



## AUGUST 2015 BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON, CT 06066  
(860) 454-4202

[www.ghbreadct.com](http://www.ghbreadct.com)



### MONDAY

colonial brown bread (M) \$6.50  
cinnamon raisin walnut (H) \$6.00  
everything (W) \$5.75  
sunflower millet flax (H) \$6.50

### TUESDAY

anadama (M) \$6.25  
onion dill rye (H) \$6.25  
cornbread (W) \$5.75  
woodstock (H) \$6.50

### WEDNESDAY

apple scrapple (M) \$6.25  
focaccia (W) \$5.50  
ninegrain (H) \$6.50

#### **bakers choice:**

5<sup>th</sup> - spelt \$5.75, jalapeno cornbread (W) \$6.50  
12<sup>th</sup> - swedish limpa (H&R), \$6.25, pizza roll (W) \$5.50  
19<sup>th</sup> - jalapeno cornbread (W) \$6.50, pizza roll (W) \$5.50  
26<sup>th</sup> - swedish limpa (H&R) \$6.25, peanut butter chocolate chip (W) \$5.75

### THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
caraway rye (H&R) \$6.25  
trailmix (H) \$6.50

### FRIDAY

cinnamon bread (M) \$6.50  
challa (W) \$5.50  
dakota (H) \$6.50  
pepperoni roll or sweet pepper roll (W) \$7.25

### SATURDAY

american rye (W&R) \$6.25  
stuffed potato (W) \$6.50  
popeye (M) \$5.75  
cinnamon raisin (H) \$5.75

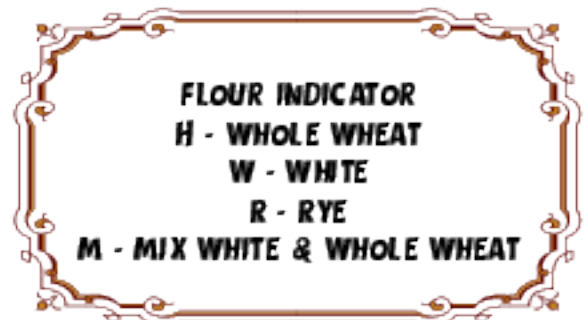
visit our fan page at  
[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)

### EVERYDAY BREADS

honey whole wheat \$5.25  
country white \$5.00

### DAILY SWEETS

cookies \$1.74 + tax or 6/\$8.75  
scones 2.12 + tax  
muffins \$2.12 + tax



MONDAY - FRIDAY 6:30 AM - 6:30 PM  
SATURDAY 6:30 AM - 5:00 PM  
CLOSED SUNDAY  
ORDERS WELCOME (860) 454-4202



## **FRESH FROM THE GARDEN**



*Try our fresh Jalapeno Cornbread.  
made fresh August 5th and 19th. They go very fast, so  
order yours before they sell out.*

## **TOO HOT TO COOK**

*Our Pizza roll, Pepperoni and Sweet Roasted Pepper Rolls  
are quick and easy lunch or dinners.*



## **JOIN GREAT HARVEST BREAD AT THE FARMERS MARKETS**

*HEBRON (corner of Rt 85 & 66) every Saturday  
from 9:00am to 12:30pm.*

*And*

*Botticello Farms Saturday, August 8<sup>th</sup>  
11:00am to 2:00pm  
209 Hillstown Rd., Manchester*





## 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.



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#### *Salad*

**\$40**

**Add chicken for \$7.50**

A fresh mix of spinach and spring mix lettuce with wedges of tomatoes, sliced onions, raisins, 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.*



[www.tulsaok.greatharvestbread.com](http://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, raisins, sliced almonds, strawberries, feta cheese, croutons and a light raspberry vinaigrette dressing.

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## 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](http://www.MyWebsite.com)

[www.Facebook.com/myGreatHarvestBread](https://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:

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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?



## GRAND OPENING BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON CT 06066  
(860) 647-8837  
www.ghbreadct.com



### EVERYDAY BREADS

honey whole wheat \$5.25  
country white \$5.00

### FRIDAY

cinnamon chip (W) \$5.75  
cinnamon raisin (H) \$6.00  
white cheddar garlic (W) \$6.50  
dakota (H) \$6.50

### SATURDAY

cinnamon chip (W) \$5.75  
popeye (G) \$5.75  
american rye (W&R) \$6.25  
ninegrain (H) \$6.50



### EVERYDAY SANDWICHES

#### CLASSIC SANDWICHES \$6.11 + tax

turkey & cheese  
ham & cheese  
tuna salad  
roast beef & cheese

#### SIGNATURE SANDWICHES \$7.05 + tax

harvest veggie  
smoked turkey goddess  
spicy pecan chicken salad  
baja chipotle turkey  
pepper bleu roast beef

[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)

### DAILY SWEETS

#### Cookies \$1.74 + tax or 6/\$8.75

oatmeal walnut choc. chip  
oatmeal raisin  
snickerdoodle  
peanut butter  
peanut butter choc. chip

#### Scones \$2.12 + tax

cinnamon chip  
blueberry  
peanut butter choc. chip

#### Quick breads \$7.00 / Muffins \$2.12 + tax

pumpkin chocolate chip  
blueberry coffeecake  
coconut

#### Sweet Bars \$2.59 + tax

savannah (formally mazurkas)  
toe curling brownies

#### Bars \$1.65 + tax

power bars  
breakfast bars  
harvest bars

#### Other Items

dog bones \$3.00  
croutons \$3.50

### HOURS:

MONSDAY - FRIDAY 6:30AM - 6:30PM

SATURDAY 6:30AM - 5:00PM

CLOSED SUNDAY

ORDERS WELCOME (860) 454-4202



## FRESHLY MADE FROM SCRATCH



*Ever wonder why our bread tastes so good? It's because we grind our wheat fresh everyday! We also take that "fresh-ground" to new heights with our mixes. That means our mixes are fresher than anything you can get in the grocery store. Now you can enjoy the same hearty wheat taste and whole grain goodness in our mixes. Take a few home..... your family will love you for it.*

