pumpkin Choc Chip Muffin & Bread

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Chocolate Muffin
Cinnamon Roll

SATURDAY
Egg Nog Scone · Christmas Cookie · Raspberry White Chocolate Muffin
Cinnamon Roll

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

White CHOCOLATE CHERRY Swirl

Chocolate Lovers Rejoice!

Every February we celebrate chocolate big time, and not just for Valentine's Day. Enjoy specialty chocolate treats all month!

Fun Fact

Did you know chocolate stimulates endorphins (which make us happy!) and contains serotonin (which acts as an antidepressant). The Harvard School of Public Health said that a person who eats chocolate up to 3 times per month lives almost a year longer. So eat up without the guilt!

FEBRUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · White Chocolate Cherry Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Blueberry Cheesecake Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · White Chocolate Cherry Swirl
Flax Oatbran · Potato Fennel Thyme

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate Sourdough (available after 1PM)
Feb 2 - White Feb 9 - Cranberry Walnut
Feb 16 - 3 Cheese Feb 23 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Peanut Butter Chocolate Chip
Chipotle Cheddar · White Chocolate Cherry Swirl · High 5 Fiber

SATURDAY
Cinnamon Chip White · Potato Fennel Thyme · White Chocolate Cherry Swirl

FEBRUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Chocolate Bliss Cookie

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Chocolate Cherry Scone · Red Velvet Cupcake · Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Chocolate Cappuccino Muffin · Peanut Butter M & M Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Chocolate Cherry Scone · Raspberry Chocolate Muffin · Turtle Cookie · Cinnamon Roll

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FEBRUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · White Chocolate Cherry Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Blueberry Cheesecake Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · White Chocolate Cherry Swirl
Flax Oatbran · Potato Fennel Thyme

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate
White Sourdough (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Peanut Butter Chocolate Chip
Chipotle Cheddar · White Chocolate Cherry Swirl · High 5 Fiber

SATURDAY
Cinnamon Chip White · Rosemary Garlic · White Chocolate Cherry Swirl

FEBRUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Chocolate Bliss Cookie

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Chocolate Cherry Scone · Red Velvet Cupcake · Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Chocolate Cappuccino Muffin · Peanut Butter M & M Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Chocolate Cherry Scone · Raspberry Chocolate Muffin · Turtle Cookie · Cinnamon Roll

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EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · White Chocolate Cherry Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Blueberry Cheesecake Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · White Chocolate Cherry Swirl
Flax Oatbran · Potato Fennel Thyme

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate
Sourdough (available after 1PM)
Feb 2 - White Feb 9 - Cranberry Walnut
Feb 16 - 3 Cheese Feb 23 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Peanut Butter Chocolate Chip
Chipotle Cheddar · White Chocolate Cherry Swirl · High 5 Fiber

SATURDAY
Cinnamon Chip White · Potato Fennel Thyme · White Chocolate Cherry Swirl

FEBRUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Chocolate Bliss Cookie

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Chocolate Cherry Scone · Red Velvet Cupcake · Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Chocolate Cappuccino Muffin · Peanut Butter M & M Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Chocolate Cherry Scone · Raspberry Chocolate Muffin · Turtle Cookie · Cinnamon Roll

FRESH MADE SANDWICHES

Premium Great Harvest bread combined with select fresh ingredients make a delicious and wholesome sandwich. Come in and let us make one fresh for you!

Ham and Swiss
Turkey and Swiss
Roast Beef and Provolone
Veggie Three-Seed Hummus
Baja Chipotle Turkey
Chimichurri Roast Beef
The Italian
Big Sky Chicken Salad
Peanut Butter & Jelly

- Special -

Ham and Brie

Refer to our sandwich menu for full description of our delicious sandwich options served daily from 11 a.m. - 2 p.m.

Hot Fresh Bread Handcrafted Every Day!

September & October Bread and Sweets Menu

EVERY DAY BREAD
Honey Whole Wheat, Harvest White, Cinnamon Chip, and Savory Biscuits

MONDAY, WEDNESDAY & FRIDAY BREAD
Dakota, Hummus, and Bacon Cheddar Beer - Made with locally-brewed beer!

TUESDAY, THURSDAY, & SATURDAY BREADS
Anadama, Cheddar Garlic and Oregon Herb

MONDAY, WEDNESDAY & FRIDAY SWEETS TREATS
Dillon Cookie, Salted Caramel Cookie, Berry Cream Cheese Scone, Pumpkin Chocolate Chip Muffin and Batter Bread, Savannah Bars, and Brownies

TUESDAY, THURSDAY & SATURDAY SWEET TREATS
Oatmeal Raisin Cookie, Chocolate Chip Hazelnut Scone, Pumpkin Chocolate Chip Muffin and Batter Bread, and Savannah Bar

ADDITIONAL PRODUCTS OFFERINGS
Chocolate Chip Cookie Mix, Pancake Mix, Groovy Granola, 9 Grain Hot Cereal, Cinnamon Raisin Oatmeal Cereal Mix, Corn Bread Mix, Harvest Bars, and Dog Treats

Offering fresh brewed coffee from our local coffee guys!

1234 My Street, City, State 55555
406-123-1234
www.MyWebsite.com
www.Facebook.com/myGreatHarvestBread

Hours: M - F: 7 a.m. to 6 p.m. and Sat: 7 a.m. to 5 p.m.

GREAT HARVEST BREAD Co.
JOB APPLICATION

Name:_____ Date:_____

Address:_____
Street city/state zip

Phone #: _____ Best time to call: _____

Under 18 years old?_____ If in school, what year? _____

Hours per week desired (list minimum needed and max.) _____

If part-time, list available hours from 4am to 7pm and days from Monday to Sunday:

_____
_____
_____

Will your availability listed above change in the next 6 months?_____

How long do you plan on working for us? _____

Highest grade completed/ years of college/ degrees earned: _____

Have you ever been convicted of a crime? ____ (if yes, date, place & nature)

Please answer the following: (Use back of application for your answers)

1. Give us your 2 best work-related references (like previous employers) and phone #'s.
2. List a brief job history. Include supervisors' names, dates employed and reason for leaving.
3. Why did you choose to apply at Great Harvest?
4. Great Harvest is a very service-oriented business. What does good service mean to you?
5. Great Harvest is a high-volume business with a workday that can be long and stress-filled. What makes you believe you can perform well and excel under these working conditions?

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Apple Cherry Pecan	140	2.5	0	0	0	290	26	3	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (ingredient components may vary), Honey, Dried Apples (Ingredient components may vary), Pecans, Eggs, Yeast, Salt. CONTAINS: WHEAT, PECANS, SOY, AND EGG.
Apple Cinnamon Walnut	140	2	0	0	0	270	27	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Walnuts, Yeast, Salt, Eggs, Apple Juice (Ingredient components may vary), Ground Cinnamon. CONTAINS: WHEAT, WALNUTS, SOY, AND EGG
Apple Crunch	130	2g	1	0	10	290	23	4	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Apples, Honey, Brown Sugar, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, SOY, AND EGG
Apple Crunch Blend	130	2	1	0	10	290	24	3	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Enriched White Flour (Ingredient components may vary), Apples, Honey, Brown Sugar, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, SOY, AND EGG
Apricot Almond	140	2	0	0	0	310	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Apricots (Ingredient components may vary), Honey, Almonds, Yeast, Salt, Eggs. CONTAINS: WHEAT, ALMONDS, SOY, AND EGG
Asiago Pesto	160	6	1.5	0	10	440	22	1	2	5	Enriched White Flour (ingredient components may vary), Water, Pesto Sauce (ingredient components may vary), Asiago Cheese (ingredient components may vary), Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic, Dried Onion. CONTAINS: WHEAT, SOY, MILK, EGG, PINE NUTS
Bacon Cheddar Beer	150	4	2	0	20	320	21	3	5	7	Fresh Ground 100% Whole Wheat Flour, Beer, ale, Cheddar Cheese (Ingredient components may vary), Honey, Bacon, cooked, Yeast, Eggs, Kosher Salt, Salt, Dried Onion, Dried Garlic, Black Pepper, Chives. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Breakfast Blast	140	1.5	0	0	0	210	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dates, Rolled Oats, Cinnamon Chips (Ingredient components may vary), Yeast, Eggs, Salt, Ground Cinnamon. CONTAINS: WHEAT, SOY, EGG, AND MILK
Burley Bread	140	2	0	0	0	300	26	4	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Sunflower Seeds, Cracked Rye, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
Caraway Rye	130	0.5	0	0	0	300	25	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Dark Rye Flour, Honey, Yeast, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Carrot Poppyseed	120	1	0	0	0	290	22	4	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Carrots, Honey, Applesauce (Ingredient components may vary), Yeast, Orange, Poppy Seeds, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, SOY, AND EGG
Challah	140	1.5	0	0	20	240	26	3	4	5	Enriched White Flour (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Sesame Seeds, Yeast, Salt. CONTAINS: WHEAT, EGGS, AND SOY.
Cheddar Garlic	160	4.5	2.5	0	15	370	23	1	4	6	Enriched White Flour (Ingredient components may vary), Water, Cheddar Cheese (ingredient components may vary), Honey, Yeast, Salt, Eggs, Sesame Seeds, Dried Onion, Dried Garlic, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Cherry Apple Berry	130	0.5	0	0	0	280	27	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Cherries (Ingredient components may vary), Dried Blueberries (Ingredient components may vary), Dried Apples (Ingredient components may vary), Yeast, Blueberries, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Cherry Walnut	140	2	0	0	5	270	26	3	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (Ingredient components may vary), Honey, Walnuts, Yeast, Eggs, Salt. CONTAINS: WHEAT, WALNUTS, EGGS, AND SOY
Cinnamon Chip	170	3	0.5	0	0	340	32	1	11	3	Enriched White Flour (Ingredient components may vary), Water, Cinnamon Chips (Ingredient components may vary), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, MILK, SOY AND EGG
Cinnamon Chip (100% Whole Wheat)	150	3	0.5	0	0	270	28	3	10	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Cinnamon Chips (Ingredient components may vary), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, SOY, MILK AND EGG.
Cinnamon Raisin Walnut	140	2	0	0	0	310	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Walnuts, Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS:WHEAT, SOY, AND EGG
Cinnamon Swirl	160	2.5	1.5	0	5	220	29	4	12	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Honey, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon. CONTAINS :WHEAT, MILK, SOY AND EGG

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A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Corn Bread	140	2.5	1	0	5	270	28	1	4	3	Enriched White Flour (Ingredient components may vary), Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Butter (Milk), Yeast, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
Corn Bread (100% Whole Wheat)	140	2.5	1	0	5	270	26	3	4	4	: Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Butter (Milk), Yeast, Salt, Eggs. CONTAINS:WHEAT, MILK, SOY, AND EGG
Jalapeno Corn Bread	140	2	1	0	5	270	26	1	4	3	Enriched White Flour (Ingredient components may vary), Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Peppers, Butter (Milk), Yeast, Chile Peppers, jalapenos, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
Jalapeno Corn Bread (100% Whole Wheat)	140	2.5	1	0	5	270	24	3	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Peppers, Butter (Milk), Yeast, Chile Peppers, jalapenos, Salt, Eggs. CONTAINS:WHEAT, MILK, SOY, AND EGG
Country	120	0.5	0	0	0	340	23	4	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Cracked Pepper Swiss	140	3	1.5	0	10	280	22	4	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Swiss Cheese (Ingredient components may vary), Honey, Eggs, Yeast, Salt, Black Pepper, Cayenne Pepper, Oregano, Basil, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Cranberry Orange	130	0.5	0	0	0	280	27	4	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cranberries (Ingredient components may vary), Honey, Yeast, Salt, Eggs, Orange Peel. CONTAINS: WHEAT, SOY, AND EGG
Dakota	150	4	0	0	0	270	23	4	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs. CONTAINS: WHEAT, SOY AND EGG
Finnish Pulla	160	4.5	2.5	0	35	140	26	1	5	4	Enriched White Flour (Ingredient components may vary), Milk, Eggs, Honey, Butter (Milk), Water, Yeast, Natural Sugar, Salt, Cardamom. CONTAINS: WHEAT, MILK, SOY, AND EGG
Flax Oatbran	130	3.5	0	0	0	330	22	4	6	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Oat Bran, Pecans, Flax Meal, Yeast, Rolled Oats, Salt, Eggs, Flax Seeds. CONTAINS:WHEAT, PECANS, SOY, AND EGG
Focaccia	140	1.5	0	0	0	380	29	1	5	4	Enriched White Flour (Ingredient components may vary), Water, Honey, Yeast, Salt, Olive Oil, Oregano, Basil. CONTAINS: WHEAT AND SOY
Golden Wheat, Apple, Cinnamon Chip, Walnut	140	2.5	0	0	0	290	26	3	8	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Cinnamon Chips (Ingredient components may vary), Dried Apples (Ingredient components may vary), Walnuts, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, WALNUTS AND EGG
Golden Wheat Chocolate Cherry Swirl	150	2.5	1	0	5	240	30	3	8	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Dried Cherries (Ingredient components may vary), Honey, Chocolate Chips (Ingredient components may vary), Brown Sugar, Butter (Milk), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Harvest Buckwheat Brown Rice	140	4.5	2	0	35	90	22	2	6	3	Water, Cultured Buttermilk (Ingredient components may vary), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Yeast, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
Harvest Buckwheat Brown Rice Bread Dakota	140	6	1.5	0	25	75	19	2	5	4	Water, Cultured Buttermilk (Ingredient components may vary), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Sunflower Seeds, Pumpkin Seeds, Yeast, Millet, Sesame Seeds, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
Harvest Buckwheat Brown Rice Bread Cinnamon Chip	160	6	2	0	25	80	25	2	9	3	Water, Cultured Buttermilk (Ingredient components may vary), Cinnamon Chips (Ingredient components may vary), Honey, Brown Rice Flour, Eggs, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Yeast, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
Hearty Caraway Rye	130	0.5	0	0	0	310	26	4	2	5	Water, Fresh Ground 100% Whole Wheat Flour, Rye Flour (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Molasses, Yeast, Salt, Eggs, Caraway Seeds. CONTAINS: WHEAT, SOY, AND EGG
High 5 Fiber	140	3	0	0	0	230	23	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS:WHEAT, SOY, AND EGG.
High Five Fiber with Blueberries	140	2.5	0	0	0	200	25	5	7	5	Water, Fresh Ground 100% Whole Wheat Flour, Dried Blueberries (Ingredient components may vary), Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS: WHEAT, EGGS, AND SOY

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
High Country Crunch	150	5	0.5	0	0	230	22	4	4	5	Water, Fresh Ground 100% Whole Wheat Flour, Semolina Flour, Sunflower Seeds, Honey, Millet, Pecans, Flax Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, PECANS, SOY, AND EGG
High Fiber Apple, Cinnamon Chip, Walnut	140	2	0	0	0	280	26	5	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Cinnamon Chips (Ingredient components may vary), Walnuts, Maltodextrin (Dietary Fiber), Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, EGGS, AND WALNUTS.
High Fiber Tuscan Herb	140	0.5	0	0	0	210	26	5	4	6	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Honey, Water, Yeast, Maltodextrin (Dietary Fiber), Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Honey Whole Wheat	130	0.5	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Irish Baked Potato	150	2	1	0	5	440	28	1	4	4	Enriched White Flour (Ingredient components may vary), Water, Dehydrated Potatoes (Ingredient components may vary), Honey, Butter (Milk), Yeast, Garlic (Ingredient components may vary), Salt, Eggs, Cheddar Cheese (Ingredient components may vary), Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGG
Irish Soda Bread	130	0.5	0	0	5	180	27	2	9	4	Cultured Buttermilk (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Eggs, Salt, Baking Powder (Ingredient components may vary), Baking Soda. CONTAINS: WHEAT, SOY, EGG, AND MILK
Italian Herb Focaccia	150	2.5	0	0	0	290	27	1	2	4	Enriched White Flour (Ingredient components may vary), Water, Olive Oil, Honey, Salt, Yeast, Oregano, Basil, Dried Garlic, Black Pepper, Parsley. CONTAINS: WHEAT AND SOY.
Merry Berry	130	0.5	0	0	0	290	27	3	9	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Golden Raisins (Ingredient components may vary), Dried Cherries (Ingredient components may vary), Dried Blueberries (Ingredient components may vary), Yeast, Salt, Coconut (Ingredient components may vary), Eggs. CONTAINS: WHEAT, EGGS, COCONUT, AND SOY.
Nine Grain	130	0.5	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Nine Grain Mix (Ingredient components may vary), Yeast, Salt, Eggs. CONTAINS: WHEAT AND EGG
Oatmeal Poppyseed	130	1	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Yeast, Poppy Seeds, Salt, Eggs. CONTAINS:WHEAT, SOY, AND EGG
Onion Dill Rye	130	0.5	0	0	0	320	25	3	6	4	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Enriched White Flour (Ingredient components may vary), Rye Flour, Yeast, Salt, Eggs, Dried Onion, Dill, Poppy Seeds, Sesame Seeds. CONTAINS: WHEAT, SOY, AND EGG
Panza	130	3	1	0	5	590	22	2	4	5	Enriched White Flour (Ingredient components may vary), Water, Fresh Ground 100% Whole Wheat Flour, Calamata Olives (Ingredient components may vary), Parmesan Cheese (Ingredient components may vary), Honey, Sun Dried Tomatoes (Ingredient components may vary), Yeast, Salt, Eggs, Oregano, Basil, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Peanut Butter Chocolate Chip	180	6	1.5	0	0	300	27	2	8	5	Enriched White Flour (Ingredient components may vary), Water, Natural Peanut Butter (Ingredient components may vary), Chocolate Chips (Ingredient components may vary), Honey, Yeast, Salt, Eggs. CONTAINS:WHEAT, PEANUTS, SOY, MILK AND EGGS
Pecan Swirl	190	7	2	0	5	190	27	4	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Pecans, Honey, Butter (Milk), Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS: WHEAT, PECANS, MILK, EGGS, AND SOY.
Pizza Bread	140	4.5	1.5	0	15	450	19	2	4	7	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Mozzarella Cheese (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Water, Pepperoni (Ingredient components may vary), Honey, Eggs, Yeast, Salt, Dried Onion, Parsley, Oregano, Basil. CONTAINS: WHEAT, MILK, SOY, AND EGG
Popeye	120	1	0.5	0	5	370	22	2	4	5	Enriched White Flour (Ingredient components may vary), Water, Spinach, Fresh Ground 100% Whole Wheat Flour, Honey, Parmesan Cheese (Ingredient components may vary), Red Peppers (Ingredient components may vary), Yeast, Salt, Eggs, Dried Onion, Dried Garlic. CONTAINS: WHEAT, SOY, EGGS, AND MILK
Popeye (100% Whole Wheat)	120	1.5	0.5	0	5	360	21	3	4	6	Golden Fresh Ground 100% Whole Wheat Flour, Water, Spinach, Honey, Parmesan Cheese (Ingredient components may vary), Red Peppers (Ingredient components may vary), Eggs, Yeast, Salt, Dried Onion, Dried Garlic. CONTAINS: WHEAT, MILK, SOY, AND EGGS
Potato Chive	150	2	1	0	5	440	29	1	4	4	Enriched White Flour (Ingredient components may vary), Water, Dehydrated Potatoes (Ingredient components may vary), Honey, Butter (Milk), Yeast, Roasted Garlic, Salt, Eggs, Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGG

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Pumpernickel Rye	120	0.5	0	0	0	330	23	5	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Pumpernickel Rye Flour, Molasses, Yeast, caramel color, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGGS, AND SOY
Pumpkin Swirl	140	2	0.5	0	5	190	29	2	12	3	Enriched White Flour (Ingredient components may vary), Water, Brown Sugar, Pumpkin (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Honey, Walnuts, Butter (Milk), Yeast, Salt, Eggs, Pumpkin Pie Spice (Ingredient components may vary). CONTAINS: WHEAT, MILK, EGGS, SOY, AND WALNUTS.
Raisin Cinnamon Chip	150	2.5	0.5	0	0	240	28	3	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Cinnamon Chips (Ingredient components may vary), Raisins, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK AND EGG
Raisin	130	0	0	0	0	310	27	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Red, White and Blueberry	140	0	0	0	5	360	30	1	8	3	Enriched White Flour (Ingredient components may vary), Water, Honey, Dried Cherries (Ingredient components may vary), Blueberries, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Rosemary Garlic	130	0.5	0	0	0	320	24	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Sonoma	160	4	1.5	0	20	135	26	3	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Dried Cranberries (Ingredient components may vary), Golden Raisins (Ingredient components may vary), Pumpkin Seeds, Butter (Milk), Sunflower Seeds, Yeast, Raw turbinado sugar, Salt, Orange, Lemon, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, EGGS, MILK, AND SOY.
Spinach Feta	130	3	2	0	15	400	19	2	4	5	Feta Cheese (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Water, Fresh Ground 100% Whole Wheat Flour, Spinach, Honey, Eggs, Yeast, Salt, Dried Garlic, Oregano, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Star Spangled Swirl	150	1.5	0.5	0	5	220	30	4	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Blueberries (Ingredient components may vary), Dried Cherries (Ingredient components may vary), Honey, Dried Apples (Ingredient components may vary), Brown Sugar, Eggs, Yeast, Butter (Milk), Blueberries, Salt. CONTAINS: WHEAT, EGG, SOY, AND MILK
Stuffing Bread	100	0	0	0	0	250	20	3	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Onion, Celery, Honey, Yeast, Salt, Eggs, Thyme, Black Pepper, Sage. CONTAINS: WHEAT, EGGS, AND SOY.
Sunflower	140	3	0	0	0	300	24	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Swedish Rye	130	1	0	0	0	380	27	3	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Enriched White Flour (Ingredient components may vary), Rye Flour, Yeast, Orange, Salt, Sesame Seeds, Eggs, Caraway Seeds, Anise Seed. CONTAINS: WHEAT, SOY, AND EGG
Trail Bread	140	2	0	0	0	290	25	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS:WHEAT, SOY, AND EGG
Tuscan Herb	120	0.5	0	0	0	250	23	4	5	5	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Honey, Water, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Walnut Raisin Rosemary Blue Cheese	150	4	1.5	0	10	330	22	3	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Blue Cheese, Honey, Walnuts, Raisins, Yeast, Molasses, Eggs, Salt, Rosemary. CONTAINS: WHEAT, MILK, EGG, WALNUTS, AND SOY.
White Chocolate Cherry Swirl	150	2.5	1.5	0	5	250	31	1	8	3	Enriched White Flour (Ingredient components may vary), Water, Dried Cherries (Ingredient components may vary), White Chocolate Chips (Ingredient components may vary), Honey, Brown Sugar, Butter (Milk), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, SOY, EGGS, AND MILK
White	130	0	0	0	0	400	29	1	5	4	Enriched White Flour (Ingredient components may vary), Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Whole Grain Goodness	140	3	0	0	0	240	22	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Eggs, Millet, Barley, Flax Seeds, Yeast, Pecans, Oat Bran, Salt, Almonds. CONTAINS: WHEAT, PECANS, SOY, AND ALMONDS

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Bread.
The way it *ought* to be.

USDA Dietary Guidelines recommend eating at least three servings of whole grains a day to help control weight. Grains offer other health benefits, including a reduced risk of cancer, heart attacks and diabetes. Great Harvest has the freshest and most nutritious whole grains anywhere!
Store bread is made from flour that is weeks or months old. Because of that, nutrients are lost; and unhealthy fats, oils,dough conditioners, and preservatives are added. But with our onsite milling and baking process, nutrients are naturally preserved. That's why it tastes so delicious.

JANUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Mexican Chocolate

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
Jan 5 - Cinnamon Raisin Pecan Jan 12 - 3 Cheese
Jan 19 - Sundried Tomato Jan 26 - Cinnamon Raisin Pecan

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Cinnamon Raisin
Green Chili Cheddar

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

JANUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin
Chocolate Chip Sugar Cookie · M & M Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Cranberry Orange Walnut Muffin · Snickerdoodle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Maple Muffin · Turtle Cookie · Cinnamon Roll

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EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
Jan 4 - Whole Grain White Jan 11 - 3 Cheese
Jan 18 - Sundried Tomato Jan 25 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Cinnamon Swirl

JANUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin · Oatmeal Raisin Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Blueberry Muffin · Snickerdoodle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Maple Muffin · Turtle Cookie · Cinnamon Roll

Great Harvest Bread CO.
706 N. Broadway
Rochester, MN
Hours: 6:30 a.m. – 6:00 p.m., Mon. – Friday
6:30 a.m. – 5:00 p.m. Saturday

Great Harvest Bread Co. is an Equal Opportunity Employer. We do not discriminate on the basis of race, religion, color, sex, age, national origin, or disability.

Date:_____

Name: _____
List Previous, Maiden, or Alias

Telephone # _____daytime _____evening

Current Address: _____

E-mail address_____ Date available to start to work? _____

How did you hear about us?_____ Position Desired?_____

How long do you plan on working for us?_____ Under 18 years old? Yes No

Highest grade or college completed_____

We are a non-smoking company. Can you work under these conditions? Yes No

Have you been convicted of a felony within the last 7 years? Yes No

If yes, please explain_____

Are you a U.S. Citizen, or do you have a permit which allows you to work? Yes No
(Proof of citizenship or immigration will be required on employment)

Great Harvest jobs may include standing for long periods of time, lifting regularly, stooping & bending frequently, performing repetitive hand motions; and most importantly, smiling and having fun at all times. Can you do these things, with or without accommodations? Please explain necessary accommodations

_____

The following questions do not have "right" answers but are intended to help us get to know you better. Short answers are OK, use more paper if you want.

Why are you interested in working at Great Harvest Bread Co?

Great Harvest is a very service-oriented business. What does good service mean to you?

Tell us about hobbies, special interests, experiences, or skills (Not necessarily job related). List something that you are particularly proud of.

What type(s) of music do you enjoy? Favorite radio station?

What skills from previous jobs would qualify you for a position at Great Harvest?

What are your goals for the next six to twelve months? Two years? Five years?

What are your preferred working hours and available days and hours? Will your availability change in the next six months?

Give us a couple references (with phone #) who you have known for at least 1 year.
Exclude friends or relatives.

Anything else you would like us to know about you?

Employment History

Please tell us about your recent job history starting with the present: (5 years)

Company_____ Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back? _____# of days taken off?_____
_____

Company_____ Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back? _____# of days taken off?_____
_____

Company_____ Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back? _____ # of days taken off? _____

Employment Agreement

I certify that the facts contained in this application are true and correct, and I confirm that my omission or misrepresentation of any fact on this application is sufficient reason for Great Harvest to deny me employment. If employed, such an omission or misrepresentation shall be grounds for dismissal. I further authorize investigation of all statements contained herein and contact with references listed. I agree that if an employment relationship is established with Great Harvest, it will be of an "at will" nature. Meaning that I may resign at any time & Great Harvest may dismiss me at any time with or without cause.

Signature_____ Date_____

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MONDAY-FRIDAY 6:30AM-6:00PM, SATURDAY 6:30AM-5:00PM, CLOSED SUNDAY

Change Your Loaf FOREVER!

Sink your teeth into a slice of this delicious & festive summer bread! Loaded with dried cranberries, wild blueberries, white chocolate chips and a splash of vanilla! This bread is bound to spark your taste buds. We l be baking Red, White & Blueberry bread throughout July!

JULY *Breads*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/berries · Cinnamon Chip White · Red Pepper Swiss · Red, White, & Blueberry

TUESDAY
Dakota · Cinnamon Chip Wheat · Cheddar Garlic · Cranberry Orange · Onion Dill Rye

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat · Red, White, & Blueberry

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta · Onion Dill Rye
Sourdough:(available after 1pm)
July 7 - Jalapeno Cheddar *July 14 - Cranberry Walnut*
July 21 - Whole Grain White *July 28 - Jalapeno Cheddar*

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar · Red, White, & Blueberry

SATURDAY
Cinnamon Chip White · Apple Cinnamon Swirl · Rosemary Garlic

JULY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Caramel Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Turtle Cookie

WEDNESDAY
Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Raisin Cookie · Maple Oatmeal Scone

THURSDAY
Mocha Chip Scone · Lemon Poppy Muffin · Snickerdoodles

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Walnut Chocolate Chip Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin · Snickerdoodles · Cinnamon Rolls

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HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

CHERRY APPLE BERRY bread

It's summer grilling time! Light the coals and slice up some Garden Wheat, Bacon Cheddar Beer, Green Chili Cheddar, Cheddar Garlic, Chipotle Cheddar, or Rosemary Garlic. Grilled Great Harvest breads make a wonderful addition to any BBQ. Spread olive oil onto your slices and place on the grill, oil side down. Cherry Apple Berry is the specialty bread for this month. 100% whole wheat packed full of dried fruits.

JUNE Bread Schedule

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Cheddar Garlic · Apple Cinnamon Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Green Chili Cheddar

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Cherry Apple Berry · Bacon Cheddar Beer

THURSDAY
Heritage Harvest Sunflower · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
June 1 - Whole Grain White June 8 - Jalapeno Cheddar
June 15 - White June 22 - Cranberry Walnut June 29 - 3 Cheese

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Cherry Apple Berry
Chipotle Cheddar · High 5 Fiber · Anadama (loaves & buns) · Cinnamon Raisin

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Blueberry Cheesecake Swirl

JUNE Sweet Spot

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Scotchie Cookie

TUESDAY
Caramel Apple Scone · Cappuccino Muffin · Turtle Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Carmel Cookie

THURSDAY
Caramel Apple Scone · Blueberry Muffin · Blueberry Coffee Cake
Double Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Lemon Poppy Muffin · Snickerdoodle Cookie
Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

IRELAND

Thank your lucky stars that we love the flavors of Ireland at Great Harvest. During March, we highlight many wonderful recipes that come to us from Irish bakers.

