



# GREAT HARVEST

## BAKERY • CAFE

### DAILY BREADS

*Baking every day.*



**Honey Whole Wheat** 140 cal. ....\$6.50  
Our signature and most popular bread is a perfect blend of five pure ingredients - freshly ground, flavor-rich, 100% whole wheat flour, pure honey,



**Cinnamon Chip** 160 cal. ....\$7.25  
Enjoy all the sweet goodness of cinnamon chips in our Farmhouse White base. Makes a heavenly French toast.



**Farmhouse White** 140 cal. ....\$6.25  
The heavenly smell and fresh out-of-the-oven taste of this old-fashioned loaf will make you want to eat it on the drive home! Makes the perfect peanut butter & jelly or grilled cheese sammy.



**Sourdough** 100 cal. ....\$6.50  
Crusty, lightly sour loaf with a creamy interior that perfectly complements any dinner and makes an amazing sandwich. People have been known to tear off in hunks and eat it on the ride home!

### SEASONAL SPECIALTY BREAD



**Popeye Bread** 140 cal. ....\$7.25  
Baking M, W, F  
This savory bread features fresh spinach, red peppers, and chunks of parmesan cheese. Can you say "yum"? This bread is fantastic with spaghetti or pesto pasta. It's also darn good all on its own. Fresh, flavorful, and nutritious.

### SUMMER BREAD MENU



**Rolls** 250 - 300 cal. . \$5.50/rolls \$5.50/buns  
Baking EVERY DAY  
Fresh baked rolls perfect for your dinner table or a snack on the go. We're baking rolls and burger buns out of this amazing bread.



**Cheddar Garlic** 150 cal. ....\$8.25  
Baking T, TH, S  
Cheddar cheese, garlic, onion, sesame seeds, and parsley create this unbelievable bread. This is a favorite to grill, toast, or use as hamburger bun.



**High 5 Fiber** 140 cal. ....\$7.25  
Baking M, W, F  
With 5 grams of fiber per slice, this 100 percent whole grain bread tastes amazing and provides sustained energy. It's a fantastic choice for bread lovers who seek more fiber to keep you fuller longer to help maintain a healthy weight.



**Dakota** 170 cal. ....\$7.25  
Baking T, TH, S  
Sunflower seeds, pumpkin seeds, sesame seeds and millet are generously kneaded into our honey whole wheat dough for a crunchy, hearty flavorful bread. Perfect for toast, for grilled cheese or for sandwiches. Eating well can taste amazing!



**Pepperoni Roll** 350 cal. ....\$6.50  
Baking M, W, F  
A yummy, single serve Farmhouse White Roll with pepperoni and Provolone cheese. Pair it with a garden salad for a delicious lunch!



**Breakfast Blast** 150 cal. ....\$7.00  
Baking T, TH, S  
A sweet, juicy taste of dates, honey, cinnamon chips, married with 100 percent whole wheat flour and rolled oats. This wholesome bread will become a breakfast staple and will help keep you fuller longer.

### SEE THE OTHER SIDE FOR OUR GOODIES!

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

## DAILY GOODIES

Made-from-scratch and baked fresh every day.



### Berry Cream Cheese Scone

600 - 720 cal. ....\$0.00

Baking EVERY DAY

A just crunchy-enough exterior and soft, fluffy inside filled full of fresh berries and chunks of cream cheese.



### Chocolate Chip Cookie

500 cal. ....\$1.85

Baking EVERY DAY

Freshly baked, melt in your mouth cookie made with whole wheat, oatmeal, and chocolate chips.



### GlutenX Almond Cookies

340 cal. ....\$2.00

Buttery, nutty, crisp, and soooo good! These amazing cookies are blended together with almond, millet, and white rice flour.



### Savannah Bars

510 - 630 cal. ....\$2.75

Baking EVERY DAY

An oatmeal cookie crust topped with fruit, oats, a sweet hint of shaved coconut, and cookie crumbles.



### Brownies

470 - 670 cal. ....\$2.75

Baking EVERY DAY

100% whole-wheat chewy, chocolatey brownies filled with chocolate chips, cocoa powder, and vanilla. GlutenX Brownies on Tuesdays!



### Great Harvest Biscuit

340 - 370 cal. ....\$2.75

Baking EVERY DAY

These perfectly fluffy, buttery biscuits will satisfy your homemade cravings!



### Cinnamon Rolls

790 - 1010 cal. ....\$0.00

Baking EVERY DAY

Cinnamon, brown sugar, and butter rolled in a fluffy light-wheat dough, drizzled with cream cheese frosting.

## SEASONAL SPECIALTY TEA CAKE



### Becky's Coconut Tea Cake

200 - 210 cal. ....\$8.50

Baking T, TH, S

A rich poundcake sweetened with coconut flakes.

## SUMMER GOODIE MENU



### Mint Chocolate Chip Cookie

500 cal. ....\$1.85

Baking Everyday

A decadent chocolate cookie packed with chocolate chips, white chocolate chips and a hint of mint!



### Oatmeal Raisin

460 cal. ....\$1.85

Baking Everyday

Oatmeal, raisins, and whole wheat flour make this whole grain treat extra delicious!



### Pumpkin Chocolate Chip Tea Cake

000 cal. ....\$0.00

Baking M, W, F

The perfect blend of pumpkin and chocolate chips in every delicious bite.



### Harvest Bars

260 cal. ....\$2.50

Available Everyday

Natural whole oats, pumpkin seeds, flax, raisins and cranberries, with 6 grams of protein and 4 grams of fiber.



### Trek Bars

400 cal. ....\$2.50

Available Everyday

Energy bars with peanut butter, raisins, chocolate chips, honey, and flax.



### Iced Sugar Cookies

.....\$2.75/\$3.25/\$3.75

Available Tuesday - Saturday

Seasonal decorated sugar cookies. Have a special event coming up, let us provide cookies specific to your theme.