Stop in for our favorite March breads like authentic Irish Soda Bread, Irish Baked Potato and, of course, the very popular Guinness & Gouda.

We are sweet on all things Irish! Featured goodies include Blarney Scones, Paddy Muffins, Mint Blarney Cookies, and Snockerdoodles.

Look for other March surprises like Irish (Whisky) Coffee Cake and our GH Reuben sandwich.

MARCH *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah · Irish Soda Bread

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Irish Baked Potato

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Garden Wheat
Heritage Harvest (NEW!)

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Guinness & Gouda

THURSDAY
Heritage Harvest Sunflower (NEW!) · Cinnamon Chip White
Bacon Cheddar Beer
Sourdough (available after 1PM)
March 2 - Sundried Tomato March 9 - Whole Grain White
March 16 - 3 Cheese March 23 - Jalapeno Cheddar March 30 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Guinness & Gouda
Irish Baked Potato · High 5 Fiber

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

MARCH *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Raisin Cookie

THURSDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Snockerdoodle Cookie · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Caramel Apple Scone · Paddy's Muffin · Snockerdoodle Cookie · Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

HONEY BUNNIES

EASTER SCHEDULE
(March 29 - 31)
On Thursday, March 29 we will begin Easter Schedule. Accepting orders for Bunnies only! $2 of each BUNNY sold goes to Paws & Claws.

The rest of the month, however, stop in for our favorite March breads like authentic Irish Soda Bread, Irish Baked Potato and the popular Gouda & Stout. We are sweet on all things Irish! Featured goodies include Blarney Scones, Paddy's Muffins, Mint Blarney Cookies, and Snockerdoodles.

Look for other specials on March 16 & 17 like Irish (Whisky) Coffee Cake and our GH Reuben sandwich.

MARCH *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah · Irish Soda Bread

MONDAY
Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries · Irish Baked Potato

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Garden Wheat · Pepperoni

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Gouda & Stout

THURSDAY (MARCH 29 WILL FOLLOW EASTER SCHEDULE)
Cinnamon Chip White · Bacon Cheddar Beer · Brioche · 9 Grain
Sourdough (available after 1 PM)
March 1 - Whole Grain White March 8 - Jalapeno Cheddar
March 15 -Sundried Tomato March 22 - Jalapeno Cheddar March 29 -No Sourdough

FRIDAY (MARCH 30 WILL FOLLOW EASTER SCHEDULE)
Italian Herb Focaccia · Cinnamon Chip White · Gouda & Stout
Irish Baked Potato · High 5 Fiber

SATURDAY (MARCH 31 WILL FOLLOW EASTER SCHEDULE)
Cinnamon Chip White · Rosemary Garlic · Cinnamon Swirl

Easter Schedule (March 29 - 31) Thursday - Saturday
Honey Whole Wheat (rolls), Old Fashioned White (rolls), Cinnamon Chip White, Challah (rolls), Light Wheat Virginia Rolls, Easter Ambrosia, Hot Cross Buns, & Bunnies

MARCH *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Raisin Cookie

THURSDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Snockerdoodle Cookie · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Caramel Apple Scone · Paddy's Muffin · Snockerdoodle Cookie · Cinnamon Roll

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www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

The Freshest **WHOLE GRAIN** Breads

Look for these exciting featured breads this month:
-Heritage Harvest - made from a limited supply of Rouge de Bordeaux heritage wheat that originated centuries ago in France. Rare and delicious. Once it's gone, it's gone.
-Mexican Chocolate - this whole-wheat bread is packed with chocolate and has a pinch of cinnamon and cayenne for just the right kick.
-Bacon Cheddar Beer - we're thrilled to partner with local brewery Kinney Creek to bring you different varieties of this bread each week.

Also, it's blueberry bonanza! Indulge in various breads and sweets throughout the month.

MAY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Chipotle Cheddar · Mexican Chocolate

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Heritage Harvest

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Blueberry Lemon · Bacon Cheddar Beer

THURSDAY
Heritage Harvest Sunflower · Cinnamon Chip White · Brioche · Garden Wheat
Sourdough (available after 1PM)
May 4 - Whole Grain White
May 11 - Jalapeno Cheddar
May 18 - White
May 25 - Cranberry Walnut

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Apple Cinnamon Swirl
Red Pepper Swiss · High 5 Fiber · Anadama (loaves & buns)

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Blueberry Cheesecake Swirl

MAY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Blueberry Coffee Cake
Chocolate Crinkle Cookie

WEDNESDAY
Vanilla Almond Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Carmel Cookie

THURSDAY
Mocha Chip Scone · Blueberry Muffin · Blueberry Coffee Cake
Chocolate Crinkle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Red Velvet Cupcake · Oatmeal Raisin Cookie
Cinnamon Roll

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706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

MAY / JUNE *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Rosemary Garlic · Pepperoni Bread

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Caraway Rye · Bacon Cheddar Beer

THURSDAY
Blueberry Lemon · Cinnamon Chip White · 9 Grain · Garden Wheat
Sourdough - See variety to the left - (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Blueberry Cheesecake Swirl
High 5 Fiber · Bacon Cheddar Beer · Potato Fennel Thyme

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl
Pepperoni Bread

Bacon, Cheddar Beer Bread

Bacon Cheddar Beer is back! We are thrilled to be partnering with local brewery Kinney Creek to bring you different varieties of beer in this bread each week.

Sourdough Schedule:
May 3 -Whole Grain
May 10 -Jalapeno Cheddar
May 17 -White
May 24 -Sundried Tomato
May 31 -Whole Grain

Jun 7 -Cranberry Walnut
Jun 14 -Jalapeno Cheddar
Jun 21 -White
Jun 28 -3 Cheese

MAY / JUNE *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Triple Chocolate Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Morning Glory Muffin · Peanut Butter M&M Cookie

WEDNESDAY
Vanilla Nut Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Carmel Cookie

THURSDAY
Mocha Chip Scone · Morning Glory Muffin · Peanut Butter Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin & Coffee Cake
Snickerdoodle Cookie · Cinnamon Roll

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(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Enjoy a
A FRESH & FLAVORFUL
Thanksgiving

We are NOT accepting orders for Thanksgiving Week. Instead we will all be working to make as much bread and rolls as we can for you.

Grab the best buns in town! We will have a variety of bread and rolls to compliment your feast.

Soup & Sandwiches will NOT be available Thanksgiving Week.

NOVEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
MN Wild Rice

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Potato Fennel Thyme

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Potato Chive

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate
Cranberry Orange · Whole Grain White Sourdough (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · White Cheddar Garlic · Apple Cinnamon Swirl · Anadama

THANKSGIVING WEEK (Monday - Wednesday)
Honey Whole Week (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Cranberry Orange, Basil Oregano Virginia Rolls,
Light Wheat Virginia Rolls, STUFFING BREAD

NOVEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Oatmeal Chocolate Chip Cookies ·
Pumpkin Chocolate Chip Muffins & Bread · Savannah Bars

MONDAY
Maple Oatmeal Scone · Dakota Cookie

TUESDAY
Caramel Apple Scone · Double Chocolate Chip Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Oatmeal Raisin Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Turtle Cookie · Cinnamon Rolls

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Thanksgiving

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Grab the best buns in town! We will have a variety of bread and rolls to compliment your feast.

Soup & Sandwiches will NOT be available Thanksgiving Week.

NOVEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah
MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
White Cheddar Garlic
TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Potato Fennel Thyme
WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Potato Chive
THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat
Cranberry Orange · White Sourdough (available after 1PM)
FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Pumpkin Swirl · Autumn Apple
SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl · Anadama

THANKSGIVING WEEK (Monday - Wednesday)
Honey Whole Wheat (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Cranberry Orange, Basil Oregano Virginia Rolls,
Light Wheat Virginia Rolls, STUFFING BREAD

NOVEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Pumpkin Chocolate Chip Muffin & Bread · Savannah Bar
MONDAY
Maple Oatmeal Scone · Snickerdoodle Cookie
TUESDAY
Caramel Apple Scone · Double Chocolate Chip Cookie
WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie
THURSDAY
Vanilla Pecan Scone · Oatmeal Raisin Cookie
FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Roll
SATURDAY
Berry Cream Cheese Scone · Turtle Cookie · Cinnamon Roll

Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / www.tulsaok.greatharvestbread.com

STUFFING BREAD!

Enjoy the taste of Thanksgiving stuffing in a hearty loaf of Great Harvest bread! This simply delicious bread is flavored with sage, thyme, salt & pepper in our famous freshly ground whole wheat dough. We chop up the onions and celery, and hand knead the veggie mix into every loaf! Use this bread as the starting point for your own stuffing, or slice it up to make turkey sandwiches (that taste like a meal when covered with hot left over gravy). Either way, Stuffing Bread is a great addition to any holiday meal.

NOVEMBER BREADS

EVERYDAY	Honey Whole Wheat • Harvest White • Dakota Pumpkin Chocolate Chip
MONDAY	High 5 Fiber • Hummus Bread • Extreme Cinnamon Swirl
TUESDAY	Cranberry Walnut Flax • Asiago Pesto • Cinnamon Chip Jewish Apple Coffee Cake
WEDNESDAY	Cranberry Orange • Low Carb Dakota **STUFFING BREAD** • Extreme Cinnamon Swirl
THURSDAY	Pumpkin Swirl • Spinach Feta • Cinnamon Crunch Cranberry Orange Pound Cake
FRIDAY	White Chocolate Cherry Swirl • Superfood Bread Cheddar Garlic • Strawberry Shortcake
SATURDAY	Woodstock • Trail Bread Pepperjack Cornbread • Lemon Blueberry

THANKSGIVING WEEK MENU

We will follow a special Thanksgiving Week bread and sweets schedule from Monday, Nov 24th through Wednesday, Nov 26th. Our Thanksgiving menu and order form will be available online at www.tulsaok.greatharvest.com, or you can stop in at the bakery and pick up a copy. Please order early so we can have your Thanksgiving order waiting for you!

SWEET SPOT

EVERYDAY	Brownies • Power Bars • Trek Bars • Pumpkin Chocolate Chip Muffins Cinnamon Rolls & Cinnamon Twist Muffins
MONDAY	Dillon Cookies • Pumpkin Scones • Oat Berry Muffins Savory Breakfast Biscuits • Pumpkin Bars • Savannah Bars
TUESDAY	Salted Caramel Cookies • Cinnamon Chip Scones • Orange Burst Muffins Whole Wheat Coffee Cake • Peppermint Brownies
WEDNESDAY	Chocolate Chip Cookies • Savory Breakfast Biscuits Cranberry Almond Scones • Ultra lo-fat Cinnamon Apple Muffins Lemon Bars • Savannah Bars
THURSDAY	Ginger Bop Cookies • Cranberry Orange Scones Cranberry Orange Muffins • Oat Berry Muffins • S'more Bars
FRIDAY	Monster Cookies • Lo-fat Cran Flax Cookies Maple Oatmeal Scones • Morning Glory Muffins • Pumpkin Bars Savannah Bars
SATURDAY	Peanut Butter Chocolate Chip Cookies • Cappuccino Muffins White Chocolate Raspberry Scones • Lemon Blueberry Muffins Lemon Bars

BAKERY HOURS: Monday-Friday 7am to 6pm, Saturday 7am to 4pm, closed Sundays for a little Loafin'

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size 1 slice 2 oz (56 g)	Calories	Fat (g) % DV	Saturated Fat (g) % DV	Trans Fats (g)	Cholesterol (mg) % DV	Sodium (mg) % DV	Carbohydrates (g) % DV	Fiber (g) % DV	Sugar (g)	Protein (g)	Ingredients
Apple Cherry Pecan	140	2.5 3%	0 1%	0	0 0%	260 11%	26 9%	3 12%	12	4	French Classic (100% Whole Wheat Flour, Water, Dried Cherries [sugar, sulfur dioxide to preserve color], Honey, Dried Apples [sugar, sulfur dioxide to preserve color], Pecans, Eggs, Yeast, Salt. CONTAINS WHEAT, PECANS, EGG AND EGGS.
Apple Cinnamon Walnut	140	2 3%	0 0%	0	0 0%	270 11%	27 9%	4 16%	9	5	French Ground (100% Whole Wheat Flour, Water, Honey, Dried Apples, Walnuts, Yeast, Salt, Eggs, Apple Juice [to guard freshness during shipping], Ground Cinnamon. CONTAINS WHEAT, WALNUTS, EGG AND EGGS.
Apple Crunch	130	2g 3%	1 4%	0	10 3%	210 9%	23 8%	4 14%	7	4	French Ground (100% Whole Wheat Flour, Water, Apples, Honey, Cheese, Eggs, Butter [Milk], Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS WHEAT, MILK, EGG AND EGGS.
Apple Crunch Blend	130	2 3%	1 4%	0	10 3%	210 9%	26 8%	3 10%	7	4	French Classic (100% Whole Wheat Flour, Water, Enriched White Flour [ingredient sprayed to stay fresh], Apples, Honey, Cheese, Eggs, Butter [Milk], Eggs, Yeast, Salt, Cheese of Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS WHEAT, MILK, EGG AND EGGS.
Apricot Almond	140	3 5%	0 1%	0	0 1%	260 12%	26 9%	4 16%	9	5	French Classic (100% Whole Wheat Flour, Water, Dried Apricots [to guard freshness during shipping], Honey, Almonds, Yeast, Salt, Eggs. CONTAINS WHEAT, ALMONDS, EGG AND EGGS.
Asiago Pesto	140	6 9%	1.5 6%	0	10 3%	440 19%	22 7%	3 9%	2	6	Enriched White Flour [ingredient sprayed to stay fresh], Water, Pesto Cheese [ingredient sprayed to stay fresh], Asiago Cheese [ingredient sprayed to stay fresh], Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic, Dried Onion. CONTAINS WHEAT, EGG, MILK, EGGS, PINE NUTS
Bacon Cheddar Bear	150	4 6%	2 10%	0	20 7%	330 12%	21 7%	3 12%	5	7	French Classic (100% Whole Wheat Flour, Bacon Bits, Cheddar Cheese [to guard freshness during shipping], Honey, Cheese, sautéed, Yeast, Eggs, Nutchee Bark, Salt, Dried Onion, Dried Garlic, Black Pepper, Chives. CONTAINS WHEAT, MILK, EGGS AND EGG
Breakfast Blast	140	1.5 2%	0 2%	0	0 1%	280 9%	26 9%	4 15%	9	5	French Classic (100% Whole Wheat Flour, Water, Honey, Oats, Rolled Oats, Cinnamon Chips [ingredient sprayed to stay fresh], Yeast, Eggs, Salt, Ground Cinnamon. CONTAINS WHEAT, EGG, EGGS AND MILK
Barley Bread	140	2 3%	0 1%	0	0 1%	300 12%	26 9%	4 16%	6	6	French Ground (100% Whole Wheat Flour, Water, Honey, Rolled Oats, Cracked Rye, Cracked Barley, Yeast, Salt, Eggs. CONTAINS WHEAT, EGG, AND EGGS.
Blueberry Rye	120	0.5 1%	0 1%	0	0 0%	300 12%	25 9%	5 20%	5	5	French Classic (100% Whole Wheat Flour, Water, Dark Rye Flour, Honey, Yeast, Salt, Blueberry Seeds, Eggs. CONTAINS WHEAT, EGG, AND EGGS.
Carrot Poppyseed	120	1 2%	0 1%	0	0 1%	290 12%	22 7%	4 15%	5	5	French Classic (100% Whole Wheat Flour, Water, Carrots, Honey, Apple sauce [ingredient sprayed to stay fresh], Yeast, Sugar, Poppy Seeds, Salt, Eggs, Ground Cinnamon. CONTAINS WHEAT, EGG AND EGGS.
Challah	140	1.5 2%	0 0%	0	20 7%	240 10%	26 9%	3 12%	4	5	Enriched White Flour [ingredient sprayed to stay fresh], French Ground (100% Whole Wheat Flour, Water, Honey, Eggs, Sesame Seeds, Yeast, Salt. CONTAINS WHEAT, EGGS, AND EGG
Cheddar Garlic	160	4.5 7%	2.5 10%	0	15 5%	370 15%	23 8%	1 3%	4	6	Enriched White Flour [ingredient sprayed to stay fresh], Water, Cheddar Cheese [ingredient sprayed to stay fresh], Honey, Yeast, Salt, Eggs, Sesame Seeds, Dried Onion, Dried Garlic, Parsley. CONTAINS WHEAT, MILK, EGG AND EGGS.
Cherry Apple Berry	120	0.5 1%	0 0%	0	0 0%	240 12%	27 9%	4 16%	3	5	French Classic (100% Whole Wheat Flour, Water, Honey, Dried Cherries [ingredient sprayed to stay fresh], Dried Blueberries [ingredient sprayed to stay fresh], Dried Apples [ingredient sprayed to stay fresh], Yeast, Blueberry seeds, Salt, Eggs. CONTAINS WHEAT, EGG AND EGGS.
Cherry Walnut	140	3 5%	0 1%	0	5 1%	270 11%	25 9%	3 12%	11	5	French Classic (100% Whole Wheat Flour, Water, Dried Cherries [ingredient sprayed to stay fresh], Honey, Walnuts, Yeast, Eggs, Salt. CONTAINS WHEAT, WALNUTS, EGGS AND EGG
Cinnamon Chip	170	3 4%	0.5 4%	0	0 1%	240 14%	32 11%	1 4%	11	3	Enriched White Flour [ingredient sprayed to stay fresh], Water, Cinnamon Chips [ingredient sprayed to stay fresh], Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS WHEAT, MILK, EGG AND EGGS.
Cinnamon Chip (100% Whole Wheat)	150	2 5%	0.5 3%	0	0 0%	270 11%	29 9%	3 12%	10	4	French Ground (100% Golden Whole Wheat Flour, Water, Cinnamon Chips [ingredient sprayed to stay fresh], Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS WHEAT, EGG, MILK AND EGGS.
Cinnamon Raisin Walnut	140	3 3%	0 0%	0	0 0%	260 12%	26 9%	4 16%	9	5	French Classic (100% Whole Wheat Flour, Water, Raisins, Honey, Walnuts, Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS WHEAT, EGG, AND EGGS.
Cinnamon Swirl	160	2.5 4%	1.5 6%	0	5 2%	220 9%	30 10%	4 16%	12	5	French Classic (100% Whole Wheat Flour, Water, Brown Sugar, Honey, Butter [Milk], Eggs, Yeast, Salt, Cinnamon. CONTAINS WHEAT, MILK, EGG AND EGGS.

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BREAD NUTRITION

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Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g) % DV	Saturated Fat (g) % DV	Trans Fats (g)	Cholesterol (mg) % DV	Sodium (mg) % DV	Carbohydrates (g) % DV	Fiber (g) % DV	Sugar (g)	Protein (g)	Ingredients
Core Bread	140	2.5 4%	1 5%	0	5 2%	270 11%	26 9%	1 4%	4	3	Enriched White Flour (ingredients may vary), Water, Cane Flour, Honey, Cultured Buttermilk (ingredients may vary), Butter (Milk), Yeast, Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Core Bread (100% Whole Wheat)	140	2.5 4%	1 5%	0	5 2%	270 11%	26 9%	3 12%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Cane Flour, Honey, Cultured Buttermilk (ingredients may vary), Butter (Milk), Yeast, Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Jalapeno Core Bread	140	3 5%	1 5%	0	5 2%	270 11%	26 9%	1 4%	4	3	Enriched White Flour (ingredients may vary), Water, Cane Flour, Honey, Cultured Buttermilk (ingredients may vary), Parmesan, Butter (Milk), Yeast, Chile Peppers, Jalapenos, Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Jalapeno Core Bread (100% Whole Wheat)	140	2.5 4%	1 5%	0	5 2%	270 11%	26 9%	3 12%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Cane Flour, Honey, Cultured Buttermilk (ingredients may vary), Parmesan, Butter (Milk), Yeast, Chile Peppers, Jalapenos, Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Country	120	0.5 1%	0 1%	0	0 1%	340 14%	23 8%	4 15%	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Molasses, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY AND EGG.
Cracked Pepper Swiss	140	3 4%	1.5 6%	0	10 3%	260 12%	22 7%	4 15%	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Gluten (Ingredients may vary), Honey, Eggs, Yeast, Salt, Dijon Mustard, Parmesan, Cayenne Pepper, Oregano, Dried Parsley. CONTAINS WHEAT, MILK, SOY AND EGG.
Cranberry Orange	120	0.5 1%	0 0%	0	0 0%	240 12%	27 9%	4 16%	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cranberries (Ingredients may vary), Honey, Yeast, Salt, Eggs, Orange Peel. CONTAINS WHEAT, SOY AND EGG.
Delicate	150	4 6%	0 2%	0	0 0%	270 11%	23 8%	4 15%	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs. CONTAINS WHEAT, SOY AND EGG.
French Pull	160	4.5 7%	2.5 10%	0	25 12%	140 6%	28 9%	1 4%	5	4	Enriched White Flour (ingredients may vary), Milk, Eggs, Honey, Butter (Milk), Water, Yeast, Natural Grape Salt, Cardamom. CONTAINS WHEAT, MILK, SOY AND EGG.
Rise Oatmeal	120	2.5 5%	0 1%	0	0 1%	220 9%	22 7%	4 15%	6	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Oat Bran, Pecans, Flax Meal, Yeast, Rolled Oats, Salt, Eggs, Flax Seeds. CONTAINS WHEAT, PECANS, SOY AND EGG.
Focaccia	140	1.5 2%	0 1%	0	0 0%	240 10%	29 10%	1 4%	5	4	Enriched White Flour (ingredient may vary), Water, Honey, Yeast, Salt, Olive Oil, Oregano, Basil. CONTAINS WHEAT AND SOY
Golden Wheat, Apple, Cinnamon Chip, Walnut	140	3.5 4%	0 0%	0	0 1%	290 12%	26 9%	3 12%	8	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Cinnamon Chips (ingredient may vary), Dried Apples (ingredient may vary), Walnuts, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY, MILK, WALNUTS AND EGG.
Golden Wheat Chocolate Cherry Swirl	150	3.5 4%	1 5%	0	5 2%	240 10%	30 10%	3 12%	8	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Dried Cherries (Ingredients may vary), Honey, Chocolate Chips (ingredients may vary), Brown Sugar, Butter (Milk), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS WHEAT, SOY, EGGS, AND MILK.
Harvest Buckwheat Brown Rice	140	4.5 7%	2 10%	0	25 12%	90 4%	22 7%	2 8%	6	3	Water, Cultured Buttermilk (ingredient may vary), Eggs, Honey, Brown Flax Flour, Tapioca Flour, Flax Meals, Cornstarch, Flour, Inactive Yeast (Wheat), Sunflower Seeds, Pumpkin Seeds, Yeast, Millet, Cinnamon Seeds, Xanthan Gum, Salt, Distilled Vinegar (ingredient may vary). CONTAINS MILK, SOY, AND EGG.
Harvest Buckwheat Brown Rice Bread Delicate	140	4 9%	1.5 6%	0	25 8%	75 3%	19 6%	2 8%	5	4	Water, Cultured Buttermilk (ingredient may vary), Eggs, Honey, Brown Flax Flour, Tapioca Flour, Flax Meals, Cornstarch, Flour, Inactive Yeast (Wheat), Sunflower Seeds, Pumpkin Seeds, Yeast, Millet, Cinnamon Seeds, Xanthan Gum, Salt, Distilled Vinegar (ingredient may vary). CONTAINS MILK, SOY, AND EGG.
Harvest Buckwheat Brown Rice Bread Cinnamon Chip	150	4 9%	2 10%	0	25 8%	80 3%	25 8%	2 8%	9	3	Water, Cultured Buttermilk (ingredients may vary), Cinnamon Chips (ingredient may vary), Honey, Brown Flax Flour, Eggs, Tapioca Flour, Flax Meals, Cornstarch, Flour, Inactive Yeast (Wheat), Yeast, Xanthan Gum, Salt, Distilled Vinegar (ingredients may vary). CONTAINS MILK, SOY, AND EGG.
Hearty Germany Rye	120	0.5 1%	0 1%	0	0 1%	260 12%	24 9%	4 15%	2	5	Water, Fresh Ground 100% Whole Wheat Flour, Rye Flour (ingredient may vary), Enriched White Flour (ingredient may vary), Molasses, Yeast, Salt, Eggs, Caraway Seeds. CONTAINS WHEAT, SOY AND EGG.
High 5 Fiber	140	3 5%	0 0%	0	0 0%	240 10%	23 8%	5 20%	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY AND EGG.
High Fiber Fiber with Blueberries	140	2.5 4%	0 0%	0	0 0%	200 8%	25 8%	5 20%	7	5	Water, Fresh Ground 100% Whole Wheat Flour, Dried Blueberries (ingredients may vary), Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS WHEAT, EGGS, AND SOY

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Serving Size 1 slice 2 oz (56 g)	Calories	Fat (g) % DV*	Saturated Fat (g) % DV*	Trans Fats (g)	Cholesterol (mg) % DV*	Sodium (mg) % DV*	Carbohydrates (g) % DV*	Fiber (g) % DV*	Sugar (g)	Protein (g)	Ingredients
High Country Crunch	160	2.5 4%	0.5 3%	0	0 0%	210 9%	32 11%	4 14%	4	6	Water, Fresh Ground 100% Whole Wheat Flour, Canola or Flax or Sunflower Blends, Honey, Millet, Pecans, Flax Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, PECANS, SOY, AND EGGS.
High Fiber Apple, Cinnamon Chip, Walnut	140	2 3%	0 0%	0	0 0%	240 10%	26 9%	5 20%	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Cinnamon Chips [organic cane sugar, cocoa butter, chocolate liquor, soy lecithin, vanilla extract], Walnuts, Molasses, Canola Oil, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, EGGS, AND WALNUTS.
High Fiber Tuscan Herb	140	0.5 1%	0 1%	0	0 1%	280 9%	26 9%	5 21%	4	6	Fresh Ground 100% Whole Wheat Flour, Tomatoes [organic cane sugar, salt, citric acid], Honey, Water, Yeast, Molasses, Canola Oil, Salt, Eggs, Dried Garlic, Parmesan Cheese [pasteurized cultured milk, salt, enzymes], Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Honey Whole Wheat	120	0.5 1%	0 1%	0	0 0%	300 12%	25 8%	4 16%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Irish Baked Potato	150	2 3%	1 6%	0	5 2%	440 18%	29 9%	1 5%	4	4	Enriched White Flour [ingredient sweeteners may vary], Water, Dehydrated Potatoes [ingredient sweeteners may vary], Honey Butter [Milk], Yeast, Garlic [ingredient cane sugar may vary], Salt, Eggs, Cheddar Cheese [ingredient sweeteners may vary], Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Irish Soda Bread	120	0.5 1%	0 1%	0	5 2%	140 6%	27 9%	2 8%	9	4	Cultured Buttermilk [ingredient sweeteners may vary], Enriched White Flour [ingredient cane sugar may vary], Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Eggs, Salt, Baking Powder [ingredient sweeteners may vary], Baking Soda. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Italian Herb Focaccia	150	2.5 4%	0 0%	0	0 0%	390 16%	27 9%	1 4%	2	4	Enriched White Flour [ingredient sweeteners may vary], Water, Olive Oil, Honey, Salt, Yeast, Oregano, Basil, Dried Garlic, Black Pepper, Parsley. CONTAINS: WHEAT AND SOY.
Merry Berry	120	0.5 1%	0 0%	0	0 0%	290 12%	27 9%	3 12%	9	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Golden Raisins [organic cane sugar, sunflower oil], Dried Cherries [ingredient sweeteners may vary], Dried Blueberries [ingredient sweeteners may vary], Yeast, Salt, Coconut [ingredient sweeteners may vary], Eggs. CONTAINS: WHEAT, EGGS, COCONUT, AND SOY.
Nine Grain	120	0.5 1%	0 1%	0	0 0%	300 12%	25 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Nine Grain Mix [organic cane sugar, Yeast, Salt, Eggs. CONTAINS: WHEAT AND EGGS.
Oatmeal Poppyseed	120	1 2%	0 1%	0	0 1%	300 12%	25 8%	4 16%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Yeast, Poppy Seeds, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Onion Dill Rye	120	0.5 1%	0 1%	0	0 1%	320 12%	25 8%	3 12%	6	4	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Enriched White Flour [organic cane sugar, Rye Flour, Yeast, Salt, Eggs, Dried Onion, Dill, Poppy Seeds, Caraway Seeds. CONTAINS: WHEAT, SOY, AND EGGS.
Pecan	120	3 4%	1 6%	0	5 2%	690 29%	22 7%	2 8%	4	5	Enriched White Flour [ingredient sweeteners may vary], Water, Fresh Ground 100% Whole Wheat Flour, Cultured Whey, [ingredient cane sugar, salt], Parmesan Cheese [ingredient cane sugar, salt, enzymes], Honey, Raw Dried Pecans [ingredient sweeteners may vary], Yeast, Salt, Eggs, Oregano, Basil, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Peanut Butter Chocolate Chip	160	6 9%	1.5 8%	0	0 0%	300 12%	27 9%	2 8%	8	5	Enriched White Flour [ingredient sweeteners may vary], Water, Natural Peanut Butter [ingredient sweeteners may vary], Chocolate Chips [ingredient sweeteners may vary], Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, PEANUTS, SOY, MILK, AND EGGS.
Pecan Swirl	190	7 11%	2 10%	0	5 2%	190 8%	27 9%	4 16%	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Pecans, Honey Butter [Milk], Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS: WHEAT, PECANS, MILK, EGGS, AND SOY.
Raisin Bread	140	4.5 7%	1.5 9%	0	15 6%	450 19%	29 9%	3 12%	4	7	Fresh Ground 100% Whole Wheat Flour, Raisins [organic cane sugar, sunflower oil], Mozzarella Cheese [organic cane sugar, cultures, salt, enzymes], Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Water, Peppermint [organic cane sugar, peppermint oil], Honey, Eggs, Yeast, Salt, Dried Onion, Parsley, Oregano, Basil. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Ryeye	120	1 2%	0.5 3%	0	5 1%	270 15%	22 7%	3 7%	4	5	Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Water, Rye Malt, Fresh Ground 100% Whole Wheat Flour, Honey, Parmesan Cheese [pasteurized cultured milk, salt, enzymes], Yeast, Salt, Eggs, Dried Onion, Dried Garlic. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Ryeye (100% Whole Wheat)	120	1.5 2%	0.5 3%	0	5 2%	360 15%	21 7%	3 11%	4	6	Cultured Fresh Ground 100% Whole Wheat Flour, Water, Spinach, Honey, Parmesan Cheese [ingredient cane sugar, salt, enzymes], Red Peppers [organic cane sugar, salt], Eggs, Yeast, Salt, Dried Onion, Dried Garlic. CONTAINS: WHEAT, MILK, SOY, AND EGGS.

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Potato Chive	150	2 3%	1 5%	0	5 2%	440 19%	30 10%	1 5%	4	4	Enriched White Flour (a grain ingredient and preservatives may vary), Water, Dehydrated Potatoes (ingredients and preservatives may vary), Honey, Butter [Milk], Yeast, Roasted Garlic, Kosher Salt, Eggs, Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGG.
Pumpernickel Rye	120	0.5 1%	0 0%	0	0 0%	330 14%	23 8%	5 20%	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Pumpernickel Rye Flour, Molasses, Yeast, Sea Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGGS, AND SOY.
Pumpkin Swirl	140	2 3%	0.5 3%	0	5 2%	190 8%	30 10%	2 8%	12	3	Enriched White Flour (ingredient preservatives may vary), Water, Brown Sugar, Pumpkin (ingredient preservatives may vary), Fresh Ground 100% Whole Wheat Flour, Honey, Molasses, Butter [Milk], Yeast, Salt, Eggs, Pumpkin Pie Spice (ingredient preservatives may vary). CONTAINS: WHEAT, MILK, EGGS, SOY, AND WALNUTS.
Raisin Cinnamon Chip	150	2.5 4%	0.5 3%	0	0 1%	240 10%	29 9%	2 14%	12	4	Fresh Ground 100% Whole Wheat Flour, Raisins, Cinnamon Chips (ingredient preservatives may vary), Raisins, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK AND EGG.
Raisin	120	0 1%	0 0%	0	0 0%	260 12%	27 9%	4 15%	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
Red, White and Blueberry	140	0 0%	0 0%	0	5 2%	360 15%	30 10%	1 4%	8	3	Enriched White Flour (ingredient preservatives may vary), Water, Honey, Dried Cherries (ingredient preservatives may vary), Blueberries, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Rosemary Garlic	120	0.5 1%	0 1%	0	0 1%	320 14%	24 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (ingredient preservatives may vary), Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Sesame	160	4 6%	1.5 8%	0	20 7%	135 6%	25 9%	3 12%	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Dried Cranberries (ingredient preservatives may vary), Cashew Pieces (ingredient preservatives may vary), Pineapple Blends, Butter [Milk], Rice Flavor Blend, Yeast, Flour for Handle, Sugar, Salt, Orange Lemon, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, EGGS, MILK AND SOY.
Spinach Feta	120	3 5%	2 10%	0	15 5%	400 17%	19 6%	2 8%	4	5	Feta Cheese (a grain preservatives may vary), Enriched White Flour (ingredient preservatives may vary), Water, Fresh Ground 100% Whole Wheat Flour, Spinach, Honey, Eggs, Yeast, Kosher Salt, Dried Garlic, Oregano, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Star Spangled Swirl	150	1.5 2%	0.5 3%	0	5 2%	230 9%	30 10%	4 16%	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Blueberries (ingredient preservatives may vary), Dried Cherries (ingredient preservatives may vary), Honey, Dried Apples (ingredient preservatives may vary), Brown Sugar, Eggs, Yeast, Butter [Milk], Blueberries, Salt. CONTAINS: WHEAT, EGGS, SOY, AND MILK.
Stuffing Bread	100	0 1%	0 1%	0	0 1%	260 10%	20 7%	3 12%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Onion, Celery, Honey, Yeast, Salt, Eggs, Thyme, Black Pepper, Sage. CONTAINS: WHEAT, EGGS, AND SOY.
Sunflower	140	2 4%	0 2%	0	0 1%	300 12%	21 8%	4 16%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Swedish Rye	120	1 2%	0 1%	0	0 1%	240 10%	27 9%	3 14%	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Enriched White Flour (a grain preservatives may vary), Rye Flour, Yeast, Orange, Salt, Cinnamon Blends, Eggs, Caraway Seeds, Anise Seed. CONTAINS: WHEAT, SOY, AND EGGS.
Three Bread	140	2 3%	0 1%	0	0 1%	290 12%	25 8%	4 16%	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Potatoes, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Tuscan Herb	120	0.5 1%	0 1%	0	0 1%	260 10%	23 8%	4 16%	5	5	Fresh Ground 100% Whole Wheat Flour, Tomatoes (ingredient preservatives may vary), Honey, Water, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (a grain preservatives may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG.
Walnut Raisin Rosemary Blue Cheese	150	4 6%	1.5 8%	0	10 3%	230 10%	22 7%	3 12%	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Blue Cheese, Honey, Raisins, Raisins, Yeast, Molasses, Eggs, Salt, Rosemary. CONTAINS: WHEAT, MILK, EGGS, WALNUTS, AND SOY.
White Chocolate Cherry Swirl	150	2.5 4%	1.5 8%	0	5 2%	260 10%	21 10%	1 4%	8	3	Enriched White Flour (ingredient preservatives may vary), Water, Dried Cherries (ingredient preservatives may vary), White Chocolate Chips (ingredient preservatives may vary), Honey, Brown Sugar, Butter [Milk], Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
White	120	0 0%	0 0%	0	0 0%	400 17%	20 10%	1 4%	5	4	Enriched White Flour (ingredient preservatives may vary), Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
Whole Grain Goodness	140	2	0	0	0	240	22	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Eggs, Millet, Barley Flour Blends, Yeast, Peanuts, Cashews, Salt, Almonds.

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

PUMPKIN CHOCOLATE CHIP

Pumpkin Chocolate Chip Muffins & Bread have the perfect combination of autumn spices. This absolutely delicious and addictive treat is available EVERYDAY in October. Pumpkin Swirl is back on the menu this month. This bread is so good it's scary! Other Fall specials - Autumn Apple, MN Wild Rice, Anadama, and the new Mexican Chocolate.

OCTOBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries · MN Wild Rice

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Pumpkin Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Mexican Chocolate *New*

THURSDAY
9 Grain · Cinnamon Chip White · Potato Fennel Thyme
Sourdough (available after 1 PM)
Oct 6 - White
Oct 13 - Cranberry Walnut
Oct 20 - Jalapeno Cheddar
Oct 27 - Whole Grain White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl · Anadama

OCTOBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Oatmeal Chocolate Chip Cookies · Pumpkin Chocolate Chip Muffins & Bread · Savannah Bars

MONDAY
Maple Oatmeal Scone · Oatmeal Raisin Cookie

TUESDAY
Pumpkin White Chocolate Scone · Autumn Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Caramel Apple Scone · Turtle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Autumn Cookie · Cinnamon Rolls

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Other Fall specials - Autumn Apple & MN Wild Rice

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EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
MN Wild Rice

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Pumpkin Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat
Mexican Chocolate

THURSDAY
Whole Grain Goodness · Cinnamon Chip White · Bacon Cheddar Beer
Sourdough (available after 1 PM)
Oct 5 - White Oct 12 - Cranberry Walnut
Oct 19 - Jalapeno Cheddar Oct 26 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Anadama
Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · Potato Fennel Thyme · Apple Cinnamon Swirl

OCTOBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie ·
Pumpkin Chocolate Chip Muffin & Bread · Savannah Bar

MONDAY
Maple Oatmeal Scone · Snickerdoodle Cookie

TUESDAY
Vanilla Almond Scone · Autumn Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Caramel Apple Scone · Snickerdoodle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Turtle Cookie · Cinnamon Roll

Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / www.tulsaok.greatharvestbread.com

PUMPKIN SWIRL

This bread is so good it's scary! It's our delicious, homemade whole wheat dough mixed with real pumpkin & pumpkin pie spice. We roll it out, top it with brown sugar & walnuts, then roll the whole thing up with all the ingredients swirled together on the inside. Every slice you get is pumpkin-y sweet, with a bit of spice and lots of whole wheat! Not only that, but it makes a great autumn gift. Don't miss this tasty treat! Enjoy Pumpkin Swirl for breakfast, or dessert with any lunch or dinner meal. Don't forget to pack a slice in your child's Halloween lunch, it's sure to bring those hugs and kisses swirlin' in!

OCTOBER BREADS

EVERYDAY	Honey Whole Wheat • Harvest White Pumpkin Chocolate Chip
MONDAY	High 5 Fiber • Cheddar Garlic • **PUMPKIN SWIRL**
TUESDAY	Ezekiel Bread • Asiago Pesto Cranberry Flax • Jewish Apple Coffee Cake
WEDNESDAY	Low Carb Dakota • Onion Dill Rye Cinnamon Raisin • Iced Cinnamon Raisin
THURSDAY	Superfood Bread • Spinach Feta **PUMPKIN SWIRL** • Cranberry Orange Pound Cake
FRIDAY	Dakota • Cinnamon Chip • Cheddar Garlic
SATURDAY	Hummus Bread • Rock Island Trail Bread Lemon Blueberry

SWEETS SO SWEET IT'S SCARY!

EVERYDAY	Brownies • Power Bars • Pumpkin Chocolate Chip Muffins Cinnamon Rolls & Cinnamon Twist Muffins
MONDAY	Dillon Cookies • Oat Berry Muffins • Savory Breakfast Biscuits Pumpkin Bars
TUESDAY	Oatmeal Raisin Cookies • Pumpkin Spice Scones Lo-fat Yum Yum Brownie Muffins • Savannah Bars
WEDNESDAY	Chocolate Chip Cookies • Savory Breakfast Biscuits Lo-fat Cran-Blue Yogurt Muffins • Lemon Bars
THURSDAY	Ginger Cookies • Cranberry Orange Scones • Kahuna Bars Cranberry Orange Muffins • Oat Berry Muffin
FRIDAY	Monster Cookies • Lo-fat Cran Flax Cookies • Chocolate Chip Scones Savory Breakfast Biscuits • Morning Glory Muffins Pumpkin Bars • Savannah Bars
SATURDAY	Peanut Butter Chocolate Chip Cookies • Berry Cream Cheese Scones Cappuccino Muffins • Lemon Blueberry Muffins • Lemon Bars

BAKERY HOURS: Monday-Friday, 7am to 6pm, Saturday 7am to 4pm
Closed Sundays for a little Loafin'

Sandwiches & Panini

Served 11:00 AM to 3:00 PM
Monday - Saturday

706 N. Broadway
Rochester, MN 55906
www.GreatHarvestRochester.com
507-286-1101

Great Harvest Classic Sandwiches

All Classic Sandwiches are made with optional thin sliced red onion, romaine lettuce, sliced tomato, honey mustard, mayonnaise, salt and pepper and your choice of sandwich bread.

Turkey & Swiss...$6.45
Lightly smoked turkey breast, Swiss cheese, mayo, and honey mustard.

Louisville Chicken Salad...$6.45
Chunks of white and dark meat chicken in a seasoned mayonnaise dressing with sweet & spicy pecans.

Great Harvest Cold Signature Sandwiches

All Signature Sandwiches are made with optional thin sliced red onion, romaine lettuce, sliced tomato, salt and pepper, on the recommended bread.

California Cobb...$6.95
Fresh avocado, smoked turkey breast, and crispy bacon, with a bleu cheese spread, served on honey whole wheat bread.

Country Smoked Turkey...$6.95
Smoked turkey breast, roasted peppers and onions on focaccia bread.

Harvest Veggie...$6.95
Fresh green pepper rings, cucumber slices, provolone and cheddar cheeses with sun dried tomato spread on honey whole wheat bread.
With avocado, add 50¢

Great Harvest Hot Signature Sandwiches

All Hot Signature Sandwiches served fresh off the steamer and grill to melt in your mouth!

BLT Panini...$5.99
Crispy smoky bacon, ripe tomatoes, romaine lettuce, and mayonnaise toasted to perfection.

Tuscan Chicken Panini...$7.35
Aged provolone melted over grilled chicken breast, optional thin sliced red onion, romaine lettuce, tomato, salt and pepper and a sun dried tomato pesto spread on focaccia bread.

Smoky BBQ Cheddar Chicken Panini...$7.35
Grilled chicken breast, optional thin sliced red onions, romaine lettuce, tomato, salt and pepper, smoky honey BBQ sauce, melted sharp cheddar and crisp bacon on focaccia bread.

Spicy Smoked Turkey & Pepper Jack Panini...$7.35
Smoked turkey breast, melted pepper jack cheese, roasted onions and peppers, romaine lettuce, salt and pepper and tomato with a spicy southwest mayonnaise, optional thin sliced red onions on focaccia.

"GHBC" Grilled Cheese Panini...$5.99
A twist on the traditional sandwich served with a garlic and herb spread and two cheeses, sharp cheddar and Swiss on white bread.
With crisp bacon, add $1.00
With sliced tomato, add 50¢

Kiddie Sandwiches

Simple, tasty kid-favorite sandwiches are served with a 1/2 of a cookie.

Peanut Butter & Jelly...$2.99
Creamy peanut butter and strawberry jam.

Lil' Cheezer...$2.99
Cheddar cheese on our Old Fashioned White bread with a light touch of mayo.

Sandwich Breads

Handcrafted & baked from scratch daily!

Honey Whole Wheat
Our specialty! Made from freshly stone-ground 100% whole wheat flour milled in our bakery every day. Nutty, versatile flavor with a dense but soft texture.

Old Fashioned White
Blends pure honey and premium flour unbleached, unbromated and absolutely no preservatives. Just like the bread Grandma makes!

Italian Herbed Focaccia
Homemade in the classic Italian flat bread style. Seasoned with extra virgin olive oil, basil, oregano, parsley, and encrusted with freshly grated Parmesan cheese and garlic.

Add Chips and/or a Giant Cookie for $1.00 each

Don't forget the treats!

The perfect assortment of Great Harvest sweets for a morning meeting, a lunch gathering, or a thank-you for the office.

Tray of Treats

Large...$45.00 (serves 36-40)
Small..$22.00 (serves 12-30)
Includes a specialty loaf of the day, tea cake of the day, and an assortment of muffins, scones and cookies.

Bakery Breakfast Box...$0.00

Includes a fresh giant cinnamon roll, muffin or other specialty breakfast item, served with a side of fruit, homemade granola, and a bottle of Welch's 100% juice.

The Great Big Cookie Box

$15.00 per dozen
Varieties include oatmeal chocolate chip, oatmeal raisin, peanut butter, snickerdoodle, turtle and original oatmeal.

Catering Options

Sandwich Trays

Small...$00.00 (12 sandwiches)
Medium...$00.00 (24 sandwiches)
Large...$00.00 (36 sandwiches)
Includes a specialty loaf of the day, tea cake of the day, and an assortment of muffins, scones and cookies.

Harvest Box Lunches...$0.00

Includes a fresh giant cinnamon roll, muffin or other specialty breakfast item, served with a side of fruit, homemade granola, and a bottle of Welch's 100% juice.

Additional Offerings

Additional Item no 1...$0.00

Description of additional item 1 can be entered here. Description of additional item 1 can be entered here.

Additional Item no 2...$0.00

Description of additional item 2 can be entered here. Description of additional item 2 can be entered here.

Additional Item no 3...$0.00

Description of additional item 2 can be entered here. Description of additional item 2 can be entered here.

Please Consider When Placing Your Order:

* Place your order by calling or stopping by the bakery.
* Orders of 10 or more must be placed before 10 a.m., please.
* We're happy to deliver for lunch orders of 15 or more.
* Lunches come brown bagged. Box lunch option available- $0.00 extra
* Order 24 hours in advance to ensure availability.
* We gladly deliver. Prices vary according to distance. Please check with us regarding your location.
* Payment to be made at time of order.

We gladly accept Visa, Discover, Mastercard and American Express.

Great Harvest Bread Co. Sandwiches & Panini

Where the outside is as good as the inside!

Bakery Hours M-F 7am-6pm, Sat. 7am-3pm
Fresh Sandwiches served M-F 10am-3pm

1234 Your Street
Anywhere, ST 56789
(123)456-7890
www.webaddress.com
www.facebook/pageaddress.com

WE CATER!
See back for more information.

Breakfast Sandwiches

Served between 8 am-11am on our freshly baked whole wheat or white bread. cheese choices: Swiss, American, Provolone or Cheddar.

Egg Sandwich...$0.00
Egg & Cheese...$0.00
Egg, Bacon & Cheese...$0.00
Egg, Ham & Cheese...$0.00

Great Harvest Classic Sandwiches

All Classic Sandwiches are made with thin sliced red onion, romaine lettuce, sliced tomato, white wine Dijon mustard, mayonnaise, salt and pepper and your choice of sandwich bread.

Ham & Swiss...$0.00
Tender slices of honey smoked ham and Swiss cheese

Turkey & Swiss...$0.00
Lightly smoked turkey breast and Swiss cheese

Roast Beef...$0.00
Sliced roast beef and aged provolone

Great Harvest Cold Signature Sandwiches

All Cold Signature Sandwiches are made with thin sliced red onion, romaine lettuce, sliced tomato, salt and pepper, and with the recommended bread of your choice of sandwich bread.

California Cobb...$0.00
Fresh avocado, smoked turkey breast, and crispy bacon, with a bleu cheese spread and honey whole wheat bread

Pepper Bleu Roast Beef...$0.00
Roast beef with bleu cheese spread, on caraway rye bread.

Country Smoked Turkey...$0.00
Smokey turkey breast, roasted peppers and onions with balsamic vinegar dressing on focaccia bread

Louisville Chicken Salad...$0.00
Chunks of white and dark meat chicken in a seasoned mayonnaise dressing with sweet & spicy pecans

Tuna Salad...$0.00
Chunk white albacore tuna with a seasoned mayonnaise dressing

Harvest Veggie...$0.00
Fresh pepper rings, cucumber slices, provolone and cheddar cheeses with red pepper garlic spread on honey whole wheat bread

Peanut Butter & Jelly...$0.00
Creamy peanut butter and grape jelly on white bread

Great Harvest Hot Signature Sandwiches

All Hot Signature Sandwiches served fresh off the steamer and grill to melt in your mouth!

BLT...$0.00
Crispy smoky bacon, ripe tomatoes, romaine lettuce, salt and pepper and mayonnaise on white bread toasted in the panini grill

Tuscan Chicken Panini...$0.00
Aged provolone melted over grilled chicken breast, thin sliced red onion, romaine lettuce, tomato, salt and pepper and a sun dried tomato pesto spread on focaccia bread.

Smoky BBQ Cheddar Chicken Panini...$0.00
Grilled chicken breast, thin sliced red onions, romaine lettuce, tomato, salt and pepper, smoky honey BBQ sauce, melted sharp cheddar and crisp bacon on focaccia bread

Spicy Smoked Turkey & Pepper Jack Panini...$0.00
Smoked turkey breast, melted pepper jack cheese, roasted onions and peppers, romaine lettuce, salt and pepper and tomato with a spicy southwest mayonnaise on caraway rye bread

Mile High Rye...$0.00
Smoked turkey and roast beef with melted Swiss, thin sliced red onion, romaine lettuce, tomato, salt and pepper, and roasted garlic and dill spread on caraway rye bread

Roast Beef Panini...$0.00
Roast beef, roasted peppers and onions, melted aged provolone, romaine lettuce, tomato and salt and pepper with a red pepper garlic cheese spread on focaccia

"GHBC" Grilled Cheese Panini...$0.00
A twist on the traditional sandwich served with a garlic and herb spread and two cheeses, sharp cheddar and Swiss on white bread; this sandwich is also available with honey smoked ham, crisp bacon and/or sliced tomato with an additional cost

Area For Extra Information

Utilize this space to mention meal combos, box lunches, drinks etc.

Item Listed Here...$0.00
Extra information about this item can be placed here in order to provide your customers a brief description

Item Listed Here...$0.00
Extra information about this item can be placed here in order to provide your customers a brief description

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Fall back to APPLES

You're going to flip over the Great Harvest "Fall Back To Apples" specials! We've baked up some apple-packed masterpieces for your delight. Check out our bountiful array of applelicious breads and treats. You'll fall head-over-heels. Great for picnics, back to school lunches, desserts and anytime indulgence!

SEPTEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
MN Wild Rice · Autumn Apple

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Apple Scrapple

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat
Autumn Apple

THURSDAY
Whole Grain Goodness · Cinnamon Chip White · Apple Scrapple
Bacon Cheddar Beer
Sourdough (available after 1 PM)
Sept 7 - Whole Grain White Sept 14 - Sundried Tomato
Sept 21 - Jalapeno Cheddar Sept 28 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar
Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

SEPTEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bar · Oatmeal Chocolate Chip Cookie

MONDAY
Apple Cinnamon Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Scotchie Cookie

TUESDAY
Berry Cream Cheese Scone · Triple Chocolate Muffin · Autumn Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Monster Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie
Pumpkin Chocolate Chip Muffin & Bread · Cinnamon Roll

SATURDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Jumble Cookie · Cinnamon Roll

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Fall back to APPLES

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SEPTEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries · MN Wild Rice · Autumn Apple

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Apple Scrapple

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Autumn Apple

THURSDAY
9 Grain · Cinnamon Chip White · Apple Scrapple · Pepperoni Rolls
Sourdough (available after 1 PM)

Sept 1 - Basil Parmesan
Sept 8 - Green Chili
Sept 15 - Jalapeno Cheddar
Sept 22 - Sundried Tomato
Sept 29 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Supreme! · High 5 Fiber · Chipotle Cheddar · Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

SEPTEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Scotchie Cookie

TUESDAY
Berry Cream Cheese Scone · Zucchini Muffin · Oatmeal Raisin Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread · Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Monster Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Pumpkin Chocolate Chip Muffin & Bread · Cinnamon Rolls

SATURDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Jumble Cookie · Cinnamon Rolls

TO WEIGH LESS... TO LIVE HEALTHIER AND LONGER, EAT MORE 'GOOD' CARBS

Kudos to Robert Atkins, the good doctor who raised awareness about the perils of carbohydrates in an increasingly overweight nation. Never mind that his high-protein alternative is fraught with health risks. Never mind that many of his low-carb disciples (as many as 70 million in one form or another) don't draw distinctions between "bad" carbs and "good" carbs. For them, a carb is a carb is a carb – all mortal enemies of a thin and happy life. Despite his diet's shortcomings, Atkins did have the courage to raise the issue in a carb-guzzling world. He engaged the debate, which we believe will ultimately lead to a healthier America. For that we are grateful.

Still, it should be noted that the American Heart Association, American Dietetic Association and the American Kidney Fund have all warned about various dangers associated with low-carb, high protein diets.

Consider this from Dr. David Katz of the Yale School of Public Health: "Diets rich in fiber and complex carbohydrates – found in fruits, vegetables, beans and WHOLE GRAINS (this is where Great Harvest Bread enters the discussion) – have been shown in a wide array of studies to be associated with reduced risks of cancer, reduced risks of cardiovascular disease, reduced risk of diabetes, reduced risks of gastrointestinal disorders and overall health promotion. In other words, the notion of cutting carbs is a step in the opposite direction from everything we know about healthy eating."

And this from Judith Wurtman, a brain researcher at M.I.T.: "The diet-industrial complex is now pushing low carbs full steam ahead. It may take a long time, but 10 years from now, people are going to look back on this and say, 'Boy, were we really stupid.' "

And this from reporter David Bjerklie in an April 2004 *Time* magazine story titled "Low-Carb Nation":

"So if the low-carb mantra has made you cut simple sugars and refined carbohydrates from your diet, great. But if you are skimping on produce and WHOLE GRAINS and instead shoveling animal and dairy fats into your body, you are short-changing your health."

Jane Brody, the food and nutrition guru at *The New York Times*, cites various studies before weighing in with these conclusions in a March 4, 2003 article: "People who eat more whole grains tend to weigh less than those who consume fewer." And: "People who eat whole grains are healthier and live longer."

Then, in a column published on March 23, 2004, she writes: "None of my slender friends and acquaintances eats a low-carb diet. ... You don't have to eat low-carb to remain slim or to lose weight and keep it off. Fiber-rich carbohydrates (i.e., Great Harvest breads) offer three major benefits to the weight-conscious eater: they hold water in the gut, take longer to digest and some of their calories are eliminated unabsorbed. In other words, they can fill you up before they fill you out. ... A diet high in fat and low in carbs has yet to be tested for long-term safety and effectiveness. But fiber-rich balanced diets, replete with WHOLE GRAINS, fruits and vegetables along with reasonable quantities of fish, poultry, meat and dairy products, have been repeatedly shown to be conducive to enjoyable eating and to achieving and maintaining a normal body weight and long-lasting health."

"So if the low-carb mantra has made you cut simple sugars and refined carbohydrates from your diet, great. But if you are skimping on produce and **WHOLE GRAINS** *and instead shoveling animal and dairy fats into your body, you are short-changing your health."*

3 Servings of WHOLE GRAINS Daily

The Surgeon General's goal is for all Americans to consume at least three servings of WHOLE GRAINS daily. We have a long way to go. Today, the daily average is about half a serving.

The Food and Drug Administration states: "Diets rich in WHOLE-GRAIN foods and other plant foods low in total fat, saturated fat and cholesterol may help reduce the risk of heart disease and certain cancers." The FDA allows food manufacturers to claim health benefits for products with at least 51 percent WHOLE GRAINS by weight and less than 3 grams of fat per serving.

The health benefits of eating WHOLE GRAIN foods are outlined in study after study around the world. In fact, dozens of studies have shown that eating WHOLE GRAINS reduces cancer risks. Dr. Joanne L. Slavin writes in The Journal of the American Dietetic Association, "WHOLE GRAINS are rich sources of a wide range of phytochemicals with anticarcinogenic properties. Some of these phytochemicals block DNA damage and suppress cancer cell growth. ... The fiber in WHOLE GRAINS increases fecal bulk and speeds the transit of stool, decreasing the opportunity for mutagens to damage cells and cause cancer of the digestive tract. In addition, hormonally active lignans in WHOLE GRAINS may protect against hormonally mediated diseases, such as cancers of the breast and prostate."

A Finnish study of 21,930 male smokers and an American study of 43,757 male health professionals found a reduced risk of heart attacks among those who ate the most WHOLE-GRAIN bread and cereal. The Nurses' Health Study of nearly 90,000 women and the Health Professionals Study of nearly 44,000 men found that those who consumed the most fiber from WHOLE GRAINS had about a 30 percent lower risk of developing Type 2 diabetes.

'BAD' CARBS VS. 'GOOD' CARBS

Let's take a moment to explore the difference between "bad" carbs and "good" carbs, according to the experts.

As *Time* magazine explained in "The Low-Carb Frenzy," all foods can be divided into combinations of three different nutritional categories based on their chemical components: carbohydrates, proteins and fats. The body breaks down carbs into sugars that flow through the bloodstream and serve as the body's key source of energy. White bread, pasta and potatoes are examples of "bad" carbs that quickly turn to sugar in the body. Sugar not needed immediately by muscles is stored as fat to be used later. On the other hand, some fruits, vegetables, beans and, yes, WHOLE GRAINS, are also carbs. But they are "good" carbs that break down slowly and provide substantial infusions of vitamins, minerals and, especially, fiber. Numerous studies have demonstrated that diets rich in fiber can lower cholesterol and reduce the risk of heart disease.

Walter Willett, a medical doctor at the Harvard School of Public Health, has written a book, *Eat, Drink and Be Healthy – The Harvard Medical School Guide to Healthy Living* (Simon & Shuster, 2002). In it he explains that the basic difference between bad carbs and good carbs isn't as simple as the traditional understanding of "simple carbohydrates" (sugars) and "complex carbohydrates" (starches).

While the terms "simple" and "complex" have a specific chemical meaning, they don't mean much inside your body. In fact, your digestive system turns white bread, a baked potato, or white rice (all starches and therefore "complex" carbs) into glucose and pumps this sugar into the bloodstream almost as fast as it delivers the sugar in a cocktail of pure glucose. Swift, high spikes in blood sugar are followed by similar surges in insulin. As this insulin forces glucose into muscle and fat cells, blood sugar levels plummet, triggering the unmistakable signals of hunger. To make matters worse, these high levels of blood sugar and insulin surges are now implicated as part of the perilous pathway to heart disease and diabetes. The harmful effects of these rapidly digested carbohydrates are especially serious for people who are overweight.

WHOLE GRAINS
Keystones of a Healthy Diet

"The carbohydrates that should form the keystones of a healthy diet come from WHOLE GRAINS, like brown rice or oats, from foods made with WHOLE GRAINS, like whole-wheat pasta or bread, or from beans. Our body takes longer to digest these carb packages, especially when they are coarsely ground or intact. That means they have a slow, low and steady effect on blood sugar and insulin levels, which protects against heart disease and diabetes. They make you feel full longer and keep you from getting hungry right away. They also give you important fiber plus plenty of vitamins and minerals."

Harvard medical doctor Dr. Walter Willett goes on to describe the two carb building blocks in his Healthy Eating Pyramid. WHOLE-GRAIN good carbs sit prominently as part of the pyramid's foundation, and highly refined, rapidly digested bad carbs (including most desserts) are relegated to the very top.

"For almost 20 years our research team has been one of several groups studying the health effects of foods made from refined and intact grains. The result of this work is compelling. Eating lots of carbs that are quickly digested and absorbed increases levels of blood sugar and insulin, raises levels of triglycerides and lowers levels of HDL cholesterol. Over the long run, these changes lead to cardiovascular disease and diabetes. In contrast, eating WHOLE-GRAIN foods is clearly better for long-term good health and offers protection against diabetes, heart disease, cancer and gastrointestinal problems such as diverticulosis and constipation. Other research around the world points to the same conclusions."

IMPORTANCE OF GLYCEMIC INDEX, GLYCEMIC LOAD

At the heart of the distinction between good carbs and bad carbs is the Glycemic Index, which emerged in the 1990s when researchers at the University of Toronto showed that some foods raised blood sugar faster and higher than others, placing greater demands on the insulin system. The Glycemic Index ranks foods according to how rapidly sugars are released into the bloodstream.

Dr. Willett describes how the index works: The body converts digestible carbs into glucose – sugar that cells use as fuel. When glucose molecules pass from the stomach into the bloodstream, the pancreas releases insulin, a hormone that activates cells to absorb glucose. As muscles, fat and other cells sponge excess glucose from the blood, insulin levels return to normal.

Discovery of the Glycemic Index led to another measurement developed by a team from the Harvard School of Public Health called Glycemic Load. It includes the food's Glycemic Index plus how much carbohydrate the food delivers in one serving. Most fruits, vegetables, beans and WHOLE GRAINS have low Glycemic Loads. However, when fruits are squeezed into juices and WHOLE GRAINS are pulverized into refined flour, they turn into the equivalent of sugar water with very high Glycemic Loads.

WHY DOES A HIGH GLYCEMIC LOAD CAUSE WEIGHT GAIN?

"After a snack or meal with a high Glycemic Load, blood-sugar levels rise higher and faster than after a meal with a low load," Dr. Willett writes. "The insulin needed to stuff all that sugar into muscle and fat cells also blunts the activity of glucagons, a hormone that signals the body to burn stored fuel when blood-sugar levels fall below a certain point. Glucose levels plummet as a result, leaving the brain and other tissues starved for energy. Concentration flags, muscles get shaky and the body perceives an emergency. In search of a quick fix, the gut and brain send out hunger signals long before it's time for another meal. And for those who respond to these signals by downing another high-glycemic snack, the cycle repeats itself. The fluctuating sugar levels and elevated insulin levels lead to excessive snacking – and calories."

WHY DOES THIS EATING PATTERN CAUSE DIABETES?

Again, Dr. Willett: "Foods with high Glycemic Load pose another problem for a growing number of Americans. The tissues of people who are overweight or physically inactive resist insulin's signal to pull in glucose from the blood – a condition known as insulin resistance. This keeps blood sugar at high levels for prolonged periods. It also forces the pancreas to produce extra insulin in order to jam glucose into cells. Overworked insulin-making cells can wear out and cease production, leading ultimately to diabetes."

We don't need to swear off carbs to avoid weight gain and diabetes. The trick, according to Dr. Willett, is to choose foods with low Glycemic Loads. "For example, switch to WHOLE GRAINS. Until the 19th century, humans ate grains either whole or roughly ground. In this form, grains offered a carbohydrate package rich in fiber, healthy fats, vitamins, minerals, plant enzymes and hundreds of nutrients. ... Fortunately, WHOLE GRAINS are making a comeback."

WHOLE GRAINS – STARS IN DISEASE PREVENTION

It is the indigestible fiber and phytochemicals in WHOLE GRAINS that render them stars in disease prevention, Jane Brody writes in *The New York Times*. So, why is fiber such an important player on the good-health team?

"Fill up with fiber," writes Dr. Bob Arnot in his popular book, *Revolutionary Weight Control Program*. "Fiber, derived from plants, is classified as soluble and insoluble. Both types are beneficial. Soluble fibers dissolve in water, and so they soak up liquids. Insoluble fibers do not dissolve in water, though they assist in moving waste through the body.

"FILL UP WITH FIBER"

"Soluble-fiber foods are among your most important weapons against hunger. When water and soluble fiber mix in the gut, the stomach and small intestine expand, sending satiety signals that shut off further eating. That's why the experimental subjects were satisfied with fewer calories when they ate WHOLE-WHEAT BREAD than when they consumed white bread, which has fiber refined out of it."

(Dr. Arnot is referring to a revealing study in which one group was given WHOLE-WHEAT BREAD on one occasion and white bread on another. Both times participants were told to eat until they were full. The group consumed far fewer calories when they ate WHOLE-WHEAT BREAD, and yet were as satisfied as when they ate the greater amount of white bread.)

Dr. Arnot concludes, "The more fiber you load up on early in the day, the more effectively you may kill hunger – and impulse eating – into the evening."

Today, 64 percent of Americans are overweight, and more than 30 percent are obese, according to the FDA. In fact, obesity is gaining on smoking as the leading cause of preventable death.

"It seems clear that a large proportion of the population could benefit from eating more WHOLE GRAIN, and efforts are needed to encourage consumption," according to the American College of Nutrition.

Simin Liu, a Harvard researcher with the Brigham and Women's Hospital in Boston, says, "Americans understand that WHOLE GRAINS are healthier than refined grains, but the average person eats less than one serving of WHOLE GRAINS per day. ... The challenge for the food industry is to make WHOLE-GRAIN products more appealing than refined-grain products." For the rest of us, she suggests, "The challenge is to develop habits to increase WHOLE-GRAIN intake such as substituting WHOLE-WHEAT BREAD for white bread when making a sandwich. Developing such a simple habit may have long-term benefits."

Nicola M. McKeown, PhD., adds, "I think people understand the importance of eating fruits and vegetables, but when it comes to WHOLE GRAINS the message has pretty much been lost. This is in part because consumers don't really understand what WHOLE-GRAIN foods are."

To that end, the U.S. Department of Agriculture is poised to launch as part of the 2005 edition of the "Dietary Guidelines for Americans" an intensive effort to increase consumption of whole grains and reduce consumption of enriched grains (those stripped of their nutrients in the production process then "enriched" with required vitamin and mineral supplements – virtually all of the breads, white or otherwise, found on supermarket shelves). The USDA would recommend increases of whole-grain consumption by 275 percent for men and 227 percent for women.

"INCREASE WHOLE-GRAIN INTAKE"

NOBODY DOES WHOLE GRAIN BETTER

Great Harvest Bread Co. understands the magic of WHOLE GRAIN. That's why we're here. We have been the WHOLE-GRAIN headquarters for nearly 30 years. WHOLE GRAINS are our niche, our specialty – they're what we do. We mill WHOLE GRAINS in our store every day, so they're always fresh. The truth is that nobody does WHOLE GRAIN better than Great Harvest.

Let's take a look at our basic building block, the kernel of wheat. This natural miracle is a storehouse of nutrients that people have needed and used for thousands of years – the "staff of life." Each kernel (it takes about a million to fill a bushel basket) has three parts. 1) The endosperm is the largest part with 83 percent of the kernel's mass. This is where starch is stored and where the largest amount of flour comes from. It contains carbs, protein, iron and B-complex vitamins. 2) Bran is the fiber-rich outer layer with about 14.5 percent of the kernel, containing protein and B-complex vitamins. 3) Germ is the nutrient-rich embryo, the sprouting section, that packs abundant B-complex vitamins and trace minerals.

In baking WHOLE-GRAIN BREADS, Great Harvest uses the entire kernel. By contrast, many commercial bread makers, producing highly refined white breads and other breads that pose as "whole wheat" or "multigrain," strip away the bran and germ to make soft, airy breads with a longer shelf life. They bleach the flour, and then add vitamins and minerals to replace the lost nutrients. But many nutrients aren't added, and the lost fiber can't be replaced.

Great Harvest bread is made completely from scratch. Great Harvest's whole grain breads are made using freshly stone-ground flour that we grind from whole wheat kernels in our store daily. The flour in our whole grain breads are never more than 48 hours old, which means that essential nutrients, which begin breaking down over time, are preserved.

Freshly stone-ground 100% whole-wheat flour (from America's best wheat) that's never more than 48 hours old gives Great Harvest bread its exceptionally fresh taste. It also gives Great Harvest bread its satisfying size. Other bakeries use dough conditioners or chemicals to boost loaf volume. At Great Harvest we just use fresh wheat, carefully and stringently selected from the and high plains of America's best wheat growing regions. That's it. Stone-ground whole wheat – plus proprietary parts of our recipes and baking process – enables most Great Harvest breads to remain fresh 7 to 10 days without preservatives.

At Great Harvest we are all about making the best-tasting, most nutritious whole-grain breads you can find anywhere. We believe that eating our bread can help you lose weight and live a healthier and longer life.

MUSCLE BREAD

As a way of closing, we offer this tip for helping your children understand the difference between "fluff" bread and WHOLE-GRAIN bread. The original idea comes from William Sears, a well-known pediatrician and author from San Clemente, Calif., who dedicated an entire chapter to bread in his *Family Nutrition Book.*

Because parents often complain that their children won't eat anything but white bread, consider taking your kids to the bread aisle at a supermarket. Have them hold a loaf of white bread in one hand and a loaf of Great Harvest WHOLE-GRAIN bread in the other. The WHOLE-GRAIN breads are always much weightier.

Then tell them, in Dr. Sears' words: "The white bread is air bread. WHOLE GRAIN is heavier because it's muscle bread."

We like that... muscle bread.

Here's to your strong muscles and to a long and healthy life from your friends at Great Harvest.

WHOLE GRAINS FOR HEALTHY KIDS!!

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GREAT HARVEST BREAD CO.

706 N. Broadway
Rochester, MN
Hours: 6:30 a.m. – 6:00 p.m., Tues. – Friday
6:30 a.m. – 5:00 p.m. Saturday

Great Harvest Bread Co. is an Equal Opportunity Employer. We do not discriminate on the basis of race, religion, color, sex, age, national origin, or disability.

Date:_____

Name:_____
List Previous, Maiden, or Alias

Telephone # _____daytime _____evening

Current Address:_____

e-mail address _____ Date available to start to work? _____

How did you hear about us?_____Position Desired?_____

How long do you plan on working for us?_____Under 18 years old? Yes No

Highest grade or college completed_____

We are a non-smoking company. Can you work under these conditions? Yes No

Have you been convicted of a felony within the last 7 years? Yes No

If yes, please explain_____

Are you a U.S. Citizen, or do you have a permit which allows you to work? Yes No
(Proof of citizenship or immigration will be required on employment)

Great Harvest jobs may include standing for long periods of time, lifting regularly, stooping & bending frequently, performing repetitive hand motions; and most importantly, smiling and having fun at all times. Can you do these things, with or without accommodations? Please explain necessary accommodations.

The following questions do not have "right" answers but are intended to help us get to know you better. Short answers are OK, use more paper if you want.

Why are you interested in working at Great Harvest Bread Co?

Great Harvest is a very service-oriented business. What does good service mean to you?

Tell us about hobbies, special interests, experiences, or skills (Not necessarily job related). List something that you are particularly proud of.

What type(s) of music do you enjoy? Favorite radio station?

What skills from previous jobs would qualify you for a position at Great Harvest?

What are your goals for the next six to twelve months? Two years? Five years?

What are your preferred working hours and available days and hours? Will your availability change in the next six months?

Give us a couple references (with phone #) who you have known for at least 1 year. Exclude friends or relatives.

Anything else you would like us to know about you?

Employment History

Please tell us about your recent job history starting with the present: (5 years)

Company_____Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back?_____# of days taken off?_____

_____

Company_____Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back?_____# of days taken off?_____

_____

Company_____Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back?_____# of days taken off?_____

Employment Agreement

I certify that the facts contained in this application are true and correct, and I confirm that my omission or misrepresentation of any fact on this application is sufficient reason for Great Harvest to deny me employment. If employed, such an omission or misrepresentation shall be grounds for dismissal. I further authorize investigation of all statements contained herein and contact with references listed. I agree that if an employment relationship is established with Great Harvest, it will be of an "at will" nature. Meaning that I may resign at any time & Great Harvest may dismiss me at any time with or without cause.

Signature_____ Date_____

Q: Some days I am much more active than others. Does that make a difference?
A: Yes! The more physically active you are, the more carbohydrates you use for fuel. In addition, the faster the pace of activity, the more carbohydrates you use.

Q: Can I save all of my carbohydrates for dinner?
A: If you have type 2 diabetes, it's better to distribute your carbohydrates throughout the day. Your body is still making insulin; you are just using it less effectively. Lots of carbohydrates at once will tax your body's ability to clear the blood sugar. Smaller, more frequent amounts of carbohydrates are recommended. If you have type 1 diabetes, the most important point to remember is to match the insulin you take with the amount of carbohydrate at a meal.

Q: So, portion control is the right answer, rather than abstaining from carbohydrates?
A: Yes! Learn how many carbohydrates are right for you, based on your usual dietary intake, your preferences and your blood sugars.

Q: Do whole grain breads have any benefits over breads made with refined white flour?
A: Yes again! Research indicates that whole grains may help with weight loss, and help prevent colon cancer and heart disease. In addition, whole grains naturally provide micronutrients such as the B vitamins, iron and zinc. They also contain phytochemicals, which may be part of the reason they help prevent chronic disease.

DO YOURSELF A FAVOR!

If you have diabetes, consult with a certified diabetes educator or dietitian familiar with your disease. An educator can help design a meal pattern for you that will contain a healthy, balanced diet, which can include delicious and nutritious Great Harvest bread.

Here is an example of a low carbohydrate food plan using Great Harvest bread:

BREAKFAST
- 1 orange
- 1 slice of Nine Grain bread with peanut butter
- Meal total ≈ 42 grams of carbohydrate*

LUNCH
- 2 slices of Honey Whole Wheat with sliced turkey, tomatoes, lettuce, onions and sprouts
- ½ cup carrot sticks with light ranch dip
- Meal total ≈ 42 grams of carbohydrate*

DINNER
- Grilled halibut with carrots and green beans
- Large green salad with oil and vinegar
- Enjoy a handful of granola for dessert
- Meal total ≈ 18 grams of carbohydrate*

*Remember to subtract the grams of fiber from the total grams of carbohydrates.

This brochure has been written with the help of Carla Cox, Ph.D., registered dietitian, certified diabetes educator, and nutrition consultant for Great Harvest Bread Co.

Great Harvest Bread Co.®

I have DIABETES

CAN I EAT Great Harvest BREAD?

Great Harvest Bread Co.®

YOU BET!

DIABETES *is a disease diagnosed when a fasting blood sugar is greater than 126 mg/dl. Pre-diabetes is becoming a more common diagnosis, and is diagnosed when a fasting blood sugar is greater than 110 mg/dl, but less than 126 mg/dl.*

When carbohydrate-rich foods are eaten, blood sugars rise. (Foods rich in carbohydrates include fruit, milk, yogurt, potatoes, rice, whole grain breads and desserts.) In an individual with diabetes, high carbohydrate diets can overwhelm the body's ability to move sugar from the blood stream into tissues where it is used to help perform the work of the cell. Some people can have high blood sugars even with a low carbohydrate diet, because the body can make glucose even without carbohydrates. Chronically high blood sugars can damage the heart, kidney, eyes and nerves, so they need to be treated.

What complicates the food recommendations for an individual with diabetes is that everyone needs some carbohydrates. Carbohydrates are used by the brain and are important in the function of the working muscle, particularly when the work is intense (lifting, running, sprinting).

COMMON QUESTIONS FROM PEOPLE DIAGNOSED WITH DIABETES:

Q: How many carbohydrates can I eat?
A: Since each person is unique, that question is best answered by a certified diabetes educator or dietitian that frequently works with individuals diagnosed with diabetes. However, here are some general guidelines:

If you have type 2 diabetes or pre-diabetes:

- *Everyone should obtain at least 100 grams of carbohydrates per day.*
- *Individuals who are younger, more active or male, should consume more carbohydrates per meal. It may be appropriate for some to eat 60g-75g or more carbohydrates per meal! (And a slice of Great Harvest bread can certainly fit here... read on.)*
- *A small, older female who is not very active would need the least number of carbohydrates per meal (30g for breakfast, 30g for lunch and 40g for dinner would be a good estimate).*

If you have type 1 diabetes or are taking insulin at each meal:

- *Your insulin should be matched to the amount of carbohydrate you are eating at each meal and snack. Talk to your diabetes educator about using a scale of units of insulin to grams of carbohydrate.*

Q: How many grams of carbohydrates are in a slice of Great Harvest bread?
A: Since the size and shape of the loaves vary, ask for a handout that lists all the breads made at Great Harvest Bread Company, and the quantity of carbohydrates per serving. A typical slice of Great Harvest bread weighs 45g - 50g (that is a little more than 1.5 ounces). You'll need a small scale at home to be really accurate! (One slice of store bought bread is usually 30g by weight and contains 12g-15g of carbohydrates; a bagel may be as many as 150g by weight and contain 72g of carbohydrates.) Some examples are:

[Bread Variety]	[Carbohydrates]	[Fiber]
Honey Whole Wheat	22g	3g
Cranberry Orange	25g	3g
Nine Grain	23g	3g
Flax Oat Bran	21g	4g
Raisin Whole Wheat	24g	3g
High 5 Fiber	21g	5g

PER 50-GRAM SERVING SIZE

Carbohydrates (grams) - Fiber (grams) = Total Carbohydrates

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N, Broadway
Rochester MN 55906
507-286-1101
www.greatharvestrochester.com

MONDAY-FRIDAY 6:30AM-6:00PM, SATURDAY 6:30AM-5:00PM, CLOSED SUNDAY

Change Your Loaf FOREVER!

Sink your teeth into a slice of this delicious & festive summer bread! Loaded with dried cranberries, wild blueberries, white chocolate chips and a splash of vanilla! This bread is bound to spark your taste buds. We'll be baking Red, White & Blueberry bread throughout July!

JULY *Breads*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/berries · Cinnamon Chip White
Potato Fennel Thyme · Red, White, & Blueberry

TUESDAY
Dakota · Cinnamon Chip Wheat · Cheddar Garlic · Cranberry Orange
Mexican Chocolate

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat
Red, White, & Blueberry

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta · Bacon Cheddar Beer
Sourdough:(available after 1pm)
July 6 - 3 Cheese
July 13 - Plain ol White
July 20 - Sundried Tomato
July 27 - Whole Grain White

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar
Anadama (loaves & buns) · Red, White, & Blueberry

SATURDAY
Cinnamon Chip White · Apple Cinnamon Swirl · Rosemary Garlic

JULY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Turtle Cookie

WEDNESDAY
Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Raisin Cookie
Vanilla Almond Scone

THURSDAY
Mocha Chip Scone · Lemon Poppy Muffin · Snickerdoodles

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin · Monster Cookie · Cinnamon Rolls

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

HONEY BUNNIES

EASTER SCHEDULE (APRIL 13-15)

Honey Whole Wheat, Old Fashioned White, Challah, Cinnamon Chip White, Light Wheat Virginia Rolls, Basil Oregano Virginia Rolls, Easter Ambrosia, Hot Cross Buns, Bunnies.

Accepting orders for Bunnies only!

$2 of each BUNNY sold goes to Paws & Claws.

APRIL *Hop on down and see what's baking today*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

THURSDAY (APRIL 13 WILL FOLLOW EASTER SCHEDULE)
9 Grain · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
April 6 - Whole Grain White April 13 - NO Sourdough
April 20 - White April 27 - Jalapeno Cheddar

FRIDAY (APRIL 14 WILL FOLLOW EASTER SCHEDULE)
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Apple Cinnamon Swirl
Chipotle Cheddar

SATURDAY (APRIL 15 WILL FOLLOW EASTER SCHEDULE)
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

Easter Schedule (April 13-15) Thursday - Saturday
Honey Whole Wheat, Old Fashioned White, Challah, Cinnamon Chip White, Light Wheat Virginia Rolls, Basil Oregano Virginia Rolls, Easter Ambrosia, Hot Cross Buns, Bunnies.

APRIL *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Maple Nut Goodie Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin
Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Butterscotch Muffin · Double Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Maple Muffin · Turtle Cookie · Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

The Freshest **WHOLE GRAIN** Breads

April means that Spring is in the air at Great Harvest! Shower yourself with our fresh and delicious Wednesday Specials all month long:

April 4
Blueberry Cheesecake Swirl

April 11
Caraway Rye

April 18
Mexican Chocolate

April 25
Brioche

APRIL *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic
Wednesday Special (see left)

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Blueberry Lemon
Sourdough (available after 1PM)
April 5 - Whole Grain White April 12 - Cranberry Walnut
April 19 - White April 26 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

APRIL *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Maple Nut Goodie Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin
Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Berry Cream Cheese Scone · Blueberry Muffin · Double Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin & Coffee Cake · Turtle Cookie
Cinnamon Roll

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Bread.
The way it *ought* to be.

Why we get up at 3:00 AM

Every morning we get up early knowing we are keeping our promise to deliver you fresh, healthy, real, great tasting whole grain breads and sweets.

We could sleep in if we used pre-made bread dough or frozen par baked cookies, muffins, scones, and other sweet treats; but we don't and won't.

We know you have many bread choices and truly appreciate that you make that extra stop at Great Harvest Bread Co. Thank you for supporting your local neighborhood bakery!

AUGUST *Your Local Whole Grain Headquarters!*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/ berries · Cinnamon Chip White · Blueberry Lemon
Green Chili Cheddar

TUESDAY
Cranberry Orange · Dakota · Cinnamon Chip Wheat · Cheddar Garlic

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat · Blueberry Lemon

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta
Sourdough (available after 1PM)
Aug 4 - White
Aug 11 - Sundried Tomato
Aug 18 - Jalapeno Cheddar
Aug 25 - Cranberry Walnut

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar
Blueberry Lemon

SATURDAY
Rosemary Garlic · Apple Cinnamon Swirl · Cinnamon Chip White

AUGUST *Sweet Spot!*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Triple Chocolate Scone · Pumpkin Chocolate Chip Muffin & Bread · Jumble Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Milk Chocolate Peanut Butter Cookie

WEDNESDAY
Lemon Poppy Scone · Pumpkin Chocolate Chip Muffin & Bread · Turtle Cookie

THURSDAY
Mocha Chip Scone · Vegan Berry Bran Muffin · Maple Nut Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Triple Chocolate Scone · Vegan Berry Bran Muffin · Monster Cookie
Cinnamon Rolls

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We know you have many bread choices and truly appreciate that you make that extra stop at Great Harvest Bread Co. Thank you for supporting your local neighborhood bakery!

AUGUST *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · Cinnamon Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Peanut Butter Chocolate Chip · Garden Wheat

THURSDAY
Cinnamon Chip White · 9 Grain · Spinach Feta
Sourdough (available after 1pm)
Aug 3 - Whole Grain White Aug 10 - Jalapeno Cheddar
Aug 17 - Cranberry Walnut Aug 24 - 3 Cheese Aug 31 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Pepperoni Bread
Bacon Cheddar Beer · High 5 Fiber · Anadama (loaves & buns)

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

AUGUST *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Berry Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Jumble Cookie · Cinnamon Twists

WEDNESDAY
Lemon Poppy Scone · Pumpkin Chocolate Chip Muffin & Bread
Milk Chocolate Peanut Butter Cookie

THURSDAY
Mocha Chip Scone · Butterscotch Muffin · Cinnamon Twists · Maple Nut Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Triple Chocolate Scone · Butterscotch Muffin · Turtle Cookie
Cinnamon Roll · Cinnamon Twists

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JULY *Breads*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/berries · Cinnamon Chip White · Red Pepper Swiss · Red, White, & Blueberry

TUESDAY
Dakota · Cinnamon Chip Wheat · Cheddar Garlic · Cranberry Orange · Onion Dill Rye

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat · Red, White, & Blueberry

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta · Onion Dill Rye
Sourdough:(available after 1pm)
July 7 - Jalapeno Cheddar *July 14 - Cranberry Walnut*
July 21 - Whole Grain White *July 28 - Jalapeno Cheddar*

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar · Red, White, & Blueberry

SATURDAY
Cinnamon Chip White · Apple Cinnamon Swirl · Rosemary Garlic

JULY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Caramel Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Turtle Cookie

WEDNESDAY
Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Raisin Cookie · Maple Oatmeal Scone

THURSDAY
Mocha Chip Scone · Lemon Poppy Muffin · Snickerdoodles

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Walnut Chocolate Chip Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin · Snickerdoodles · Cinnamon Rolls

Fresh from our Bakery

Bakery Box Lunch

$7.99, Classic Sandwich

$8.99, Signature Sandwich

Individual box lunches including your choice of sandwich made on fresh baked bread, chips, a pickle and a giant Great Harvest cookie.

Sandwiches feature our famous 100% whole grain Honey Whole Wheat bread made with 5 simple ingredients: wheat, water, honey, yeast and salt.

Classic Sandwiches:
Ham & Swiss, Turkey Swiss, and Roast Beef & Provolone.

Signature Sandwiches:
Harvest veggie, Pepper Blue Roast Beef, California Cobb, Chicken Salad and Tuna Salad.

Add $1.00 for individual boxes (rather than bags).

Sandwich Platter

6 Classic Sandwich Platter...$33
6 Signature Sandwich Platter...$39
12 Classic Sandwich Platter...$65
12 Signature Sandwich Platter...$77

Sandwiches platters are a great option for offering a variety of choices. Sandwiches are halved. Mayo and mustard packets are included.

Larger sandwich orders are available upon request.

Great Harvest Bread Co.

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$7.99, Classic Sandwich

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12 Classic Sandwich Platter...$65
12 Signature Sandwich Platter...$77

Sandwiches platters are a great option for offering a variety of choices. Sandwiches are halved. Mayo and mustard packets are included.

Larger sandwich orders are available upon request.

Great Harvest Bread Co.

Salad
$40
Add chicken for $7.50

A fresh mix of spinach and spring mix lettuce with wedges of tomatoes, sliced onions, craisins, sliced almonds, strawberries, feta cheese, croutons and a light raspberry vinaigrette dressing.

Soup
$12
Choose from a variety of soups including our Chicken & Noodle, Stuffed Green Pepper with Beef, Cheddar Broccoli, and many more. Each soup (32oz) order includes freshly baked rolls. Ideal for groups up to 4.

The Great Big Cookie Box
$17.00, Bakers dozen
Choose from chocolate chip, snickerdoodle, peanut butter chocolate chip, dillon, and more. Varieties change daily.

Sweets Spot
Large...$60 (25 item assortment)
Small...$33 (15 item assortment)
These boxes include an assortment of muffins, bars and scones. The large box also includes a fresh sliced batter bread.

To order, call Sam or Steph at (918) 878-7878
or visit us at:
5203 S Sheridan Road, Tulsa, OK 74145
Mon-Fri 7am-6pm
Sat 7am-4pm

1. Order 24 hours in advance to ensure availability.
2. We gladly deliver. Prices vary according to distance. Please check with us regarding your location.
3. Payment to be made at time of order. We gladly accept Visa, Discover, Mastercard and American Express.

Great Harvest Bread Co.

www.tulsaok.greatharvestbread.com

Salad
$40
Add chicken for $7.50

A fresh mix of spinach and spring mix lettuce with wedges of tomatoes, sliced onions, craisins, sliced almonds, strawberries, feta cheese, croutons and a light raspberry vinaigrette dressing.

Soup
$12
Choose from a variety of soups including our Chicken & Noodle, Stuffed Green Pepper with Beef, Cheddar Broccoli, and many more. Each soup (32oz) order includes freshly baked rolls. Ideal for groups up to 4.

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3. Payment to be made at time of order. We gladly accept Visa, Discover, Mastercard and American Express.

Great Harvest Bread Co.

www.tulsaok.greatharvestbread.com

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Made Fresh Daily

Give AND Be Merry!

MERRY BERRY!
Cranberries and White Chocolate packed into a sweet, white bread will make you very merry! Available every day in December.

Holiday Hours:
Open Christmas Eve & New Year's Eve
6:30 - 3:00 pm

Rolls! Rolls! Rolls!
Dec 21 - 24
We will make lots of rolls in addition to scheduled breads. Also - Finnish Pulla, Light Wheat Virginia Rolls & Basil Oregano Virginia Rolls.

Sorry - No orders
Dec 21 - 24

DECEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah · Merry Berry

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · Merry Berry

TUESDAY
Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Mexican Chocolate · Merry Berry

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Merry Berry

THURSDAY
9 Grain · Cinnamon Chip White · Rosemary Garlic · Merry Berry
Sourdough (available after 1PM)
Dec 1 - Cranberry Walnut
Dec 8 - White
Dec 15 - Jalapeno Cheddar
Dec 22 - Cranberry Walnut
Dec 29 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Butterscotch Delight · Merry Berry

SATURDAY
Cinnamon Chip White · White Rosemary Garlic · Apple Cinnamon Swirl · Merry Berry

Christmas WEEK (Wednesday - Saturday)
Honey Whole Wheat (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Basil Oregano Virginia Rolls,
Light Wheat Virginia Rolls, & Finnish Pulla

DECEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Oatmeal Chocolate Chip Cookies
Savannah Bars · Ginger Cookies

MONDAY
Egg Nog Scone · Christmas Cookie · Pumpkin Choc Chip Muffin & Bread

TUESDAY
Cinnamon Chip Cream Cheese Scone · Chocolate Mint Cookie · Blueberry Muffin

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie · Raspberry White Chocolate Muffin

THURSDAY
Egg Nog Scone · Snickerdoodle Cookie · Pumpkin Choc Chip Muffin & Bread

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Chocolate Muffin
Cinnamon Rolls

SATURDAY
Egg Nog Scone · Christmas Cookie · Raspberry White Chocolate Muffin
Cinnamon Rolls

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
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www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Made From Scratch

Give AND Be Merry!

MERRY BERRY!
Cranberries and White Chocolate packed into a sweet, white bread will make you very merry! Available every day in December.

Holiday Hours:
Open Christmas Eve
6:30 - 3:00 pm
Closed Dec 25 - 26 &
Dec 31 - Jan 2

Rolls! Rolls! Rolls!
Dec 20 - 24
We will make lots of rolls in addition to scheduled breads. Also - Finnish Pulla, Light Wheat Virginia Rolls & Basil Oregano Virginia Rolls.

Sorry - No orders
Dec 20 - 24

DECEMBER Bread Schedule

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · Merry Berry

TUESDAY
Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Mexican Chocolate · Merry Berry

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Merry Berry

THURSDAY
9 Grain · Cinnamon Chip White · Rosemary Garlic · Merry Berry
Sourdough (available after 1PM)
Dec 7 - Cranberry Walnut Dec 14 - Jalapeno Cheddar
Dec 21 - Cranberry Walnut Dec 29 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Butterscotch Delight · Merry Berry

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl · Merry Berry

Christmas WEEK (Wednesday - Sunday)
Honey Whole Wheat (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Finnish Pulla,
Basil Oregano Virginia Rolls, & Light Wheat Virginia Rolls

DECEMBER Sweet Spot

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Ginger Cookie

MONDAY
Egg Nog Scone · Christmas Cookie · Pumpkin Choc Chip Muffin & Bread

TUESDAY
Cinnamon Chip Cream Cheese Scone · Chocolate Mint Cookie · Blueberry Muffin

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie · Raspberry White Chocolate Muffin

THURSDAY
Egg Nog Scone · Snickerdoodle Cookie · Pumpkin Choc Chip Muffin & Bread

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Chocolate Muffin
Cinnamon Roll

SATURDAY
Egg Nog Scone · Christmas Cookie · Raspberry White Chocolate Muffin
Cinnamon Roll

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Rochester MN 55906
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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

White CHOCOLATE CHERRY Swirl

Chocolate Lovers Rejoice!

Every February we celebrate chocolate big time, and not just for Valentine's Day. Enjoy specialty chocolate treats all month!

Fun Fact

Did you know chocolate stimulates endorphins (which make us happy!) and contains serotonin (which acts as an antidepressant). The Harvard School of Public Health said that a person who eats chocolate up to 3 times per month lives almost a year longer. So eat up without the guilt!

FEBRUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · White Chocolate Cherry Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Blueberry Cheesecake Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · White Chocolate Cherry Swirl
Flax Oatbran · Potato Fennel Thyme

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate Sourdough (available after 1PM)
Feb 2 - White Feb 9 - Cranberry Walnut
Feb 16 - 3 Cheese Feb 23 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Peanut Butter Chocolate Chip
Chipotle Cheddar · White Chocolate Cherry Swirl · High 5 Fiber

SATURDAY
Cinnamon Chip White · Potato Fennel Thyme · White Chocolate Cherry Swirl

FEBRUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Chocolate Bliss Cookie

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Chocolate Cherry Scone · Red Velvet Cupcake · Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Chocolate Cappuccino Muffin · Peanut Butter M & M Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Chocolate Cherry Scone · Raspberry Chocolate Muffin · Turtle Cookie · Cinnamon Roll

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FEBRUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · White Chocolate Cherry Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Blueberry Cheesecake Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · White Chocolate Cherry Swirl
Flax Oatbran · Potato Fennel Thyme

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate
White Sourdough (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Peanut Butter Chocolate Chip
Chipotle Cheddar · White Chocolate Cherry Swirl · High 5 Fiber

SATURDAY
Cinnamon Chip White · Rosemary Garlic · White Chocolate Cherry Swirl

FEBRUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Chocolate Bliss Cookie

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Chocolate Cherry Scone · Red Velvet Cupcake · Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Chocolate Cappuccino Muffin · Peanut Butter M & M Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Chocolate Cherry Scone · Raspberry Chocolate Muffin · Turtle Cookie · Cinnamon Roll

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FEBRUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss · White Chocolate Cherry Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Blueberry Cheesecake Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · White Chocolate Cherry Swirl
Flax Oatbran · Potato Fennel Thyme

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate
Sourdough (available after 1PM)
Feb 2 - White Feb 9 - Cranberry Walnut
Feb 16 - 3 Cheese Feb 23 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Peanut Butter Chocolate Chip
Chipotle Cheddar · White Chocolate Cherry Swirl · High 5 Fiber

SATURDAY
Cinnamon Chip White · Potato Fennel Thyme · White Chocolate Cherry Swirl

FEBRUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Savannah Bar · Chocolate Bliss Cookie

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Chocolate Cherry Scone · Red Velvet Cupcake · Jumble Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Chocolate Cappuccino Muffin · Peanut Butter M & M Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Chocolate Cherry Scone · Raspberry Chocolate Muffin · Turtle Cookie · Cinnamon Roll

Great Harvest Bread Co.

FRESH MADE SANDWICHES

Premium Great Harvest bread combined with select fresh ingredients make a delicious and wholesome sandwich. Come in and let us make one fresh for you!

Ham and Swiss
Turkey and Swiss
Roast Beef and Provolone
Veggie Three-Seed Hummus
Baja Chipotle Turkey
Chimichurri Roast Beef
The Italian
Big Sky Chicken Salad
Peanut Butter & Jelly

- Special -

Ham and Brie

Refer to our sandwich menu for full description of our delicious sandwich options served daily from 11 a.m. - 2 p.m.

Hot Fresh Bread Handcrafted Every Day!

September & October Bread and Sweets Menu

EVERY DAY BREAD
Honey Whole Wheat, Harvest White, Cinnamon Chip, and Savory Biscuits

MONDAY, WEDNESDAY & FRIDAY BREAD
Dakota, Hummus, and Bacon Cheddar Beer - Made with locally-brewed beer!

TUESDAY, THURSDAY, & SATURDAY BREADS
Anadama, Cheddar Garlic and Oregon Herb

MONDAY, WEDNESDAY & FRIDAY SWEETS TREATS
Dillon Cookie, Salted Caramel Cookie, Berry Cream Cheese Scone, Pumpkin Chocolate Chip Muffin and Batter Bread, Savannah Bars, and Brownies

TUESDAY, THURSDAY & SATURDAY SWEET TREATS
Oatmeal Raisin Cookie, Chocolate Chip Hazelnut Scone, Pumpkin Chocolate Chip Muffin and Batter Bread, and Savannah Bar

ADDITIONAL PRODUCTS OFFERINGS
Chocolate Chip Cookie Mix, Pancake Mix, Groovy Granola, 9 Grain Hot Cereal, Cinnamon Raisin Oatmeal Cereal Mix, Corn Bread Mix, Harvest Bars, and Dog Treats

Offering fresh brewed coffee from our local coffee guys!

1234 My Street, City, State 55555
406-123-1234
www.MyWebsite.com
www.Facebook.com/myGreatHarvestBread

Hours: M - F: 7 a.m. to 6 p.m. and Sat: 7 a.m. to 5 p.m.

GREAT HARVEST BREAD CO.
JOB APPLICATION

Name:_____ Date:_____

Address:_____
Street city/state zip

Phone #: _____ Best time to call: _____

Under 18 years old?_____ If in school, what year? _____

Hours per week desired (list minimum needed and max.) _____

If part-time, list available hours from 4am to 7pm and days from Monday to Sunday:

_____

_____

_____

Will your availability listed above change in the next 6 months?_____

How long do you plan on working for us? _____

Highest grade completed/ years of college/ degrees earned: _____

Have you ever been convicted of a crime? _____ (if yes, date, place & nature)

Please answer the following: (Use back of application for your answers)

1. Give us your 2 best work-related references (like previous employers) and phone #'s.
2. List a brief job history. Include supervisors' names, dates employed and reason for leaving.
3. Why did you choose to apply at Great Harvest?
4. Great Harvest is a very service-oriented business. What does good service mean to you?
5. Great Harvest is a high-volume business with a workday that can be long and stress-filled. What makes you believe you can perform well and excel under these working conditions?

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Apple Cherry Pecan	140	2.5	0	0	0	290	26	3	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (ingredient components may vary), Honey, Dried Apples (Ingredient components may vary), Pecans, Eggs, Yeast, Salt. CONTAINS: WHEAT, PECANS, SOY, AND EGG.
Apple Cinnamon Walnut	140	2	0	0	0	270	27	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Walnuts, Yeast, Salt, Eggs, Apple Juice (Ingredient components may vary), Ground Cinnamon. CONTAINS: WHEAT, WALNUTS, SOY, AND EGG
Apple Crunch	130	2g	1	0	10	290	23	4	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Apples, Honey, Brown Sugar, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, SOY, AND EGG
Apple Crunch Blend	130	2	1	0	10	290	24	3	7	4	Fresh Ground 100% Whole Wheat Flour, Water, Enriched White Flour (Ingredient components may vary), Apples, Honey, Brown Sugar, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, SOY, AND EGG
Apricot Almond	140	2	0	0	0	310	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Apricots (Ingredient components may vary), Honey, Almonds, Yeast, Salt, Eggs. CONTAINS: WHEAT, ALMONDS, SOY, AND EGG
Asiago Pesto	160	6	1.5	0	10	440	22	1	2	5	Enriched White Flour (ingredient components may vary), Water, Pesto Sauce (ingredient components may vary), Asiago Cheese (ingredient components may vary), Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic, Dried Onion. CONTAINS: WHEAT, SOY, MILK, EGG, PINE NUTS
Bacon Cheddar Beer	150	4	2	0	20	320	21	3	5	7	Fresh Ground 100% Whole Wheat Flour, Beer, ale, Cheddar Cheese (Ingredient components may vary), Honey, Bacon, cooked, Yeast, Eggs, Kosher Salt, Salt, Dried Onion, Dried Garlic, Black Pepper, Chives. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Breakfast Blast	140	1.5	0	0	0	210	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dates, Rolled Oats, Cinnamon Chips (Ingredient components may vary), Yeast, Eggs, Salt, Ground Cinnamon. CONTAINS: WHEAT, SOY, EGG, AND MILK
Burley Bread	140	2	0	0	0	300	26	4	6	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Sunflower Seeds, Cracked Rye, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG.
Caraway Rye	130	0.5	0	0	0	300	25	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Dark Rye Flour, Honey, Yeast, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Carrot Poppyseed	120	1	0	0	0	290	22	4	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Carrots, Honey, Applesauce (Ingredient components may vary), Yeast, Orange, Poppy Seeds, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, SOY, AND EGG
Challah	140	1.5	0	0	20	240	26	3	4	5	Enriched White Flour (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Sesame Seeds, Yeast, Salt. CONTAINS: WHEAT, EGGS, AND SOY.
Cheddar Garlic	160	4.5	2.5	0	15	370	23	1	4	6	Enriched White Flour (Ingredient components may vary), Water, Cheddar Cheese (ingredient components may vary), Honey, Yeast, Salt, Eggs, Sesame Seeds, Dried Onion, Dried Garlic, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Cherry Apple Berry	130	0.5	0	0	0	280	27	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Cherries (Ingredient components may vary), Dried Blueberries (Ingredient components may vary), Dried Apples (Ingredient components may vary), Yeast, Blueberries, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Cherry Walnut	140	2	0	0	5	270	26	3	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cherries (Ingredient components may vary), Honey, Walnuts, Yeast, Eggs, Salt. CONTAINS: WHEAT, WALNUTS, EGGS, AND SOY
Cinnamon Chip	170	3	0.5	0	0	340	32	1	11	3	Enriched White Flour (Ingredient components may vary), Water, Cinnamon Chips (Ingredient components may vary), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, MILK, SOY AND EGG
Cinnamon Chip (100% Whole Wheat)	150	3	0.5	0	0	270	28	3	10	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Cinnamon Chips (Ingredient components may vary), Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, SOY, MILK AND EGG.
Cinnamon Raisin Walnut	140	2	0	0	0	310	26	4	9	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Walnuts, Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS:WHEAT, SOY, AND EGG
Cinnamon Swirl	160	2.5	1.5	0	5	220	29	4	12	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Honey, Butter (Milk), Eggs, Yeast, Salt, Ground Cinnamon. CONTAINS :WHEAT, MILK, SOY AND EGG

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A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Corn Bread	140	2.5	1	0	5	270	28	1	4	3	Enriched White Flour (Ingredient components may vary), Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Butter (Milk), Yeast, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
Corn Bread (100% Whole Wheat)	140	2.5	1	0	5	270	26	3	4	4	: Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Butter (Milk), Yeast, Salt, Eggs. CONTAINS:WHEAT, MILK, SOY, AND EGG
Jalapeno Corn Bread	140	2	1	0	5	270	26	1	4	3	Enriched White Flour (Ingredient components may vary), Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Peppers, Butter (Milk), Yeast, Chile Peppers, jalapenos, Salt, Eggs. CONTAINS: WHEAT, MILK, SOY, AND EGG
Jalapeno Corn Bread (100% Whole Wheat)	140	2.5	1	0	5	270	24	3	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk (Ingredient components may vary), Peppers, Butter (Milk), Yeast, Chile Peppers, jalapenos, Salt, Eggs. CONTAINS:WHEAT, MILK, SOY, AND EGG
Country	120	0.5	0	0	0	340	23	4	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Cracked Pepper Swiss	140	3	1.5	0	10	280	22	4	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Swiss Cheese (Ingredient components may vary), Honey, Eggs, Yeast, Salt, Black Pepper, Cayenne Pepper, Oregano, Basil, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Cranberry Orange	130	0.5	0	0	0	280	27	4	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cranberries (Ingredient components may vary), Honey, Yeast, Salt, Eggs, Orange Peel. CONTAINS: WHEAT, SOY, AND EGG
Dakota	150	4	0	0	0	270	23	4	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs. CONTAINS: WHEAT, SOY AND EGG
Finnish Pulla	160	4.5	2.5	0	35	140	26	1	5	4	Enriched White Flour (Ingredient components may vary), Milk, Eggs, Honey, Butter (Milk), Water, Yeast, Natural Sugar, Salt, Cardamom. CONTAINS: WHEAT, MILK, SOY, AND EGG
Flax Oatbran	130	3.5	0	0	0	330	22	4	6	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Oat Bran, Pecans, Flax Meal, Yeast, Rolled Oats, Salt, Eggs, Flax Seeds. CONTAINS:WHEAT, PECANS, SOY, AND EGG
Focaccia	140	1.5	0	0	0	380	29	1	5	4	Enriched White Flour (Ingredient components may vary), Water, Honey, Yeast, Salt, Olive Oil, Oregano, Basil. CONTAINS: WHEAT AND SOY
Golden Wheat, Apple, Cinnamon Chip, Walnut	140	2.5	0	0	0	290	26	3	8	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Cinnamon Chips (Ingredient components may vary), Dried Apples (Ingredient components may vary), Walnuts, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, WALNUTS AND EGG
Golden Wheat Chocolate Cherry Swirl	150	2.5	1	0	5	240	30	3	8	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Dried Cherries (Ingredient components may vary), Honey, Chocolate Chips (Ingredient components may vary), Brown Sugar, Butter (Milk), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Harvest Buckwheat Brown Rice	140	4.5	2	0	35	90	22	2	6	3	Water, Cultured Buttermilk (Ingredient components may vary), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Yeast, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
Harvest Buckwheat Brown Rice Bread Dakota	140	6	1.5	0	25	75	19	2	5	4	Water, Cultured Buttermilk (Ingredient components may vary), Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Sunflower Seeds, Pumpkin Seeds, Yeast, Millet, Sesame Seeds, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
Harvest Buckwheat Brown Rice Bread Cinnamon Chip	160	6	2	0	25	80	25	2	9	3	Water, Cultured Buttermilk (Ingredient components may vary), Cinnamon Chips (Ingredient components may vary), Honey, Brown Rice Flour, Eggs, Tapioca Flour, Flax Seeds, Cornstarch, Flour, buckwheat, Butter (Milk), Yeast, Xanthan Gum, Salt, Distilled Vinegar (Ingredient components may vary). CONTAINS: MILK, SOY, AND EGG
Hearty Caraway Rye	130	0.5	0	0	0	310	26	4	2	5	Water, Fresh Ground 100% Whole Wheat Flour, Rye Flour (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Molasses, Yeast, Salt, Eggs, Caraway Seeds. CONTAINS: WHEAT, SOY, AND EGG
High 5 Fiber	140	3	0	0	0	230	23	5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS:WHEAT, SOY, AND EGG.
High Five Fiber with Blueberries	140	2.5	0	0	0	200	25	5	7	5	Water, Fresh Ground 100% Whole Wheat Flour, Dried Blueberries (Ingredient components may vary), Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS: WHEAT, EGGS, AND SOY

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BREAD NUTRITION

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Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
High Country Crunch	150	5	0.5	0	0	230	22	4	4	5	Water, Fresh Ground 100% Whole Wheat Flour, Semolina Flour, Sunflower Seeds, Honey, Millet, Pecans, Flax Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, PECANS, SOY, AND EGG
High Fiber Apple, Cinnamon Chip, Walnut	140	2	0	0	0	280	26	5	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Cinnamon Chips (Ingredient components may vary), Walnuts, Maltodextrin (Dietary Fiber), Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, EGGS, AND WALNUTS.
High Fiber Tuscan Herb	140	0.5	0	0	0	210	26	5	4	6	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Honey, Water, Yeast, Maltodextrin (Dietary Fiber), Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Honey Whole Wheat	130	0.5	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Irish Baked Potato	150	2	1	0	5	440	28	1	4	4	Enriched White Flour (Ingredient components may vary), Water, Dehydrated Potatoes (Ingredient components may vary), Honey, Butter (Milk), Yeast, Garlic (Ingredient components may vary), Salt, Eggs, Cheddar Cheese (Ingredient components may vary), Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGG
Irish Soda Bread	130	0.5	0	0	5	180	27	2	9	4	Cultured Buttermilk (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Eggs, Salt, Baking Powder (Ingredient components may vary), Baking Soda. CONTAINS: WHEAT, SOY, EGG, AND MILK
Italian Herb Focaccia	150	2.5	0	0	0	290	27	1	2	4	Enriched White Flour (Ingredient components may vary), Water, Olive Oil, Honey, Salt, Yeast, Oregano, Basil, Dried Garlic, Black Pepper, Parsley. CONTAINS: WHEAT AND SOY.
Merry Berry	130	0.5	0	0	0	290	27	3	9	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Golden Raisins (Ingredient components may vary), Dried Cherries (Ingredient components may vary), Dried Blueberries (Ingredient components may vary), Yeast, Salt, Coconut (Ingredient components may vary), Eggs. CONTAINS: WHEAT, EGGS, COCONUT, AND SOY.
Nine Grain	130	0.5	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Nine Grain Mix (Ingredient components may vary), Yeast, Salt, Eggs. CONTAINS: WHEAT AND EGG
Oatmeal Poppyseed	130	1	0	0	0	300	25	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Yeast, Poppy Seeds, Salt, Eggs. CONTAINS:WHEAT, SOY, AND EGG
Onion Dill Rye	130	0.5	0	0	0	320	25	3	6	4	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Enriched White Flour (Ingredient components may vary), Rye Flour, Yeast, Salt, Eggs, Dried Onion, Dill, Poppy Seeds, Sesame Seeds. CONTAINS: WHEAT, SOY, AND EGG
Panza	130	3	1	0	5	590	22	2	4	5	Enriched White Flour (Ingredient components may vary), Water, Fresh Ground 100% Whole Wheat Flour, Calamata Olives (Ingredient components may vary), Parmesan Cheese (Ingredient components may vary), Honey, Sun Dried Tomatoes (Ingredient components may vary), Yeast, Salt, Eggs, Oregano, Basil, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Peanut Butter Chocolate Chip	180	6	1.5	0	0	300	27	2	8	5	Enriched White Flour (Ingredient components may vary), Water, Natural Peanut Butter (Ingredient components may vary), Chocolate Chips (Ingredient components may vary), Honey, Yeast, Salt, Eggs. CONTAINS:WHEAT, PEANUTS, SOY, MILK AND EGGS
Pecan Swirl	190	7	2	0	5	190	27	4	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Pecans, Honey, Butter (Milk), Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS: WHEAT, PECANS, MILK, EGGS, AND SOY.
Pizza Bread	140	4.5	1.5	0	15	450	19	2	4	7	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Mozzarella Cheese (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Water, Pepperoni (Ingredient components may vary), Honey, Eggs, Yeast, Salt, Dried Onion, Parsley, Oregano, Basil. CONTAINS: WHEAT, MILK, SOY, AND EGG
Popeye	120	1	0.5	0	5	370	22	2	4	5	Enriched White Flour (Ingredient components may vary), Water, Spinach, Fresh Ground 100% Whole Wheat Flour, Honey, Parmesan Cheese (Ingredient components may vary), Red Peppers (Ingredient components may vary), Yeast, Salt, Eggs, Dried Onion, Dried Garlic. CONTAINS: WHEAT, SOY, EGGS, AND MILK
Popeye (100% Whole Wheat)	120	1.5	0.5	0	5	360	21	3	4	6	Golden Fresh Ground 100% Whole Wheat Flour, Water, Spinach, Honey, Parmesan Cheese (Ingredient components may vary), Red Peppers (Ingredient components may vary), Eggs, Yeast, Salt, Dried Onion, Dried Garlic. CONTAINS: WHEAT, MILK, SOY, AND EGGS
Potato Chive	150	2	1	0	5	440	29	1	4	4	Enriched White Flour (Ingredient components may vary), Water, Dehydrated Potatoes (Ingredient components may vary), Honey, Butter (Milk), Yeast, Roasted Garlic, Salt, Eggs, Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGG

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BREAD NUTRITION

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Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Pumpernickel Rye	120	0.5	0	0	0	330	23	5	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Pumpernickel Rye Flour, Molasses, Yeast, caramel color, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGGS, AND SOY
Pumpkin Swirl	140	2	0.5	0	5	190	29	2	12	3	Enriched White Flour (Ingredient components may vary), Water, Brown Sugar, Pumpkin (Ingredient components may vary), Fresh Ground 100% Whole Wheat Flour, Honey, Walnuts, Butter (Milk), Yeast, Salt, Eggs, Pumpkin Pie Spice (Ingredient components may vary). CONTAINS: WHEAT, MILK, EGGS, SOY, AND WALNUTS.
Raisin Cinnamon Chip	150	2.5	0.5	0	0	240	28	3	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Cinnamon Chips (Ingredient components may vary), Raisins, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK AND EGG
Raisin	130	0	0	0	0	310	27	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Molasses, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Red, White and Blueberry	140	0	0	0	5	360	30	1	8	3	Enriched White Flour (Ingredient components may vary), Water, Honey, Dried Cherries (Ingredient components may vary), Blueberries, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Rosemary Garlic	130	0.5	0	0	0	320	24	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Sonoma	160	4	1.5	0	20	135	26	3	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Dried Cranberries (Ingredient components may vary), Golden Raisins (Ingredient components may vary), Pumpkin Seeds, Butter (Milk), Sunflower Seeds, Yeast, Raw turbinado sugar, Salt, Orange, Lemon, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, EGGS, MILK, AND SOY.
Spinach Feta	130	3	2	0	15	400	19	2	4	5	Feta Cheese (Ingredient components may vary), Enriched White Flour (Ingredient components may vary), Water, Fresh Ground 100% Whole Wheat Flour, Spinach, Honey, Eggs, Yeast, Salt, Dried Garlic, Oregano, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Star Spangled Swirl	150	1.5	0.5	0	5	220	30	4	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Blueberries (Ingredient components may vary), Dried Cherries (Ingredient components may vary), Honey, Dried Apples (Ingredient components may vary), Brown Sugar, Eggs, Yeast, Butter (Milk), Blueberries, Salt. CONTAINS: WHEAT, EGG, SOY, AND MILK
Stuffing Bread	100	0	0	0	0	250	20	3	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Onion, Celery, Honey, Yeast, Salt, Eggs, Thyme, Black Pepper, Sage. CONTAINS: WHEAT, EGGS, AND SOY.
Sunflower	140	3	0	0	0	300	24	4	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Swedish Rye	130	1	0	0	0	380	27	3	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Enriched White Flour (Ingredient components may vary), Rye Flour, Yeast, Orange, Salt, Sesame Seeds, Eggs, Caraway Seeds, Anise Seed. CONTAINS: WHEAT, SOY, AND EGG
Trail Bread	140	2	0	0	0	290	25	4	8	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS:WHEAT, SOY, AND EGG
Tuscan Herb	120	0.5	0	0	0	250	23	4	5	5	Fresh Ground 100% Whole Wheat Flour, Tomatoes (Ingredient components may vary), Honey, Water, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (Ingredient components may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGG
Walnut Raisin Rosemary Blue Cheese	150	4	1.5	0	10	330	22	3	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Blue Cheese, Honey, Walnuts, Raisins, Yeast, Molasses, Eggs, Salt, Rosemary. CONTAINS: WHEAT, MILK, EGG, WALNUTS, AND SOY.
White Chocolate Cherry Swirl	150	2.5	1.5	0	5	250	31	1	8	3	Enriched White Flour (Ingredient components may vary), Water, Dried Cherries (Ingredient components may vary), White Chocolate Chips (Ingredient components may vary), Honey, Brown Sugar, Butter (Milk), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS: WHEAT, SOY, EGGS, AND MILK
White	130	0	0	0	0	400	29	1	5	4	Enriched White Flour (Ingredient components may vary), Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGG
Whole Grain Goodness	140	3	0	0	0	240	22	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Eggs, Millet, Barley, Flax Seeds, Yeast, Pecans, Oat Bran, Salt, Almonds. CONTAINS: WHEAT, PECANS, SOY, AND ALMONDS

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Bread. The way it *ought* to be.

USDA Dietary Guidelines recommend eating at least three servings of whole grains a day to help control weight. Grains offer other health benefits, including a reduced risk of cancer, heart attacks and diabetes. Great Harvest has the freshest and most nutritious whole grains anywhere!
Store bread is made from flour that is weeks or months old. Because of that, nutrients are lost; and unhealthy fats, oils,dough conditioners, and preservatives are added. But with our onsite milling and baking process, nutrients are naturally preserved. That's why it tastes so delicious.

JANUARY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Mexican Chocolate

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
Jan 5 - Cinnamon Raisin Pecan Jan 12 - 3 Cheese
Jan 19 - Sundried Tomato Jan 26 - Cinnamon Raisin Pecan

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Cinnamon Raisin
Green Chili Cheddar

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

JANUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin
Chocolate Chip Sugar Cookie · M & M Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Cranberry Orange Walnut Muffin · Snickerdoodle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Maple Muffin · Turtle Cookie · Cinnamon Roll

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Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Red Pepper Swiss

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Rosemary Garlic

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
Jan 4 - Whole Grain White Jan 11 - 3 Cheese
Jan 18 - Sundried Tomato Jan 25 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Cinnamon Swirl

JANUARY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

TUESDAY
Caramel Apple Scone · Blueberry Lemon Poppyseed Muffin · Oatmeal Raisin Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Blueberry Muffin · Snickerdoodle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Maple Muffin · Turtle Cookie · Cinnamon Roll

Great Harvest Bread CO.

706 N. Broadway
Rochester, MN

Hours: 6:30 a.m. – 6:00 p.m., Mon. – Friday
6:30 a.m. – 5:00 p.m. Saturday

Great Harvest Bread Co. is an Equal Opportunity Employer. We do not discriminate on the basis of race, religion, color, sex, age, national origin, or disability.

Date:_____

Name: _____
List Previous, Maiden, or Alias

Telephone # _____daytime _____evening

Current Address: _____

E-mail address _____ Date available to start to work? _____

How did you hear about us?_____ Position Desired?_____

How long do you plan on working for us?_____ Under 18 years old? Yes No

Highest grade or college completed_____

We are a non-smoking company. Can you work under these conditions? Yes No

Have you been convicted of a felony within the last 7 years? Yes No

If yes, please explain_____

Are you a U.S. Citizen, or do you have a permit which allows you to work? Yes No
(Proof of citizenship or immigration will be required on employment)

Great Harvest jobs may include standing for long periods of time, lifting regularly, stooping & bending frequently, performing repetitive hand motions; and most importantly, smiling and having fun at all times. Can you do these things, with or without accommodations? Please explain necessary accommodations.

The following questions do not have "right" answers but are intended to help us get to know you better. Short answers are OK, use more paper if you want.

Why are you interested in working at Great Harvest Bread Co?

Great Harvest is a very service-oriented business. What does good service mean to you?

Tell us about hobbies, special interests, experiences, or skills (Not necessarily job related). List something that you are particularly proud of.

What type(s) of music do you enjoy? Favorite radio station?

What skills from previous jobs would qualify you for a position at Great Harvest?

What are your goals for the next six to twelve months? Two years? Five years?

What are your preferred working hours and available days and hours? Will your availability change in the next six months?

Give us a couple references (with phone #) who you have known for at least 1 year.
Exclude friends or relatives.

Anything else you would like us to know about you?

Employment History

Please tell us about your recent job history starting with the present: (5 years)

Company_____ Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back? _____# of days taken off?_____
_____

Company_____ Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back? _____# of days taken off?_____
_____

Company_____ Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back? _____# of days taken off? _____

Employment Agreement

I certify that the facts contained in this application are true and correct, and I confirm that my omission or misrepresentation of any fact on this application is sufficient reason for Great Harvest to deny me employment. If employed, such an omission or misrepresentation shall be grounds for dismissal. I further authorize investigation of all statements contained herein and contact with references listed. I agree that if an employment relationship is established with Great Harvest, it will be of an "at will" nature. Meaning that I may resign at any time & Great Harvest may dismiss me at any time with or without cause.

Signature_____ Date_____

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MONDAY-FRIDAY 6:30AM-6:00PM, SATURDAY 6:30AM-5:00PM, CLOSED SUNDAY

Change Your Loaf FOREVER!

Sink your teeth into a slice of this delicious & festive summer bread! Loaded with dried cranberries, wild blueberries, white chocolate chips and a splash of vanilla! This bread is bound to spark your taste buds. We l be baking Red, White & Blueberry bread throughout July!

JULY *Breads*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/berries · Cinnamon Chip White · Red Pepper Swiss · Red, White, & Blueberry

TUESDAY
Dakota · Cinnamon Chip Wheat · Cheddar Garlic · Cranberry Orange · Onion Dill Rye

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat · Red, White, & Blueberry

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta · Onion Dill Rye
Sourdough:(available after 1pm)
July 7 - Jalapeno Cheddar *July 14 - Cranberry Walnut*
July 21 - Whole Grain White *July 28 - Jalapeno Cheddar*

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar · Red, White, & Blueberry

SATURDAY
Cinnamon Chip White · Apple Cinnamon Swirl · Rosemary Garlic

JULY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Caramel Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Turtle Cookie

WEDNESDAY
Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Raisin Cookie · Maple Oatmeal Scone

THURSDAY
Mocha Chip Scone · Lemon Poppy Muffin · Snickerdoodles

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Walnut Chocolate Chip Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin · Snickerdoodles · Cinnamon Rolls

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HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

CHERRY APPLE BERRY bread

It's summer grilling time! Light the coals and slice up some Garden Wheat, Bacon Cheddar Beer, Green Chili Cheddar, Cheddar Garlic, Chipotle Cheddar, or Rosemary Garlic. Grilled Great Harvest breads make a wonderful addition to any BBQ. Spread olive oil onto your slices and place on the grill, oil side down. Cherry Apple Berry is the specialty bread for this month. 100% whole wheat packed full of dried fruits.

JUNE *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Cheddar Garlic · Apple Cinnamon Swirl

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Green Chili Cheddar

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Cherry Apple Berry · Bacon Cheddar Beer

THURSDAY
Heritage Harvest Sunflower · Cinnamon Chip White · Garden Wheat
Sourdough (available after 1PM)
June 1 - Whole Grain White June 8 - Jalapeno Cheddar
June 15 - White June 22 - Cranberry Walnut June 29 - 3 Cheese

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Cherry Apple Berry
Chipotle Cheddar · High 5 Fiber · Anadama (loaves & buns) · Cinnamon Raisin

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Blueberry Cheesecake Swirl

JUNE *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Scotchie Cookie

TUESDAY
Caramel Apple Scone · Cappuccino Muffin · Turtle Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Carmel Cookie

THURSDAY
Caramel Apple Scone · Blueberry Muffin · Blueberry Coffee Cake
Double Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Lemon Poppy Muffin · Snickerdoodle Cookie
Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

IRELAND

Thank your lucky stars that we love the flavors of Ireland at Great Harvest. During March, we highlight many wonderful recipes that come to us from Irish bakers.

Stop in for our favorite March breads like authentic Irish Soda Bread, Irish Baked Potato and, of course, the very popular Guinness & Gouda.

We are sweet on all things Irish! Featured goodies include Blarney Scones, Paddy Muffins, Mint Blarney Cookies, and Snockerdoodles.

Look for other March surprises like Irish (Whisky) Coffee Cake and our GH Reuben sandwich.

MARCH *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah · Irish Soda Bread

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Irish Baked Potato

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Garden Wheat
Heritage Harvest (NEW!)

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Guinness & Gouda

THURSDAY
Heritage Harvest Sunflower (NEW!) · Cinnamon Chip White
Bacon Cheddar Beer
Sourdough (available after 1PM)
March 2 - Sundried Tomato March 9 - Whole Grain White
March 16 - 3 Cheese March 23 - Jalapeno Cheddar March 30 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Guinness & Gouda
Irish Baked Potato · High 5 Fiber

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

MARCH *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Raisin Cookie

THURSDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Snockerdoodle Cookie · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Caramel Apple Scone · Paddy's Muffin · Snockerdoodle Cookie · Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

HONEY BUNNIES

EASTER SCHEDULE
(March 29 - 31)
On Thursday, March 29 we will begin Easter Schedule. Accepting orders for Bunnies only! $2 of each BUNNY sold goes to Paws & Claws.

The rest of the month, however, stop in for our favorite March breads like authentic Irish Soda Bread, Irish Baked Potato and the popular Gouda & Stout. We are sweet on all things Irish! Featured goodies include Blarney Scones, Paddy's Muffins, Mint Blarney Cookies, and Snockerdoodles.

Look for other specials on March 16 & 17 like Irish (Whisky) Coffee Cake and our GH Reuben sandwich.

MARCH *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah · Irish Soda Bread

MONDAY
Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries · Irish Baked Potato

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Garden Wheat · Pepperoni

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Gouda & Stout

THURSDAY (MARCH 29 WILL FOLLOW EASTER SCHEDULE)
Cinnamon Chip White · Bacon Cheddar Beer · Brioche · 9 Grain
Sourdough (available after 1 PM)
March 1 - Whole Grain White March 8 - Jalapeno Cheddar
March 15 -Sundried Tomato March 22 - Jalapeno Cheddar March 29 -No Sourdough

FRIDAY (MARCH 30 WILL FOLLOW EASTER SCHEDULE)
Italian Herb Focaccia · Cinnamon Chip White · Gouda & Stout
Irish Baked Potato · High 5 Fiber

SATURDAY (MARCH 31 WILL FOLLOW EASTER SCHEDULE)
Cinnamon Chip White · Rosemary Garlic · Cinnamon Swirl

Easter Schedule (March 29 - 31) Thursday - Saturday
Honey Whole Wheat (rolls), Old Fashioned White (rolls), Cinnamon Chip White, Challah (rolls), Light Wheat Virginia Rolls, Easter Ambrosia, Hot Cross Buns, & Bunnies

MARCH *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Raisin Cookie

THURSDAY
Blarney Scone · Paddy's Muffin · Chocolate Mint Blarney Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Snockerdoodle Cookie · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Caramel Apple Scone · Paddy's Muffin · Snockerdoodle Cookie · Cinnamon Roll

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Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

The Freshest **WHOLE GRAIN** Breads

Look for these exciting featured breads this month:
-Heritage Harvest - made from a limited supply of Rouge de Bordeaux heritage wheat that originated centuries ago in France. Rare and delicious. Once it's gone, it's gone.
-Mexican Chocolate - this whole-wheat bread is packed with chocolate and has a pinch of cinnamon and cayenne for just the right kick.
-Bacon Cheddar Beer - we're thrilled to partner with local brewery Kinney Creek to bring you different varieties of this bread each week.

Also, it's blueberry bonanza! Indulge in various breads and sweets throughout the month.

MAY *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Chipotle Cheddar · Mexican Chocolate

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Heritage Harvest

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Blueberry Lemon · Bacon Cheddar Beer

THURSDAY
Heritage Harvest Sunflower · Cinnamon Chip White · Brioche · Garden Wheat
Sourdough (available after 1PM)
May 4 - Whole Grain White
May 11 - Jalapeno Cheddar
May 18 - White
May 25 - Cranberry Walnut

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Apple Cinnamon Swirl
Red Pepper Swiss · High 5 Fiber · Anadama (loaves & buns)

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Blueberry Cheesecake Swirl

MAY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Blueberry Coffee Cake
Chocolate Crinkle Cookie

WEDNESDAY
Vanilla Almond Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Carmel Cookie

THURSDAY
Mocha Chip Scone · Blueberry Muffin · Blueberry Coffee Cake
Chocolate Crinkle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Red Velvet Cupcake · Oatmeal Raisin Cookie
Cinnamon Roll

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706 N. Broadway
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(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

MAY / JUNE *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
Rosemary Garlic · Pepperoni Bread

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran
Caraway Rye · Bacon Cheddar Beer

THURSDAY
Blueberry Lemon · Cinnamon Chip White · 9 Grain · Garden Wheat
Sourdough - See variety to the left - (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · Blueberry Cheesecake Swirl
High 5 Fiber · Bacon Cheddar Beer · Potato Fennel Thyme

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl
Pepperoni Bread

Bacon, Cheddar Beer Bread

Bacon Cheddar Beer is back! We are thrilled to be partnering with local brewery Kinney Creek to bring you different varieties of beer in this bread each week.

Sourdough Schedule:
May 3 -Whole Grain
May 10 -Jalapeno Cheddar
May 17 -White
May 24 -Sundried Tomato
May 31 -Whole Grain

Jun 7 -Cranberry Walnut
Jun 14 -Jalapeno Cheddar
Jun 21 -White
Jun 28 -3 Cheese

MAY / JUNE *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie · Savannah Bar

MONDAY
Triple Chocolate Scone · Pumpkin Chocolate Chip Muffin & Bread
Snickerdoodle Cookie

TUESDAY
Caramel Apple Scone · Morning Glory Muffin · Peanut Butter M&M Cookie

WEDNESDAY
Vanilla Nut Scone · Pumpkin Chocolate Chip Muffin & Bread · Salted Carmel Cookie

THURSDAY
Mocha Chip Scone · Morning Glory Muffin · Peanut Butter Chocolate Chip Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin & Coffee Cake
Snickerdoodle Cookie · Cinnamon Roll

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MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Enjoy a
A FRESH & FLAVORFUL
Thanksgiving

We are NOT accepting orders for Thanksgiving Week. Instead we will all be working to make as much bread and rolls as we can for you.

Grab the best buns in town! We will have a variety of bread and rolls to compliment your feast.

Soup & Sandwiches will NOT be available Thanksgiving Week.

NOVEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
MN Wild Rice

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Potato Fennel Thyme

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Potato Chive

THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat · Mexican Chocolate
Cranberry Orange · Whole Grain White Sourdough (available after 1PM)

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · White Cheddar Garlic · Apple Cinnamon Swirl · Anadama

THANKSGIVING WEEK (Monday - Wednesday)
Honey Whole Week (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Cranberry Orange, Basil Oregano Virginia Rolls,
Light Wheat Virginia Rolls, STUFFING BREAD

NOVEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Oatmeal Chocolate Chip Cookies ·
Pumpkin Chocolate Chip Muffins & Bread · Savannah Bars

MONDAY
Maple Oatmeal Scone · Dakota Cookie

TUESDAY
Caramel Apple Scone · Double Chocolate Chip Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Vanilla Pecan Scone · Oatmeal Raisin Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Turtle Cookie · Cinnamon Rolls

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Thanksgiving

We are NOT accepting orders for Thanksgiving Week. Instead we will all be working to make as much bread and rolls as we can for you.

Grab the best buns in town! We will have a variety of bread and rolls to compliment your feast.

Soup & Sandwiches will NOT be available Thanksgiving Week.

NOVEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah
MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
White Cheddar Garlic
TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Potato Fennel Thyme
WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Potato Chive
THURSDAY
9 Grain · Cinnamon Chip White · Garden Wheat
Cranberry Orange · White Sourdough (available after 1PM)
FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber
Chipotle Cheddar · Pumpkin Swirl · Autumn Apple
SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl · Anadama

THANKSGIVING WEEK (Monday - Wednesday)
Honey Whole Wheat (Loaves & Rolls), Old Fashioned White (Loaves & Rolls),
Challah (Loaves & Rolls), Cranberry Orange, Basil Oregano Virginia Rolls,
Light Wheat Virginia Rolls, STUFFING BREAD

NOVEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie
Pumpkin Chocolate Chip Muffin & Bread · Savannah Bar
MONDAY
Maple Oatmeal Scone · Snickerdoodle Cookie
TUESDAY
Caramel Apple Scone · Double Chocolate Chip Cookie
WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie
THURSDAY
Vanilla Pecan Scone · Oatmeal Raisin Cookie
FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Roll
SATURDAY
Berry Cream Cheese Scone · Turtle Cookie · Cinnamon Roll

Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / www.tulsaok.greatharvestbread.com

STUFFING BREAD!

Enjoy the taste of Thanksgiving stuffing in a hearty loaf of Great Harvest bread! This simply delicious bread is flavored with sage, thyme, salt & pepper in our famous freshly ground whole wheat dough. We chop up the onions and celery, and hand knead the veggie mix into every loaf! Use this bread as the starting point for your own stuffing, or slice it up to make turkey sandwiches (that taste like a meal when covered with hot left over gravy). Either way, Stuffing Bread is a great addition to any holiday meal.

NOVEMBER BREADS

EVERYDAY	Honey Whole Wheat • Harvest White • Dakota Pumpkin Chocolate Chip
MONDAY	High 5 Fiber • Hummus Bread • Extreme Cinnamon Swirl
TUESDAY	Cranberry Walnut Flax • Asiago Pesto • Cinnamon Chip Jewish Apple Coffee Cake
WEDNESDAY	Cranberry Orange • Low Carb Dakota **STUFFING BREAD** • Extreme Cinnamon Swirl
THURSDAY	Pumpkin Swirl • Spinach Feta • Cinnamon Crunch Cranberry Orange Pound Cake
FRIDAY	White Chocolate Cherry Swirl • Superfood Bread Cheddar Garlic • Strawberry Shortcake
SATURDAY	Woodstock • Trail Bread Pepperjack Cornbread • Lemon Blueberry

THANKSGIVING WEEK MENU

We will follow a special Thanksgiving Week bread and sweets schedule from Monday, Nov 24th through Wednesday, Nov 26th. Our Thanksgiving menu and order form will be available online at www.tulsaok.greatharvest.com, or you can stop in at the bakery and pick up a copy. Please order early so we can have your Thanksgiving order waiting for you!

SWEET SPOT

EVERYDAY	Brownies • Power Bars • Trek Bars • Pumpkin Chocolate Chip Muffins Cinnamon Rolls & Cinnamon Twist Muffins
MONDAY	Dillon Cookies • Pumpkin Scones • Oat Berry Muffins Savory Breakfast Biscuits • Pumpkin Bars • Savannah Bars
TUESDAY	Salted Caramel Cookies • Cinnamon Chip Scones • Orange Burst Muffins Whole Wheat Coffee Cake • Peppermint Brownies
WEDNESDAY	Chocolate Chip Cookies • Savory Breakfast Biscuits Cranberry Almond Scones • Ultra lo-fat Cinnamon Apple Muffins Lemon Bars • Savannah Bars
THURSDAY	Ginger Bop Cookies • Cranberry Orange Scones Cranberry Orange Muffins • Oat Berry Muffins • S'more Bars
FRIDAY	Monster Cookies • Lo-fat Cran Flax Cookies Maple Oatmeal Scones • Morning Glory Muffins • Pumpkin Bars Savannah Bars
SATURDAY	Peanut Butter Chocolate Chip Cookies • Cappuccino Muffins White Chocolate Raspberry Scones • Lemon Blueberry Muffins Lemon Bars

BAKERY HOURS: Monday-Friday 7am to 6pm, Saturday 7am to 4pm, closed Sundays for a little Loafin'

Great Harvest Bread Co.®

A warm fresh slice of the good life

BREAD NUTRITION

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Serving Size 1 slice 2 oz (56 g)	Calories	Fat (g) (% DV)	Saturated Fat (g) (% DV)	Trans Fats (g)	Cholesterol (mg) (% DV)	Sodium (mg) (% DV)	Carbohydrates (g) (% DV)	Fiber (g) (% DV)	Sugar (g)	Protein (g)	Ingredients
Apple Cherry Pecan	140	2.0 3%	0 0%	0	0 0%	260 11%	26 9%	3 12%	12	4	French Classic (100% Whole Wheat Flour, Water, Dried Cherries [sugar, sulfur dioxide to preserve color], Honey, Dried Apples [sugar, sulfur dioxide to preserve color], Pecans, Eggs, Yeast, Salt. CONTAINS: WHEAT, PECANS, EGG AND EGG.
Apple Cinnamon Walnut	140	2 3%	0 0%	0	0 0%	270 11%	27 9%	4 16%	9	0	French Ground (100% Whole Wheat Flour, Water, Honey, Dried Apples, Walnuts, Yeast, Salt, Eggs, Apple Juice [to guard freshness during shipping], Ground Cinnamon. CONTAINS: WHEAT, WALNUTS, EGG AND EGG.
Apple Crunch	130	2g 3%	1 4%	0	10 3%	260 11%	23 8%	4 16%	7	4	French Ground (100% Whole Wheat Flour, Water, Apples, Honey, Cheese, Eggs, Butter [Milk], Eggs, Yeast, Salt, Ground Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, EGG AND EGG.
Apple Crunch Bleu	130	2 3%	1 4%	0	10 3%	260 11%	26 8%	3 10%	7	4	French Classic (100% Whole Wheat Flour, Water, Unbleached White Flour [ingredient sweetening], Apples, Honey, Cheese, Eggs, Butter [Milk], Eggs, Yeast, Salt, Classic Cinnamon, Natural and Artificial Vanilla Flavoring, Ground Nutmeg. CONTAINS: WHEAT, MILK, EGG AND EGG.
Apricot Almond	140	3 5%	0 1%	0	0 1%	260 12%	25 9%	4 16%	9	5	French Classic (100% Whole Wheat Flour, Water, Dried Apricots [to guard freshness during shipping], Honey, Almonds, Yeast, Salt, Eggs. CONTAINS: WHEAT, ALMONDS, EGG AND EGG.
Asiago Pesto	140	6 9%	3.0 16%	0	10 3%	440 19%	22 7%	3 9%	2	6	Unbleached White Flour [ingredient sweetening], Water, Pesto Sauce [ingredient sweetening], Asiago Cheese [ingredient sweetening], Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic, Dried Onion. CONTAINS: WHEAT, EGG, MILK, EGG, PINE NUTS.
Bacon Cheddar Bear	150	4 6%	2 10%	0	20 7%	330 12%	21 7%	3 12%	5	7	French Classic (100% Whole Wheat Flour, Bacon, Cheddar Cheese [to guard freshness during shipping], Honey, Bacon, cooked, Yeast, Eggs, Yellow Corn Meal, Dried Onion, Dried Garlic, Black Pepper, Chives. CONTAINS: WHEAT, MILK, EGG AND EGG.
Breakfast Blast	140	1.5 3%	0 2%	0	0 1%	250 9%	25 9%	4 15%	9	5	French Classic (100% Whole Wheat Flour, Water, Honey, Oats, Rolled Oats, Cheese, Chips [sugar, sulfur dioxide to preserve color], Yeast, Eggs, Salt, Ground Cinnamon. CONTAINS: WHEAT, EGG, EGG AND MILK.
Barley Bread	140	2 3%	0 1%	0	0 1%	300 12%	25 9%	4 16%	6	6	French Ground (100% Whole Wheat Flour, Water, Honey, Rolled Oats, Sunflower Seeds, Cracked Rye, Yeast, Salt, Eggs. CONTAINS: WHEAT, EGG, AND EGG.
Birthday Rye	130	0.5 1%	0 1%	0	0 0%	300 12%	25 9%	5 20%	5	5	French Classic (100% Whole Wheat Flour, Water, Dark Rye Flour, Honey, Yeast, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGG, AND EGG.
Carrot Poppyseed	120	1 3%	0 1%	0	0 1%	270 12%	22 7%	4 15%	5	5	French Classic (100% Whole Wheat Flour, Water, Carrots, Honey, Apple sauce [sugar, sulfur dioxide to preserve color], Yeast, Oranges, Poppy Seeds, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, EGG AND EGG.
Challah	140	1.5 3%	0 0%	0	20 7%	240 10%	25 9%	3 12%	4	5	Unbleached White Flour [ingredient sweetening], French Ground (100% Whole Wheat Flour, Water, Honey, Eggs, Molasses, Canola, Yeast, Salt. CONTAINS: WHEAT, EGG, AND EGG.
Cheddar Garlic	160	4.5 7%	2.5 13%	0	15 5%	370 15%	23 8%	1 3%	4	6	Unbleached White Flour [ingredient sweetening], Water, Cheddar Cheese [ingredient sweetening], Honey, Yeast, Salt, Eggs, Olive Oil, Canola, Dried Onion, Dried Garlic, Parsley. CONTAINS: WHEAT, MILK, EGG AND EGG.
CherryApple Berry	120	0.5 1%	0 0%	0	0 0%	240 12%	27 9%	4 16%	3	5	French Classic (100% Whole Wheat Flour, Water, Honey, Dried Cherries [ingredient sweetening], Dried Blueberries [ingredient sweetening], Dried Apples [ingredient sweetening], Yeast, Blueberry Juice, Salt, Eggs. CONTAINS: WHEAT, EGG AND EGG.
Cherry Walnut	140	2 3%	0 1%	0	5 1%	270 11%	25 9%	3 12%	11	5	French Classic (100% Whole Wheat Flour, Water, Dried Cherries [sugar, sulfur dioxide to preserve color], Honey, Walnuts, Yeast, Eggs, Salt. CONTAINS: WHEAT, WALNUTS, EGG AND EGG.
Cinnamon Chip	170	3 4%	0.5 4%	0	0 1%	340 14%	32 11%	1 4%	11	3	Unbleached White Flour [ingredient sweetening], Water, Cinnamon Chips [ingredient sweetening], Honey, Yeast, Sugar, Salt, Eggs, Cinnamon, Cinnamon. CONTAINS: WHEAT, MILK, EGG AND EGG.
Cinnamon Chip (100% Whole Wheat)	150	3 5%	0.5 3%	0	0 0%	270 11%	29 9%	3 12%	10	4	French Classic (100% Golden Whole Wheat Flour, Water, Cinnamon, Chips [ingredient sweetening], Honey, Yeast, Sugar, Salt, Eggs, Ground Cinnamon. CONTAINS: WHEAT, EGG, MILK AND EGG.
Cinnamon Raisin Walnut	140	2 3%	0 0%	0	0 0%	260 12%	26 9%	4 16%	9	5	French Classic (100% Whole Wheat Flour, Water, Raisins, Honey, Walnuts, Yeast, Salt, Ground Cinnamon, Eggs. CONTAINS: WHEAT, EGG, AND EGG.
Cinnamon Swirl	160	2.5 4%	1.5 8%	0	5 2%	220 9%	30 10%	4 16%	12	5	French Classic (100% Whole Wheat Flour, Water, Brown Sugar, Honey, Butter [Milk], Eggs, Yeast, Salt, Classic Cinnamon. CONTAINS: WHEAT, MILK, EGG AND EGG.

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Serving Size: 1 slice 2 oz (56 g)	Calories	Fat (g) % DV	Saturated Fat (g) % DV	Trans Fats (g)	Cholesterol (mg) % DV	Sodium (mg) % DV	Carbohydrates (g) % DV	Fiber (g) % DV	Sugar (g)	Protein (g)	Ingredients
Corn Bread	140	2.5 4%	1 5%	0	5 2%	270 11%	24 9%	1 4%	4	3	Enriched White Flour [ingredient sources vary by bakery], Water, Corn Flour, Honey, Cultured Buttermilk [ingredient sources vary by bakery], Butter [MILK], Yeast, Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Corn Bread (100% Whole Wheat)	140	2.5 4%	1 5%	0	5 2%	270 11%	24 9%	3 12%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk [ingredient sources vary by bakery], Butter [MILK], Yeast, Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Jalapeno Corn Bread	140	3 3%	1 5%	0	5 2%	270 11%	24 9%	1 4%	4	3	Enriched White Flour [ingredient sources vary by bakery], Water, Corn Flour, Honey, Cultured Buttermilk [ingredient sources vary by bakery], Pepperoni, Butter [MILK], Yeast, Chile Pepperoni, jalapenos, Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Jalapeno Corn Bread (100% Whole Wheat)	140	2.5 4%	1 5%	0	5 2%	270 11%	24 9%	3 12%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cultured Buttermilk [ingredient sources vary by bakery], Pepperoni, Butter [MILK], Yeast, Chile Pepperoni, jalapenos, Salt, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.
Country	120	0.5 1%	0 1%	0	0 1%	340 14%	23 8%	4 15%	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Molasses, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY AND EGG.
Cracked Pepper Swiss	140	3 4%	1.5 6%	0	10 3%	240 12%	22 7%	4 15%	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Gluten Cheese [cultured sources pasteurized, may vary], Honey, Eggs, Yeast, Salt, Wheat Pepper, Cayenne Pepper, Oregano, Basil Parsley. CONTAINS WHEAT, MILK, SOY AND EGG.
Cranberry Orange	130	0.5 1%	0 0%	0	0 0%	240 12%	27 9%	4 15%	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Cranberries [ingredient sources pasteurized, may vary], Honey, Yeast, Salt, Eggs, Orange, Peel. CONTAINS WHEAT, SOY AND EGG.
Dakota	150	4 6%	0 2%	0	0 0%	270 11%	23 8%	4 15%	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast, Sesame Seeds, Salt, Eggs. CONTAINS WHEAT, SOY AND EGG.
French Pull	160	4.5 7%	2.5 10%	0	25 12%	140 6%	28 9%	1 4%	5	4	Enriched White Flour [ingredient sources vary by bakery], Milk, Eggs, Honey, Butter [Milk], Water, Yeast, Natural Flavor, Salt, Carotenoid. CONTAINS WHEAT, MILK, SOY AND EGG.
Rise Ciabatta	130	2.5 5%	0 1%	0	0 1%	230 14%	27 7%	4 15%	6	6	Water, French Ground 100% Whole Wheat Flour, Honey, Oat Bran, Pecans, Flax Meal, Yeast, Rolled Oats, Salt, Eggs, Flax Seeds. CONTAINS WHEAT, PECANS, SOY AND EGG.
Focaccia	140	1.5 2%	0 1%	0	0 0%	240 16%	29 10%	1 4%	5	4	Enriched White Flour [ingredient sources pasteurized, may vary], Water, Honey, Yeast, Salt, Olive Oil, Oregano, Basil. CONTAINS WHEAT AND SOY
Golden Wheat, Apple, Cinnamon Chip, Walnut	140	2.5 4%	0 0%	0	0 1%	290 12%	28 9%	3 12%	8	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Cinnamon Chips [ingredient sources pasteurized, may vary], Dried Apples [ingredient sources vary by bakery], Walnuts, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY, MILK, WALNUTS AND EGG.
Golden Wheat Chocolate Cherry Swirl	150	2.5 4%	1 5%	0	5 2%	240 10%	30 10%	3 12%	8	4	Fresh Ground 100% Golden Whole Wheat Flour, Water, Dried Cherries [ingredient sources vary by bakery], Honey, Chocolate Chips [ingredient sources vary by bakery], Brown Sugar, Butter [Milk], Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS WHEAT, SOY, EGGS, AND MILK.
Harvest Buckwheat Brown Rice	140	4.5 7%	2 10%	0	25 12%	90 4%	22 7%	2 8%	6	3	Water, Cultured Buttermilk [ingredient sources vary by bakery], Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Meal, Cornstarch, Flour, Inactivated Butter [Milk], Sunflower Seeds, Pumpkin Seeds, Yeast, Millet, Sesame Seeds, Xanthan Gum, Salt, Distilled Vinegar [ingredient sources vary by bakery]. CONTAINS MILK, SOY, AND EGG.
Harvest Buckwheat Brown Rice Bread Dakota	140	4 9%	1.5 8%	0	25 8%	75 3%	19 6%	2 8%	6	4	Water, Cultured Buttermilk [ingredient sources vary by bakery], Eggs, Honey, Brown Rice Flour, Tapioca Flour, Flax Seeds, Cornstarch, Flour, Inactivated Butter [Milk], Sunflower Seeds, Pumpkin Seeds, Yeast, Millet, Sesame Seeds, Xanthan Gum, Salt, Distilled Vinegar [ingredient sources vary by bakery]. CONTAINS MILK, SOY, AND EGG.
Harvest Buckwheat Brown Rice Bread Cinnamon Chip	150	4 9%	2 10%	0	25 8%	40 2%	25 8%	2 8%	9	3	Water, Cultured Buttermilk [ingredient sources vary by bakery], Cinnamon Chips [ingredient sources may vary], Honey, Brown Rice Flour, Eggs, Tapioca Flour, Flax Seeds, Cornstarch, Flour, Inactivated Butter [Milk], Yeast, Xanthan Gum, Salt, Distilled Vinegar [ingredient sources may vary]. CONTAINS MILK, SOY, AND EGG.
Hearty Germany Rye	120	0.5 1%	0 1%	0	0 1%	160 12%	24 9%	4 15%	2	5	Water, French Ground 100% Whole Wheat Flour, Rye Flour [ingredient sources vary by bakery], Enriched White Flour [ingredient sources vary by bakery], Molasses, Yeast, Salt, Eggs, Caraway Seeds. CONTAINS WHEAT, SOY, AND EGG.
High 5 Fiber	140	3 5%	0 0%	0	0 0%	240 10%	23 8%	5 20%	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY AND EGG.
High Fiber Fiber with Blueberries	140	2.5 4%	0 0%	0	0 0%	200 8%	25 8%	5 20%	7	5	Water, Fresh Ground 100% Whole Wheat Flour, Dried Blueberries [ingredient sources may vary], Honey, Flax Seeds, Oat Bran, Millet, Sunflower Seeds, Wheat Bran, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY, EGGS, AND SOY

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Serving Size 1 slice 2 oz (56 g)	Calories	Fat (g) % DV*	Saturated Fat (g) % DV*	Trans Fats (g)	Cholesterol (mg) % DV*	Sodium (mg) % DV*	Carbohydrates (g) % DV*	Fiber (g) % DV*	Sugar (g)	Protein (g)	Ingredients
High Country Crunch	160	2.5 4%	0.5 3%	0	0 0%	210 15%	32 7%	4 15%	4	6	Water, Fresh Ground 100% Whole Wheat Flour, Sunflower Flour, Cracked Wheat, Honey, Millet, Pecans, Flax Seeds, Yeast, Salt, Eggs. CONTAINS: WHEAT, PECANS, SOY, AND EGGS.
High Fiber Apple, Cinnamon Chip, Walnut	140	2 3%	0 0%	0	0 0%	240 12%	26 9%	5 20%	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Dried Apples, Cinnamon Chips [organic cane sugar, cocoa butter, chocolate liquor, soy lecithin, vanilla extract], Walnuts, Molasses, Canola Oil, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, MILK, EGGS, AND WALNUTS.
High Fiber Tuscan Herb	140	0.5 1%	0 1%	0	0 1%	280 9%	26 9%	5 21%	4	6	Fresh Ground 100% Whole Wheat Flour, Tomatoes [organic cane sugar, citric acid], Honey, Water, Yeast, Molasses, Canola Oil, Salt, Eggs, Dried Garlic, Parmesan Cheese [organic cane sugar, cultures, salt, enzymes], Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Honey Whole Wheat	120	0.5 1%	0 1%	0	0 0%	300 12%	25 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Irish Baked Potato	150	2 3%	1 6%	0	5 2%	440 18%	29 9%	1 5%	4	4	Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Water, Dehydrated Potatoes [organic cane sugar, sodium acid pyrophosphate, sodium bisulfite], Honey, Butter [Milk], Yeast, Garlic [organic cane sugar, citric acid], Salt, Eggs, Cheddar Cheese [cultured pasteurized milk, salt, enzymes, annatto extract], Black Pepper, Chives. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Irish Soda Bread	120	0.5 1%	0 1%	0	5 2%	140 6%	27 9%	2 8%	9	4	Cake and Pastry Flour [organic cane sugar, cornstarch, sodium bicarbonate, monocalcium phosphate, salt, enzymes], Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Buttermilk [cultured pasteurized skim milk, salt, enzymes], Sugar, Canola Oil, Whole Wheat Flour, Raisins, Honey, Eggs, Salt, Baking Powder [organic cornstarch, sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate], Baking Soda. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Italian Herb Focaccia	150	2.5 4%	0 0%	0	0 0%	390 16%	27 9%	1 4%	2	4	Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Water, Olive Oil, Honey, Salt, Yeast, Oregano, Dried Onion, Dried Garlic, Black Pepper, Parsley. CONTAINS: WHEAT AND SOY.
Merry Berry	120	0.5 1%	0 0%	0	0 0%	190 8%	27 9%	3 12%	9	5	Fresh Ground 100% Golden Whole Wheat Flour, Water, Honey, Golden Raisins [organic cane sugar, sunflower oil], Dried Cherries [organic cane sugar, cherry juice concentrate, sunflower oil], Dried Blueberries [organic cane sugar, sunflower oil], Yeast, Salt, Coconut [organic cane sugar, sunflower oil], Eggs. CONTAINS: WHEAT, EGGS, COCONUT, AND SOY.
New Grains	120	0.5 1%	0 1%	0	0 0%	300 12%	25 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Nine Grain Mix [organic cane sugar, yeast, salt], Yeast, Salt, Eggs. CONTAINS: WHEAT AND EGGS.
Oatmeal Poppyseed	120	1 2%	0 1%	0	0 1%	300 12%	25 8%	4 15%	6	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Rolled Oats, Yeast, Poppy Seeds, Salt, Eggs. CONTAINS: WHEAT, SOY, AND EGGS.
Onion Dill Rye	120	0.5 1%	0 1%	0	0 1%	320 13%	25 8%	3 12%	6	4	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Rye Flour, Yeast, Salt, Eggs, Dried Onion, Dill, Poppy Seeds, Cinnamon Seeds. CONTAINS: WHEAT, SOY, AND EGGS.
Panera	120	3 4%	1 6%	0	5 2%	690 29%	22 7%	3 8%	4	5	Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Water, French Ground 100% Whole Wheat Flour, Cultured Wheat, Gluten [organic cane sugar, cornstarch, calcium sulfate, ammonium sulfate, ascorbic acid, enzymes], Parmesan Cheese [organic cane sugar, cultures, salt, enzymes, annatto extract], Honey, Rice Dried Fermented [organic cane sugar, malted barley extract, salt], Yeast, Salt, Eggs, Cheddar Cheese [cultured pasteurized milk, salt, enzymes, annatto extract], Basil, Black Pepper. CONTAINS: WHEAT, MILK, EGGS, AND SOY.
Peanut Butter Chocolate Chip	140	6 9%	1.5 8%	0	0 0%	200 12%	27 9%	2 8%	8	5	Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Water, Natural Peanut Butter [organic dry roasted peanuts, salt], Chocolate Chips [organic cane sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract], Honey, Yeast, Salt, Eggs. CONTAINS: WHEAT, PEANUTS, SOY, MILK, AND EGGS.
Power Swirl	190	7 11%	2 10%	0	5 2%	190 8%	27 9%	4 15%	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Brown Sugar, Pecans, Honey, Butter [Milk], Yeast, Salt, Cinnamon, Eggs. CONTAINS: WHEAT, PECANS, MILK, EGGS, AND SOY.
Rosa Bread	140	4.5 7%	1.5 9%	0	15 5%	450 19%	19 6%	3 8%	4	7	Fresh Ground 100% Whole Wheat Flour, Tomatoes [organic cane sugar, citric acid], Mozzarella Cheese [organic cane sugar, cultures, salt, enzymes, annatto extract], Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Water, Parmesan [organic cane sugar, cultures, salt, enzymes], Honey, Eggs, Yeast, Salt, Dried Onion, Parsley, Oregano, Basil. CONTAINS: WHEAT, MILK, SOY, AND EGGS.
Rosemary	120	1 2%	0.5 3%	0	5 1%	270 11%	22 7%	3 7%	4	5	Enriched White Flour [organic cane sugar, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Water, Olive Oil, French Ground 100% Whole Wheat Flour, Honey, Parmesan Cheese [organic cane sugar, cultures, salt, enzymes, annatto extract], Dried Rosemary [organic cane sugar, cultures, salt, enzymes, annatto extract], Yeast, Salt, Eggs, Dried Onion, Dried Garlic. CONTAINS: WHEAT, SOY, EGGS, AND MILK.
Rosemary (100% Whole Wheat)	120	1.5 2%	0.5 3%	0	5 2%	360 15%	21 7%	3 11%	4	6	Golden French Ground 100% Whole Wheat Flour, Water, Spinach, Honey, Parmesan Cheese [organic cane sugar, cultures, salt, enzymes, annatto extract], Dried Rosemary [organic cane sugar, cultures, salt, enzymes, annatto extract], Eggs, Yeast, Salt, Dried Onion, Dried Garlic. CONTAINS: WHEAT, MILK, SOY, AND EGGS.

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Potato Chive	150	2 3%	1 5%	0	5 2%	440 19%	30 10%	1 5%	4	4	Enriched White Flour (bromated or unbromated, may vary), Water, Dehydrated Potatoes (ingredients may vary), Honey, Butter (MILK), Yeast, Roasted Garlic, Salt, Eggs, Black Pepper, Chives. CONTAINS WHEAT, MILK, SOY, AND EGG.
Pumpernickel Rye	120	0.5 1%	0 0%	0	0 0%	330 14%	23 8%	5 20%	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Pumpernickel Rye Flour, Molasses, Yeast, Sea Salt, Caraway Seeds, Eggs. CONTAINS WHEAT, EGGS, AND SOY.
Pumpkin Swirl	140	2 3%	0.5 3%	0	5 2%	190 8%	30 10%	2 8%	12	3	Enriched White Flour (ingredient may vary), Water, Brown Sugar, Pumpkin (ingredient may vary), Fresh Ground 100% Whole Wheat Flour, Honey, Molasses, Butter (MILK), Yeast, Salt, Eggs, Pumpkin Pie Spice (ingredients may vary to may vary). CONTAINS WHEAT, MILK, EGGS, SOY, AND WALNUTS.
Raisin Cinnamon Chip	150	2.5 4%	0.5 3%	0	0 1%	240 10%	29 9%	2 14%	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Cinnamon Chips (ingredient may vary), Raisins, Honey, Yeast, Salt, Eggs. CONTAINS WHEAT, EGGS, MILK AND SOY.
Raisin	120	0 1%	0 0%	0	0 0%	260 12%	27 9%	4 15%	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Raisins, Molasses, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY, AND EGG.
Red, White and Blueberry	140	0 0%	0 0%	0	5 2%	260 11%	30 10%	1 4%	3	3	Enriched White Flour (ingredient may vary to may vary), Water, Honey, Dried Cherries (ingredient may vary to may vary), Blueberries, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY, AND EGGS.
Rosemary Garlic	120	0.5 1%	0 1%	0	0 1%	220 10%	24 8%	4 15%	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (ingredient may vary to may vary), Rosemary, Parsley. CONTAINS WHEAT, MILK, SOY, AND EGGS.
Banana	150	4 6%	1.5 8%	0	20 7%	135 6%	25 9%	3 12%	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Eggs, Dried Bananas (ingredient may vary to may vary), Pineapple Juice, Butter (MILK), Rice Flour Blend, Yeast, Flour for made sugar, Salt, Orange Juice, Natural and Artificial Vanilla Flavoring. CONTAINS WHEAT, EGGS, MILK AND SOY.
Spinach Feta	120	3 5%	2 10%	0	15 5%	400 17%	19 6%	2 8%	4	5	Feta Cheese (ingredient may vary to may vary), Enriched White Flour (bromated may vary to may vary), Water, Fresh Ground 100% Whole Wheat Flour, Spinach, Honey, Eggs, Yeast, Salt, Dried Garlic, Oregano, Black Pepper. CONTAINS WHEAT, MILK, EGGS, AND SOY.
Star Spangled Swirl	150	1.5 2%	0.5 3%	0	5 2%	230 9%	30 10%	4 15%	12	4	Fresh Ground 100% Whole Wheat Flour, Water, Dried Blueberries (ingredient may vary to may vary), Dried Cherries (ingredient may vary to may vary), Honey, Dried Apples (ingredient may vary to may vary), Brown Sugar, Eggs, Yeast, Butter (MILK), Blueberries, Salt. CONTAINS WHEAT, EGGS, SOY, AND MILK.
Stuffing Bread	100	0 1%	0 1%	0	0 1%	260 10%	20 7%	3 12%	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Onion, Celery, Honey, Yeast, Salt, Eggs, Thyme, Black Pepper, Sage. CONTAINS WHEAT, EGGS, AND SOY.
Sunflower	140	3 4%	0 2%	0	0 1%	300 12%	26 9%	4 15%	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY, AND EGGS.
Swedish Rye	120	1 2%	0 1%	0	0 1%	240 10%	27 9%	3 14%	7	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Enriched White Flour (bromated or unbromated, may vary), Rye Flour, Yeast, Orange, Salt, Molasses Blends, Eggs, Caraway Seeds, Anise Seed. CONTAINS WHEAT, SOY, AND EGGS.
Three Bread	140	2 3%	0 1%	0	0 1%	290 12%	25 8%	4 16%	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Potatoes, Honey, Sunflower Seeds, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY, AND EGGS.
Tuscan Herb	120	0.5 1%	0 1%	0	0 1%	260 10%	23 8%	4 15%	5	5	Fresh Ground 100% Whole Wheat Flour, Tomatoes (ingredient may vary to may vary), Honey, Water, Yeast, Salt, Eggs, Dried Garlic, Parmesan Cheese (bromated may vary to may vary), Dried Onion, Basil, Oregano, Rosemary, Parsley. CONTAINS WHEAT, MILK, SOY, AND EGG.
Walnut Raisin Rosemary Blue Cheese	150	4 6%	1.5 8%	0	10 3%	230 10%	22 7%	3 12%	5	4	Fresh Ground 100% Whole Wheat Flour, Water, Blue Cheese, Honey, Walnuts, Raisins, Yeast, Molasses, Eggs, Salt, Rosemary. CONTAINS WHEAT, MILK, EGGS, WALNUTS, AND SOY.
White Chocolate Cherry Swirl	150	2.5 4%	1.5 8%	0	5 2%	260 10%	31 10%	1 4%	8	3	Enriched White Flour (bromated may vary to may vary), Water, Dried Cherries (ingredient may vary to may vary), White Chocolate Chips (ingredient may vary to may vary), Honey, Brown Sugar, Butter (MILK), Yeast, Eggs, Salt, Natural and Artificial Vanilla Flavoring. CONTAINS WHEAT, SOY, EGGS, AND MILK.
White	120	0 0%	0 0%	0	0 0%	400 17%	20 10%	1 4%	5	4	Enriched White Flour (bromated may vary to may vary), Water, Honey, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY, AND EGG.
Whole Grain Goodness	140	3	0	0	0	240	22	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Sunflower Seeds, Eggs, Millet, Barley Flour Blends, Yeast, Peanuts, Cashews, Salt, Flax seeds.

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

PUMPKIN CHOCOLATE CHIP

Pumpkin Chocolate Chip Muffins & Bread have the perfect combination of autumn spices. This absolutely delicious and addictive treat is available EVERYDAY in October. Pumpkin Swirl is back on the menu this month. This bread is so good it's scary! Other Fall specials - Autumn Apple, MN Wild Rice, Anadama, and the new Mexican Chocolate.

OCTOBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries · MN Wild Rice

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Pumpkin Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Mexican Chocolate *New*

THURSDAY
9 Grain · Cinnamon Chip White · Potato Fennel Thyme
Sourdough (available after 1 PM)
Oct 6 - White
Oct 13 - Cranberry Walnut
Oct 20 - Jalapeno Cheddar
Oct 27 - Whole Grain White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl · Anadama

OCTOBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Oatmeal Chocolate Chip Cookies · Pumpkin Chocolate Chip Muffins & Bread · Savannah Bars

MONDAY
Maple Oatmeal Scone · Oatmeal Raisin Cookie

TUESDAY
Pumpkin White Chocolate Scone · Autumn Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Caramel Apple Scone · Turtle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Autumn Cookie · Cinnamon Rolls

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

PUMPKIN CHOCOLATE CHIP

Pumpkin Chocolate Chip Muffins & Bread have the perfect combination of autumn spices. This absolutely delicious and addictive treat is available EVERY DAY in October. Pumpkin Swirl is back on the menu this month. This bread is so good it's scary!
Other Fall specials - Autumn Apple & MN Wild Rice

OCTOBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
MN Wild Rice

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Pumpkin Swirl

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat
Mexican Chocolate

THURSDAY
Whole Grain Goodness · Cinnamon Chip White · Bacon Cheddar Beer
Sourdough (available after 1 PM)
Oct 5 - White Oct 12 - Cranberry Walnut
Oct 19 - Jalapeno Cheddar Oct 26 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Anadama
Chipotle Cheddar · Pumpkin Swirl · Autumn Apple

SATURDAY
Cinnamon Chip White · Potato Fennel Thyme · Apple Cinnamon Swirl

OCTOBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Oatmeal Chocolate Chip Cookie ·
Pumpkin Chocolate Chip Muffin & Bread · Savannah Bar

MONDAY
Maple Oatmeal Scone · Snickerdoodle Cookie

TUESDAY
Vanilla Almond Scone · Autumn Cookie

WEDNESDAY
Mocha Chip Scone · Salted Caramel Cookie

THURSDAY
Caramel Apple Scone · Snickerdoodle Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Cinnamon Roll

SATURDAY
Berry Cream Cheese Scone · Turtle Cookie · Cinnamon Roll

Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / www.tulsaok.greatharvestbread.com

PUMPKIN SWIRL

This bread is so good it's scary! It's our delicious, homemade whole wheat dough mixed with real pumpkin & pumpkin pie spice. We roll it out, top it with brown sugar & walnuts, then roll the whole thing up with all the ingredients swirled together on the inside. Every slice you get is pumpkin-y sweet, with a bit of spice and lots of whole wheat! Not only that, but it makes a great autumn gift. Don't miss this tasty treat! Enjoy Pumpkin Swirl for breakfast, or dessert with any lunch or dinner meal. Don't forget to pack a slice in your child's Halloween lunch, it's sure to bring those hugs and kisses swirlin' in!

OCTOBER BREADS

EVERYDAY	Honey Whole Wheat • Harvest White Pumpkin Chocolate Chip
MONDAY	High 5 Fiber • Cheddar Garlic • **PUMPKIN SWIRL**
TUESDAY	Ezekiel Bread • Asiago Pesto Cranberry Flax • Jewish Apple Coffee Cake
WEDNESDAY	Low Carb Dakota • Onion Dill Rye Cinnamon Raisin • Iced Cinnamon Raisin
THURSDAY	Superfood Bread • Spinach Feta **PUMPKIN SWIRL** • Cranberry Orange Pound Cake
FRIDAY	Dakota • Cinnamon Chip • Cheddar Garlic
SATURDAY	Hummus Bread • Rock Island Trail Bread Lemon Blueberry

SWEETS SO SWEET IT'S SCARY!

EVERYDAY	Brownies • Power Bars • Pumpkin Chocolate Chip Muffins Cinnamon Rolls & Cinnamon Twist Muffins
MONDAY	Dillon Cookies • Oat Berry Muffins • Savory Breakfast Biscuits Pumpkin Bars
TUESDAY	Oatmeal Raisin Cookies • Pumpkin Spice Scones Lo-fat Yum Yum Brownie Muffins • Savannah Bars
WEDNESDAY	Chocolate Chip Cookies • Savory Breakfast Biscuits Lo-fat Cran-Blue Yogurt Muffins • Lemon Bars
THURSDAY	Ginger Cookies • Cranberry Orange Scones • Kahuna Bars Cranberry Orange Muffins • Oat Berry Muffin
FRIDAY	Monster Cookies • Lo-fat Cran Flax Cookies • Chocolate Chip Scones Savory Breakfast Biscuits • Morning Glory Muffins Pumpkin Bars • Savannah Bars
SATURDAY	Peanut Butter Chocolate Chip Cookies • Berry Cream Cheese Scones Cappuccino Muffins • Lemon Blueberry Muffins • Lemon Bars

BAKERY HOURS: Monday-Friday, 7am to 6pm, Saturday 7am to 4pm
Closed Sundays for a little Loafin'

Sandwiches & Panini

Served 11:00 AM to 3:00 PM
Monday - Saturday

706 N. Broadway
Rochester, MN 55906
www.GreatHarvestRochester.com
507-286-1101

Great Harvest Classic Sandwiches

All Classic Sandwiches are made with optional thin sliced red onion, romaine lettuce, sliced tomato, honey mustard, mayonnaise, salt and pepper and your choice of sandwich bread.

Turkey & Swiss...$6.45
Lightly smoked turkey breast, Swiss cheese, mayo, and honey mustard.

Louisville Chicken Salad...$6.45
Chunks of white and dark meat chicken in a seasoned mayonnaise dressing with sweet & spicy pecans.

Great Harvest Cold Signature Sandwiches

All Signature Sandwiches are made with optional thin sliced red onion, romaine lettuce, sliced tomato, salt and pepper, on the recommended bread.

California Cobb...$6.95
Fresh avocado, smoked turkey breast, and crispy bacon, with a bleu cheese spread, served on honey whole wheat bread.

Country Smoked Turkey...$6.95
Smoked turkey breast, roasted peppers and onions on focaccia bread.

Harvest Veggie...$6.95
Fresh green pepper rings, cucumber slices, provolone and cheddar cheeses with sun dried tomato spread on honey whole wheat bread.
With avocado, add 50¢

Great Harvest Hot Signature Sandwiches

All Hot Signature Sandwiches served fresh off the steamer and grill to melt in your mouth!

BLT Panini...$5.99
Crispy smoky bacon, ripe tomatoes, romaine lettuce, and mayonnaise toasted to perfection.

Tuscan Chicken Panini...$7.35
Aged provolone melted over grilled chicken breast, optional thin sliced red onion, romaine lettuce, tomato, salt and pepper and a sun dried tomato pesto spread on focaccia bread.

Smoky BBQ Cheddar Chicken Panini...$7.35
Grilled chicken breast, optional thin sliced red onions, romaine lettuce, tomato, salt and pepper, smoky honey BBQ sauce, melted sharp cheddar and crisp bacon on focaccia bread.

Spicy Smoked Turkey & Pepper Jack Panini...$7.35
Smoked turkey breast, melted pepper jack cheese, roasted onions and peppers, romaine lettuce, salt and pepper and tomato with a spicy southwest mayonnaise, optional thin sliced red onions on focaccia.

"GHBC" Grilled Cheese Panini...$5.99
A twist on the traditional sandwich served with a garlic and herb spread and two cheeses, sharp cheddar and Swiss on white bread.
With crisp bacon, add $1.00
With sliced tomato, add 50¢

Kiddie Sandwiches

Simple, tasty kid-favorite sandwiches are served with a 1/2 of a cookie.

Peanut Butter & Jelly...$2.99
Creamy peanut butter and strawberry jam.

Lil' Cheezer...$2.99
Cheddar cheese on our Old Fashioned White bread with a light touch of mayo.

Sandwich Breads

Handcrafted & baked from scratch daily!

Honey Whole Wheat
Our specialty! Made from freshly stone-ground 100% whole wheat flour milled in our bakery every day. Nutty, versatile flavor with a dense but soft texture.

Old Fashioned White
Blends pure honey and premium flour unbleached, unbromated and absolutely no preservatives. Just like the bread Grandma makes!

Italian Herbed Focaccia
Homemade in the classic Italian flat bread style. Seasoned with extra virgin olive oil, basil, oregano, parsley, and encrusted with freshly grated Parmesan cheese and garlic.

Add Chips and/or a Giant Cookie for $1.00 each

Don't forget the treats!

The perfect assortment of Great Harvest sweets for a morning meeting, a lunch gathering, or a thank-you for the office.

Tray of Treats

Large...$45.00 (serves 36-40)
Small..$22.00 (serves 12-30)
Includes a specialty loaf of the day, tea cake of the day, and an assortment of muffins, scones and cookies.

Bakery Breakfast Box...$0.00

Includes a fresh giant cinnamon roll, muffin or other specialty breakfast item, served with a side of fruit, homemade granola, and a bottle of Welch's 100% juice.

The Great Big Cookie Box

$15.00 per dozen
Varieties include oatmeal chocolate chip, oatmeal raisin, peanut butter, snickerdoodle, turtle and original oatmeal.

Catering Options

Sandwich Trays

Small...$00.00 (12 sandwiches)
Medium...$00.00 (24 sandwiches)
Large...$00.00 (36 sandwiches)
Includes a specialty loaf of the day, tea cake of the day, and an assortment of muffins, scones and cookies.

Harvest Box Lunches...$0.00

Includes a fresh giant cinnamon roll, muffin or other specialty breakfast item, served with a side of fruit, homemade granola, and a bottle of Welch's 100% juice.

Additional Offerings

Additional Item no 1...$0.00

Description of additional item 1 can be entered here. Description of additional item 1 can be entered here.

Additional Item no 2...$0.00

Description of additional item 2 can be entered here. Description of additional item 2 can be entered here.

Additional Item no 3...$0.00

Description of additional item 2 can be entered here. Description of additional item 2 can be entered here.

Please Consider When Placing Your Order:

* Place your order by calling or stopping by the bakery.
* Orders of 10 or more must be placed before 10 a.m., please.
* We're happy to deliver for lunch orders of 15 or more.
* Lunches come brown bagged. Box lunch option available- $0.00 extra
* Order 24 hours in advance to ensure availability.
* We gladly deliver. Prices vary according to distance. Please check with us regarding your location.
* Payment to be made at time of order.

We gladly accept Visa, Discover, Mastercard and American Express.

Great Harvest Bread Co. Sandwiches & Panini

Where the outside is as good as the inside!

Bakery Hours M-F 7am-6pm, Sat. 7am-3pm
Fresh Sandwiches served M-F 10am-3pm

1234 Your Street
Anywhere, ST 56789
(123)456-7890
www.webaddress.com
www.facebook/pageaddress.com

WE CATER!
See back for more information.

Breakfast Sandwiches

Served between 8 am-11am on our freshly baked whole wheat or white bread. cheese choices: Swiss, American, Provolone or Cheddar.

Egg Sandwich...$0.00
Egg & Cheese...$0.00
Egg, Bacon & Cheese...$0.00
Egg, Ham & Cheese...$0.00

Great Harvest Classic Sandwiches

All Classic Sandwiches are made with thin sliced red onion, romaine lettuce, sliced tomato, white wine Dijon mustard, mayonnaise, salt and pepper and your choice of sandwich bread.

Ham & Swiss...$0.00
Tender slices of honey smoked ham and Swiss cheese

Turkey & Swiss...$0.00
Lightly smoked turkey breast and Swiss cheese

Roast Beef...$0.00
Sliced roast beef and aged provolone

Great Harvest Cold Signature Sandwiches

All Cold Signature Sandwiches are made with thin sliced red onion, romaine lettuce, sliced tomato, salt and pepper, and with the recommended bread of your choice of sandwich bread.

California Cobb...$0.00
Fresh avocado, smoked turkey breast, and crispy bacon, with a bleu cheese spread and honey whole wheat bread

Pepper Bleu Roast Beef...$0.00
Roast beef with bleu cheese spread, on caraway rye bread.

Country Smoked Turkey...$0.00
Smokey turkey breast, roasted peppers and onions with balsamic vinegar dressing on focaccia bread

Louisville Chicken Salad...$0.00
Chunks of white and dark meat chicken in a seasoned mayonnaise dressing with sweet & spicy pecans

Tuna Salad...$0.00
Chunk white albacore tuna with a seasoned mayonnaise dressing

Harvest Veggie...$0.00
Fresh pepper rings, cucumber slices, provolone and cheddar cheeses with red pepper garlic spread on honey whole wheat bread

Peanut Butter & Jelly...$0.00
Creamy peanut butter and grape jelly on white bread

Great Harvest Hot Signature Sandwiches

All Hot Signature Sandwiches served fresh off the steamer and grill to melt in your mouth!

BLT...$0.00
Crispy smoky bacon, ripe tomatoes, romaine lettuce, salt and pepper and mayonnaise on white bread toasted in the panini grill

Tuscan Chicken Panini...$0.00
Aged provolone melted over grilled chicken breast, thin sliced red onion, romaine lettuce, tomato, salt and pepper and a sun dried tomato pesto spread on focaccia bread.

Smoky BBQ Cheddar Chicken Panini...$0.00
Grilled chicken breast, thin sliced red onions, romaine lettuce, tomato, salt and pepper, smoky honey BBQ sauce, melted sharp cheddar and crisp bacon on focaccia bread

Spicy Smoked Turkey & Pepper Jack Panini...$0.00
Smoked turkey breast, melted pepper jack cheese, roasted onions and peppers, romaine lettuce, salt and pepper and tomato with a spicy southwest mayonnaise on caraway rye bread

Mile High Rye...$0.00
Smoked turkey and roast beef with melted Swiss, thin sliced red onion, romaine lettuce, tomato, salt and pepper, and roasted garlic and dill spread on caraway rye bread

Roast Beef Panini...$0.00
Roast beef, roasted peppers and onions, melted aged provolone, romaine lettuce, tomato and salt and pepper with a red pepper garlic cheese spread on focaccia

"GHBC" Grilled Cheese Panini...$0.00
A twist on the traditional sandwich served with a garlic and herb spread and two cheeses, sharp cheddar and Swiss on white bread; this sandwich is also available with honey smoked ham, crisp bacon and/or sliced tomato with an additional cost

Area For Extra Information

Utilize this space to mention meal combos, box lunches, drinks etc.

Item Listed Here...$0.00
Extra information about this item can be placed here in order to provide your customers a brief description

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Extra information about this item can be placed here in order to provide your customers a brief description

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N. Broadway
Rochester MN 55906
(507) 286-1101
www.greatharvestrochester.com

MON - FRI 6:30 AM TO 6:00 PM SAT 6:30 AM TO 5 PM

Fall back to APPLES

You're going to flip over the Great Harvest "Fall Back To Apples" specials! We've baked up some apple-packed masterpieces for your delight. Check out our bountiful array of applelicious breads and treats. You'll fall head-over-heels. Great for picnics, back to school lunches, desserts and anytime indulgence!

SEPTEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries
MN Wild Rice · Autumn Apple

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic
Apple Scrapple

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat
Autumn Apple

THURSDAY
Whole Grain Goodness · Cinnamon Chip White · Apple Scrapple
Bacon Cheddar Beer
Sourdough (available after 1 PM)
Sept 7 - Whole Grain White Sept 14 - Sundried Tomato
Sept 21 - Jalapeno Cheddar Sept 28 - White

FRIDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber · Chipotle Cheddar
Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

SEPTEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bar · Oatmeal Chocolate Chip Cookie

MONDAY
Apple Cinnamon Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread
Oatmeal Scotchie Cookie

TUESDAY
Berry Cream Cheese Scone · Triple Chocolate Muffin · Autumn Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread
Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Monster Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie
Pumpkin Chocolate Chip Muffin & Bread · Cinnamon Roll

SATURDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Jumble Cookie · Cinnamon Roll

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SEPTEMBER *Bread Schedule*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Italian Herb Focaccia · Cinnamon Chip White · High 5 Fiber w/ Berries · MN Wild Rice · Autumn Apple

TUESDAY
Cranberry Orange · Cinnamon Chip Wheat · Dakota · Cheddar Garlic · Apple Scrapple

WEDNESDAY
Italian Herb Focaccia · Cinnamon Supreme! · Flax Oatbran · Garden Wheat · Autumn Apple

THURSDAY
9 Grain · Cinnamon Chip White · Apple Scrapple · Pepperoni Rolls
Sourdough (available after 1 PM)

Sept 1 - Basil Parmesan
Sept 8 - Green Chili
Sept 15 - Jalapeno Cheddar
Sept 22 - Sundried Tomato
Sept 29 - Jalapeno Cheddar

FRIDAY
Italian Herb Focaccia · Cinnamon Supreme! · High 5 Fiber · Chipotle Cheddar · Autumn Apple

SATURDAY
Cinnamon Chip White · Rosemary Garlic · Apple Cinnamon Swirl

SEPTEMBER *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffins · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Maple Oatmeal Scone · Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Scotchie Cookie

TUESDAY
Berry Cream Cheese Scone · Zucchini Muffin · Oatmeal Raisin Cookie

WEDNESDAY
Mocha Chip Scone · Pumpkin Chocolate Chip Muffin & Bread · Double Chocolate Chip Cookie

THURSDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Monster Cookie

FRIDAY
Cinnamon Chip Cream Cheese Scone · Salted Caramel Cookie · Pumpkin Chocolate Chip Muffin & Bread · Cinnamon Rolls

SATURDAY
Caramel Apple Scone · Apple Pecan Spice Muffin · Jumble Cookie · Cinnamon Rolls

TO WEIGH LESS... TO LIVE HEALTHIER AND LONGER, EAT MORE 'GOOD' CARBS

Kudos to Robert Atkins, the good doctor who raised awareness about the perils of carbohydrates in an increasingly overweight nation. Never mind that his high-protein alternative is fraught with health risks. Never mind that many of his low-carb disciples (as many as 70 million in one form or another) don't draw distinctions between "bad" carbs and "good" carbs. For them, a carb is a carb is a carb – all mortal enemies of a thin and happy life. Despite his diet's shortcomings, Atkins did have the courage to raise the issue in a carb-guzzling world. He engaged the debate, which we believe will ultimately lead to a healthier America. For that we are grateful.

Still, it should be noted that the American Heart Association, American Dietetic Association and the American Kidney Fund have all warned about various dangers associated with low-carb, high protein diets.

Consider this from Dr. David Katz of the Yale School of Public Health: "Diets rich in fiber and complex carbohydrates – found in fruits, vegetables, beans and WHOLE GRAINS (this is where Great Harvest Bread enters the discussion) – have been shown in a wide array of studies to be associated with reduced risks of cancer, reduced risks of cardiovascular disease, reduced risk of diabetes, reduced risks of gastrointestinal disorders and overall health promotion. In other words, the notion of cutting carbs is a step in the opposite direction from everything we know about healthy eating."

And this from Judith Wurtman, a brain researcher at M.I.T.: "The diet-industrial complex is now pushing low carbs full steam ahead. It may take a long time, but 10 years from now, people are going to look back on this and say, 'Boy, were we really stupid.' "

And this from reporter David Bjerklie in an April 2004 *Time* magazine story titled "Low-Carb Nation":

"So if the low-carb mantra has made you cut simple sugars and refined carbohydrates from your diet, great. But if you are skimping on produce and WHOLE GRAINS and instead shoveling animal and dairy fats into your body, you are short-changing your health."

"So if the low-carb mantra has made you cut simple sugars and refined carbohydrates from your diet, great. But if you are skimping on produce and **WHOLE GRAINS** *and instead shoveling animal and dairy fats into your body, you are short-changing your health."*

Jane Brody, the food and nutrition guru at *The New York Times,* cites various studies before weighing in with these conclusions in a March 4, 2003 article: "People who eat more whole grains tend to weigh less than those who consume fewer." And: "People who eat whole grains are healthier and live longer."

Then, in a column published on March 23, 2004, she writes: "None of my slender friends and acquaintances eats a low-carb diet. ... You don't have to eat low-carb to remain slim or to lose weight and keep it off. Fiber-rich carbohydrates (i.e., Great Harvest breads) offer three major benefits to the weight-conscious eater: they hold water in the gut, take longer to digest and some of their calories are eliminated unabsorbed. In other words, they can fill you up before they fill you out. ... A diet high in fat and low in carbs has yet to be tested for long-term safety and effectiveness. But fiber-rich balanced diets, replete with WHOLE GRAINS, fruits and vegetables along with reasonable quantities of fish, poultry, meat and dairy products, have been repeatedly shown to be conducive to enjoyable eating and to achieving and maintaining a normal body weight and long-lasting health."

3 Servings of WHOLE GRAINS Daily

The Surgeon General's goal is for all Americans to consume at least three servings of WHOLE GRAINS daily. We have a long way to go. Today, the daily average is about half a serving.

The Food and Drug Administration states: "Diets rich in WHOLE-GRAIN foods and other plant foods low in total fat, saturated fat and cholesterol may help reduce the risk of heart disease and certain cancers." The FDA allows food manufacturers to claim health benefits for products with at least 51 percent WHOLE GRAINS by weight and less than 3 grams of fat per serving.

The health benefits of eating WHOLE GRAIN foods are outlined in study after study around the world. In fact, dozens of studies have shown that eating WHOLE GRAINS reduces cancer risks. Dr. Joanne L. Slavin writes in The Journal of the American Dietetic Association, "WHOLE GRAINS are rich sources of a wide range of phytochemicals with anticarcinogenic properties. Some of these phytochemicals block DNA damage and suppress cancer cell growth. ... The fiber in WHOLE GRAINS increases fecal bulk and speeds the transit of stool, decreasing the opportunity for mutagens to damage cells and cause cancer of the digestive tract. In addition, hormonally active lignans in WHOLE GRAINS may protect against hormonally mediated diseases, such as cancers of the breast and prostate."

A Finnish study of 21,930 male smokers and an American study of 43,757 male health professionals found a reduced risk of heart attacks among those who ate the most WHOLE-GRAIN bread and cereal. The Nurses' Health Study of nearly 90,000 women and the Health Professionals Study of nearly 44,000 men found that those who consumed the most fiber from WHOLE GRAINS had about a 30 percent lower risk of developing Type 2 diabetes.

'BAD' CARBS VS. 'GOOD' CARBS

Let's take a moment to explore the difference between "bad" carbs and "good" carbs, according to the experts.

As *Time* magazine explained in "The Low-Carb Frenzy," all foods can be divided into combinations of three different nutritional categories based on their chemical components: carbohydrates, proteins and fats. The body breaks down carbs into sugars that flow through the bloodstream and serve as the body's key source of energy. White bread, pasta and potatoes are examples of "bad" carbs that quickly turn to sugar in the body. Sugar not needed immediately by muscles is stored as fat to be used later. On the other hand, some fruits, vegetables, beans and, yes, WHOLE GRAINS, are also carbs. But they are "good" carbs that break down slowly and provide substantial infusions of vitamins, minerals and, especially, fiber. Numerous studies have demonstrated that diets rich in fiber can lower cholesterol and reduce the risk of heart disease.

Walter Willett, a medical doctor at the Harvard School of Public Health, has written a book, *Eat, Drink and Be Healthy – The Harvard Medical School Guide to Healthy Living* (Simon & Shuster, 2002). In it he explains that the basic difference between bad carbs and good carbs isn't as simple as the traditional understanding of "simple carbohydrates" (sugars) and "complex carbohydrates" (starches).

While the terms "simple" and "complex" have a specific chemical meaning, they don't mean much inside your body. In fact, your digestive system turns white bread, a baked potato, or white rice (all starches and therefore "complex" carbs) into glucose and pumps this sugar into the bloodstream almost as fast as it delivers the sugar in a cocktail of pure glucose. Swift, high spikes in blood sugar are followed by similar surges in insulin. As this insulin forces glucose into muscle and fat cells, blood sugar levels plummet, triggering the unmistakable signals of hunger. To make matters worse, these high levels of blood sugar and insulin surges are now implicated as part of the perilous pathway to heart disease and diabetes. The harmful effects of these rapidly digested carbohydrates are especially serious for people who are overweight.

WHOLE GRAINS
Keystones of a Healthy Diet

"The carbohydrates that should form the keystones of a healthy diet come from WHOLE GRAINS, like brown rice or oats, from foods made with WHOLE GRAINS, like whole-wheat pasta or bread, or from beans. Our body takes longer to digest these carb packages, especially when they are coarsely ground or intact. That means they have a slow, low and steady effect on blood sugar and insulin levels, which protects against heart disease and diabetes. They make you feel full longer and keep you from getting hungry right away. They also give you important fiber plus plenty of vitamins and minerals."

Harvard medical doctor Dr. Walter Willett goes on to describe the two carb building blocks in his Healthy Eating Pyramid. WHOLE-GRAIN good carbs sit prominently as part of the pyramid's foundation, and highly refined, rapidly digested bad carbs (including most desserts) are relegated to the very top.

"For almost 20 years our research team has been one of several groups studying the health effects of foods made from refined and intact grains. The result of this work is compelling. Eating lots of carbs that are quickly digested and absorbed increases levels of blood sugar and insulin, raises levels of triglycerides and lowers levels of HDL cholesterol. Over the long run, these changes lead to cardiovascular disease and diabetes. In contrast, eating WHOLE-GRAIN foods is clearly better for long-term good health and offers protection against diabetes, heart disease, cancer and gastrointestinal problems such as diverticulosis and constipation. Other research around the world points to the same conclusions."

IMPORTANCE OF GLYCEMIC INDEX, GLYCEMIC LOAD

At the heart of the distinction between good carbs and bad carbs is the Glycemic Index, which emerged in the 1990s when researchers at the University of Toronto showed that some foods raised blood sugar faster and higher than others, placing greater demands on the insulin system. The Glycemic Index ranks foods according to how rapidly sugars are released into the bloodstream.

Dr. Willett describes how the index works: The body converts digestible carbs into glucose – sugar that cells use as fuel. When glucose molecules pass from the stomach into the bloodstream, the pancreas releases insulin, a hormone that activates cells to absorb glucose. As muscles, fat and other cells sponge excess glucose from the blood, insulin levels return to normal.

Discovery of the Glycemic Index led to another measurement developed by a team from the Harvard School of Public Health called Glycemic Load. It includes the food's Glycemic Index plus how much carbohydrate the food delivers in one serving. Most fruits, vegetables, beans and WHOLE GRAINS have low Glycemic Loads. However, when fruits are squeezed into juices and WHOLE GRAINS are pulverized into refined flour, they turn into the equivalent of sugar water with very high Glycemic Loads.

WHY DOES A HIGH GLYCEMIC LOAD CAUSE WEIGHT GAIN?

"After a snack or meal with a high Glycemic Load, blood-sugar levels rise higher and faster than after a meal with a low load," Dr. Willett writes. "The insulin needed to stuff all that sugar into muscle and fat cells also blunts the activity of glucagons, a hormone that signals the body to burn stored fuel when blood-sugar levels fall below a certain point. Glucose levels plummet as a result, leaving the brain and other tissues starved for energy. Concentration flags, muscles get shaky and the body perceives an emergency. In search of a quick fix, the gut and brain send out hunger signals long before it's time for another meal. And for those who respond to these signals by downing another high-glycemic snack, the cycle repeats itself. The fluctuating sugar levels and elevated insulin levels lead to excessive snacking – and calories."

WHY DOES THIS EATING PATTERN CAUSE DIABETES?

Again, Dr. Willett: "Foods with high Glycemic Load pose another problem for a growing number of Americans. The tissues of people who are overweight or physically inactive resist insulin's signal to pull in glucose from the blood – a condition known as insulin resistance. This keeps blood sugar at high levels for prolonged periods. It also forces the pancreas to produce extra insulin in order to jam glucose into cells. Overworked insulin-making cells can wear out and cease production, leading ultimately to diabetes."

We don't need to swear off carbs to avoid weight gain and diabetes. The trick, according to Dr. Willett, is to choose foods with low Glycemic Loads. "For example, switch to WHOLE GRAINS. Until the 19th century, humans ate grains either whole or roughly ground. In this form, grains offered a carbohydrate package rich in fiber, healthy fats, vitamins, minerals, plant enzymes and hundreds of nutrients. ... Fortunately, WHOLE GRAINS are making a comeback."

WHOLE GRAINS – STARS IN DISEASE PREVENTION

It is the indigestible fiber and phytochemicals in WHOLE GRAINS that render them stars in disease prevention, Jane Brody writes in *The New York Times*. So, why is fiber such an important player on the good-health team?

"Fill up with fiber," writes Dr. Bob Arnot in his popular book, *Revolutionary Weight Control Program*. "Fiber, derived from plants, is classified as soluble and insoluble. Both types are beneficial. Soluble fibers dissolve in water, and so they soak up liquids. Insoluble fibers do not dissolve in water, though they assist in moving waste through the body.

"FILL UP WITH FIBER"

"Soluble-fiber foods are among your most important weapons against hunger. When water and soluble fiber mix in the gut, the stomach and small intestine expand, sending satiety signals that shut off further eating. That's why the experimental subjects were satisfied with fewer calories when they ate WHOLE-WHEAT BREAD than when they consumed white bread, which has fiber refined out of it."

(Dr. Arnot is referring to a revealing study in which one group was given WHOLE-WHEAT BREAD on one occasion and white bread on another. Both times participants were told to eat until they were full. The group consumed far fewer calories when they ate WHOLE-WHEAT BREAD, and yet were as satisfied as when they ate the greater amount of white bread.)

Dr. Arnot concludes, "The more fiber you load up on early in the day, the more effectively you may kill hunger – and impulse eating – into the evening."

Today, 64 percent of Americans are overweight, and more than 30 percent are obese, according to the FDA. In fact, obesity is gaining on smoking as the leading cause of preventable death.

"It seems clear that a large proportion of the population could benefit from eating more WHOLE GRAIN, and efforts are needed to encourage consumption," according to the American College of Nutrition.

Simin Liu, a Harvard researcher with the Brigham and Women's Hospital in Boston, says, "Americans understand that WHOLE GRAINS are healthier than refined grains, but the average person eats less than one serving of WHOLE GRAINS per day. ... The challenge for the food industry is to make WHOLE-GRAIN products more appealing than refined-grain products." For the rest of us, she suggests, "The challenge is to develop habits to increase WHOLE-GRAIN intake such as substituting WHOLE-WHEAT BREAD for white bread when making a sandwich. Developing such a simple habit may have long-term benefits."

Nicola M. McKeown, Ph.D., adds, "I think people understand the importance of eating fruits and vegetables, but when it comes to WHOLE GRAINS the message has pretty much been lost. This is in part because consumers don't really understand what WHOLE-GRAIN foods are."

To that end, the U.S. Department of Agriculture is poised to launch as part of the 2005 edition of the "Dietary Guidelines for Americans" an intensive effort to increase consumption of whole grains and reduce consumption of enriched grains (those stripped of their nutrients in the production process then "enriched" with required vitamin and mineral supplements – virtually all of the breads, white or otherwise, found on supermarket shelves). The USDA would recommend increases of whole-grain consumption by 275 percent for men and 227 percent for women.

"INCREASE WHOLE-GRAIN INTAKE"

NOBODY DOES WHOLE GRAIN BETTER

Great Harvest Bread Co. understands the magic of WHOLE GRAIN. That's why we're here. We have been the WHOLE-GRAIN headquarters for nearly 30 years. WHOLE GRAINS are our niche, our specialty – they're what we do. We mill WHOLE GRAINS in our store every day, so they're always fresh. The truth is that nobody does WHOLE GRAIN better than Great Harvest.

Let's take a look at our basic building block, the kernel of wheat. This natural miracle is a storehouse of nutrients that people have needed and used for thousands of years – the "staff of life." Each kernel (it takes about a million to fill a bushel basket) has three parts. 1) The endosperm is the largest part with 83 percent of the kernel's mass. This is where starch is stored and where the largest amount of flour comes from. It contains carbs, protein, iron and B-complex vitamins. 2) Bran is the fiber-rich outer layer with about 14.5 percent of the kernel, containing protein and B-complex vitamins. 3) Germ is the nutrient-rich embryo, the sprouting section, that packs abundant B-complex vitamins and trace minerals.

In baking WHOLE-GRAIN BREADS, Great Harvest uses the entire kernel. By contrast, many commercial bread makers, producing highly refined white breads and other breads that pose as "whole wheat" or "multigrain," strip away the bran and germ to make soft, airy breads with a longer shelf life. They bleach the flour, and then add vitamins and minerals to replace the lost nutrients. But many nutrients aren't added, and the lost fiber can't be replaced.

Great Harvest bread is made completely from scratch. Great Harvest's whole grain breads are made using freshly stone-ground flour that we grind from whole wheat kernels in our store daily. The flour in our whole grain breads are never more than 48 hours old, which means that essential nutrients, which begin breaking down over time, are preserved.

Freshly stone-ground 100% whole-wheat flour (from America's best wheat) that's never more than 48 hours old gives Great Harvest bread its exceptionally fresh taste. It also gives Great Harvest bread its satisfying size. Other bakeries use dough conditioners or chemicals to boost loaf volume. At Great Harvest we just use fresh wheat, carefully and stringently selected from the arid high plains of America's best wheat growing regions. That's it. Stone-ground whole wheat – plus proprietary parts of our recipes and baking process – enables most Great Harvest breads to remain fresh 7 to 10 days without preservatives.

At Great Harvest we are all about making the best-tasting, most nutritious whole-grain breads you can find anywhere. We believe that eating our bread can help you lose weight and live a healthier and longer life.

MUSCLE BREAD

As a way of closing, we offer this tip for helping your children understand the difference between "fluff" bread and WHOLE-GRAIN bread. The original idea comes from William Sears, a well-known pediatrician and author from San Clemente, Calif., who dedicated an entire chapter to bread in his *Family Nutrition Book.*

Because parents often complain that their children won't eat anything but white bread, consider taking your kids to the bread aisle at a supermarket. Have them hold a loaf of white bread in one hand and a loaf of Great Harvest WHOLE-GRAIN bread in the other. The WHOLE-GRAIN breads are always much weightier.

Then tell them, in Dr. Sears' words: "The white bread is air bread. WHOLE GRAIN is heavier because it's muscle bread."

We like that... muscle bread.

Here's to your strong muscles and to a long and healthy life from your friends at Great Harvest.

WHOLE GRAINS FOR HEALTHY KIDS!!

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GREAT HARVEST BREAD CO.

706 N. Broadway
Rochester, MN
Hours: 6:30 a.m. – 6:00 p.m., Tues. – Friday
6:30 a.m. – 5:00 p.m. Saturday

Great Harvest Bread Co. is an Equal Opportunity Employer. We do not discriminate on the basis of race, religion, color, sex, age, national origin, or disability.

Date:_____

Name:_____
List Previous, Maiden, or Alias

Telephone # _____daytime _____evening

Current Address:_____

e-mail address _____ Date available to start to work? _____

How did you hear about us?_____Position Desired?_____

How long do you plan on working for us?_____Under 18 years old? Yes No

Highest grade or college completed_____

We are a non-smoking company. Can you work under these conditions? Yes No

Have you been convicted of a felony within the last 7 years? Yes No

If yes, please explain_____

Are you a U.S. Citizen, or do you have a permit which allows you to work? Yes No
(Proof of citizenship or immigration will be required on employment)

Great Harvest jobs may include standing for long periods of time, lifting regularly, stooping & bending frequently, performing repetitive hand motions; and most importantly, smiling and having fun at all times. Can you do these things, with or without accommodations? Please explain necessary accommodations.

The following questions do not have "right" answers but are intended to help us get to know you better. Short answers are OK, use more paper if you want.

Why are you interested in working at Great Harvest Bread Co?

Great Harvest is a very service-oriented business. What does good service mean to you?

Tell us about hobbies, special interests, experiences, or skills (Not necessarily job related). List something that you are particularly proud of.

What type(s) of music do you enjoy? Favorite radio station?

What skills from previous jobs would qualify you for a position at Great Harvest?

What are your goals for the next six to twelve months? Two years? Five years?

What are your preferred working hours and available days and hours? Will your availability change in the next six months?

Give us a couple references (with phone #) who you have known for at least 1 year. Exclude friends or relatives.

Anything else you would like us to know about you?

Employment History

Please tell us about your recent job history starting with the present: (5 years)

Company_____Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back?_____# of days taken off?_____

_____

Company_____Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back?_____# of days taken off?_____

_____

Company_____Supervisor Name_____

Dates Employed_____/_____to_____/_____ Reason for leaving_____

Position Held & Job Duties_____

Would this employer hire you back?_____# of days taken off?_____

Employment Agreement

I certify that the facts contained in this application are true and correct, and I confirm that my omission or misrepresentation of any fact on this application is sufficient reason for Great Harvest to deny me employment. If employed, such an omission or misrepresentation shall be grounds for dismissal. I further authorize investigation of all statements contained herein and contact with references listed. I agree that if an employment relationship is established with Great Harvest, it will be of an "at will" nature. Meaning that I may resign at any time & Great Harvest may dismiss me at any time with or without cause.

Signature_____ Date_____

Q: Some days I am much more active than others. Does that make a difference?
A: Yes! The more physically active you are, the more carbohydrates you use for fuel. In addition, the faster the pace of activity, the more carbohydrates you use.

Q: Can I save all of my carbohydrates for dinner?
A: If you have type 2 diabetes, it's better to distribute your carbohydrates throughout the day. Your body is still making insulin; you are just using it less effectively. Lots of carbohydrates at once will tax your body's ability to clear the blood sugar. Smaller, more frequent amounts of carbohydrates are recommended. If you have type 1 diabetes, the most important point to remember is to match the insulin you take with the amount of carbohydrate at a meal.

Q: So, portion control is the right answer, rather than abstaining from carbohydrates?
A: Yes! Learn how many carbohydrates are right for you, based on your usual dietary intake, your preferences and your blood sugars.

Q: Do whole grain breads have any benefits over breads made with refined white flour?
A: Yes again! Research indicates that whole grains may help with weight loss, and help prevent colon cancer and heart disease. In addition, whole grains naturally provide micronutrients such as the B vitamins, iron and zinc. They also contain phytochemicals, which may be part of the reason they help prevent chronic disease.

DO YOURSELF A FAVOR!

If you have diabetes, consult with a certified diabetes educator or dietitian familiar with your disease. An educator can help design a meal pattern for you that will contain a healthy, balanced diet, which can include delicious and nutritious Great Harvest bread.

Here is an example of a low carbohydrate food plan using Great Harvest bread:

BREAKFAST
- 1 orange
- 1 slice of Nine Grain bread with peanut butter
- Meal total ≈ 42 grams of carbohydrate*

LUNCH
- 2 slices of Honey Whole Wheat with sliced turkey, tomatoes, lettuce, onions and sprouts
- ½ cup carrot sticks with light ranch dip
- Meal total ≈ 42 grams of carbohydrate*

DINNER
- Grilled halibut with carrots and green beans
- Large green salad with oil and vinegar
- Enjoy a handful of granola for dessert
- Meal total ≈ 18 grams of carbohydrate*

*Remember to subtract the grams of fiber from the total grams of carbohydrates.

This brochure has been written with the help of Carla Cox, Ph.D., registered dietitian, certified diabetes educator, and nutrition consultant for Great Harvest Bread Co.

Great Harvest Bread Co.®

I have DIABETES

CAN I EAT Great Harvest BREAD?

Great Harvest Bread Co.®

YOU BET!

DIABETES *is a disease diagnosed when a fasting blood sugar is greater than 126 mg/dl. Pre-diabetes is becoming a more common diagnosis, and is diagnosed when a fasting blood sugar is greater than 110 mg/dl, but less than 126 mg/dl.*

When carbohydrate-rich foods are eaten, blood sugars rise. (Foods rich in carbohydrates include fruit, milk, yogurt, potatoes, rice, whole grain breads and desserts.) In an individual with diabetes, high carbohydrate diets can overwhelm the body's ability to move sugar from the blood stream into tissues where it is used to help perform the work of the cell. Some people can have high blood sugars even with a low carbohydrate diet, because the body can make glucose even without carbohydrates. Chronically high blood sugars can damage the heart, kidney, eyes and nerves, so they need to be treated.

What complicates the food recommendations for an individual with diabetes is that everyone needs some carbohydrates. Carbohydrates are used by the brain and are important in the function of the working muscle, particularly when the work is intense (lifting, running, sprinting).

COMMON QUESTIONS FROM PEOPLE DIAGNOSED WITH DIABETES:

Q: How many carbohydrates can I eat?
A: Since each person is unique, that question is best answered by a certified diabetes educator or dietitian that frequently works with individuals diagnosed with diabetes. However, here are some general guidelines:

If you have type 2 diabetes or pre-diabetes:

- *Everyone should obtain at least 100 grams of carbohydrates per day.*
- *Individuals who are younger, more active or male, should consume more carbohydrates per meal. It may be appropriate for some to eat 60g-75g or more carbohydrates per meal! (And a slice of Great Harvest bread can certainly fit here... read on.)*
- *A small, older female who is not very active would need the least number of carbohydrates per meal (30g for breakfast, 30g for lunch and 40g for dinner would be a good estimate).*

If you have type 1 diabetes or are taking insulin at each meal:

- *Your insulin should be matched to the amount of carbohydrate you are eating at each meal and snack. Talk to your diabetes educator about using a scale of units of insulin to grams of carbohydrate.*

Q: How many grams of carbohydrates are in a slice of Great Harvest bread?
A: Since the size and shape of the loaves vary, ask for a handout that lists all the breads made at Great Harvest Bread Company, and the quantity of carbohydrates per serving. A typical slice of Great Harvest bread weighs 45g - 50g (that is a little more than 1.5 ounces). You'll need a small scale at home to be really accurate! (One slice of store bought bread is usually 30g by weight and contains 12g-15g of carbo-hydrates; a bagel may be as many as 150g by weight and contain 72g of carbohydrates.) Some examples are:

[Bread Variety]	[Carbohydrates]	[Fiber]
Honey Whole Wheat	22g	3g
Cranberry Orange	25g	3g
Nine Grain	23g	3g
Flax Oat Bran	21g	4g
Raisin Whole Wheat	24g	3g
High 5 Fiber	21g	5g

PER 50-GRAM SERVING SIZE

Carbohydrates (grams) - Fiber (grams) = Total Carbohydrates

HANDCRAFTED EVERY DAY AT:

Great Harvest Bread Co.
706 N, Broadway
Rochester MN 55906
507-286-1101
www.greatharvestrochester.com

MONDAY-FRIDAY 6:30AM-6:00PM, SATURDAY 6:30AM-5:00PM, CLOSED SUNDAY

Change Your Loaf FOREVER!

Sink your teeth into a slice of this delicious & festive summer bread! Loaded with dried cranberries, wild blueberries, white chocolate chips and a splash of vanilla! This bread is bound to spark your taste buds. We'll be baking Red, White & Blueberry bread throughout July!

JULY *Breads*

EVERYDAY
Honey Whole Wheat · Old Fashioned White · Challah

MONDAY
Focaccia · High 5 Fiber w/berries · Cinnamon Chip White
Potato Fennel Thyme · Red, White, & Blueberry

TUESDAY
Dakota · Cinnamon Chip Wheat · Cheddar Garlic · Cranberry Orange
Mexican Chocolate

WEDNESDAY
Focaccia · Flax Oatbran · Cinnamon Supreme! · Garden Wheat
Red, White, & Blueberry

THURSDAY
9 Grain · Cinnamon Chip White · Spinach Feta · Bacon Cheddar Beer
Sourdough:(available after 1pm)
July 6 - 3 Cheese
July 13 - Plain ol White
July 20 - Sundried Tomato
July 27 - Whole Grain White

FRIDAY
Focaccia · High 5 Fiber · Cinnamon Chip White · Chipotle Cheddar
Anadama (loaves & buns) · Red, White, & Blueberry

SATURDAY
Cinnamon Chip White · Apple Cinnamon Swirl · Rosemary Garlic

JULY *Sweet Spot*

EVERYDAY
Low Fat Oatberry Muffin · Savannah Bars · Oatmeal Chocolate Chip Cookies

MONDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie

TUESDAY
Caramel Apple Scone · Blueberry Muffin · Turtle Cookie

WEDNESDAY
Pumpkin Chocolate Chip Muffin & Bread · Oatmeal Raisin Cookie
Vanilla Almond Scone

THURSDAY
Mocha Chip Scone · Lemon Poppy Muffin · Snickerdoodles

FRIDAY
Cinnamon Chip Cream Cheese Scone · Pumpkin Chocolate Chip Muffin & Bread
Salted Caramel Cookie · Cinnamon Rolls

SATURDAY
Berry Cream Cheese Scone · Blueberry Muffin · Monster Cookie · Cinnamon Rolls