### **FRESH HEARTY CEREALS**

*Now you can enjoy the hot, wholesome goodness of Great harvest right at your own breakfast table!*

*Try a bag of our*

**CINNAMON RAISIN**  
**OR CRANBERRY ALMOND OATMEAL.**

### **CHOCOLATE CHIP COOKIE MIX**

*Makes a perfectly easy treat anytime that taste great.*

### **CROUTONS**

*Made from a variety of bread seasoned perfectly.*

### **DOUBLE FUDGE BROWNIE MIX**

*Makes the perfect after school treat or a quick and easy dessert that is so chocolaty.*

### **WHOLE WHEAT PANCAKE MIX**

*Made from our fresh whole wheat and fresh oatmeal, taste better than any pancake mix you buy in the grocery store.*

### **FRESH GROUND WHOLE WHEAT FLOUR**

*Makes a world of difference. Not only will our flour provide you with more nutrients, but it's guaranteed to make your homemade goodies taste better than ever.*

*NOTE: For optimum freshness, be sure to use fresh ground flour within four weeks from the date of purchase or store in your freezer.*



**REMEMBER WE MAKE ROLLS FROM ALMOST ALL OF OUR BREADS  
JUST ORDER THEM AT LEAST 24 HOUR IN ADVANCE.**

**(WE SELL THEM BY THE DOZEN ONLY.)**

**PRICE OF THE LOAF OF BREAD PLUS 50 CENTS**







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.



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)	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



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	160	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



*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

<i>Serving Size: 1 slice 2 oz (56 g)</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fats (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Carbohydrates (g)</i>	<i>Fiber (g)</i>	<i>Sugar (g)</i>	<i>Protein (g)</i>	<i>Ingredients</i>
<i>Pumpkin Rye</i>	120	0.5	0	0	0	330	23	5	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Pumpkin Rye Flour, Molasses, Yeast, caramel color, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGGS, AND SOY
<i>Pumpkin Swirl</i>	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.
<i>Raisin Cinnamon Chip</i>	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
<i>Raisin</i>	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
<i>Red, White and Blueberry</i>	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.
<i>Rosemary Garlic</i>	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
<i>Sonoma</i>	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.
<i>Spinach Feta</i>	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.
<i>Star Spangled Swirl</i>	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
<i>Stuffing Bread</i>	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.
<i>Sunflower</i>	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
<i>Swedish Rye</i>	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
<i>Trail Bread</i>	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
<i>Tuscan Herb</i>	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
<i>Walnut Raisin Rosemary Blue Cheese</i>	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.
<i>White Chocolate Cherry Swirl</i>	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
<i>White</i>	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
<i>Whole Grain Goodness</i>	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



## JULY 2015 BREAD SCHEDULE

415 TALCOTTVILLE RD.  
VERNON, CT 06066  
860-454-4202



### CLOSED SATURDAY JULY 4TH

#### MONDAY

colonial brown bread (new) (M) \$7.25  
cinnamon raisin walnut (H) \$6.00  
everything (W) \$5.75  
ninegrain (H) \$6.50

#### TUESDAY

high 5 fiber (H) \$6.50  
onion dill rye (W&R) \$6.25  
anadama (M) \$6.25  
ninegrain (H) \$6.50

#### WEDNESDAY

white cinnamon raisin (W) \$5.75  
apple scrapple (M) \$6.25  
woodstock (H) \$6.50  
bakers choice:  
(1st spelt \$5.75  
8th- foccacia (W) \$5.50  
15th- swedish limpa (W&R) \$6.25  
22nd- foccacia (W) \$5.50  
29th- peanut butter chocolate chip (W) \$5.75)

#### THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
anadama (M) \$6.25  
woodstock (H) \$6.50

#### FRIDAY

cinnamon bread (M) \$6.50  
challa (W) \$5.50  
breakfast blast (H) \$5.75  
trailmix (H) \$6.50

#### SATURDAY

##### CLOSED JULY 4TH

stuffed potato (W) \$6.50  
cinnamon raisin (H) \$5.75  
popeye (M) \$5.75  
pumpnickel rye (H&R) \$6.25

[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)

#### EVERYDAY BREADS

honey whole wheat \$5.25  
country white \$5.00

#### DAILY SWEETS

cookies \$1.85 + tax or 6/\$8.75  
scones \$2.12 + tax  
quick breads \$7.00  
muffins \$2.12 + tax

#### OTHER ITEMS

dog bones \$7.00



#### HOURS:

MONDAY - FRIDAY 6:30 AM - 6:30 PM  
SATURDAY 6:30 AM - 5:00 PM  
CLOSED SUNDAY  
CLOSED JULY 4TH  
ORDERS WELCOME (860) 454-4202



# CELEBRATE A SAFE 4TH OF JULY



**WE WILL BE CLOSED  
SATURDAY JULY 4TH.**



## **OUTDOOR SUMMER FUN**

*All made fresh in our store.*

### **PANCAKE MIX**

*Take them camping, just add oil, water and an egg.*

### **TRAIL MIX**

*A great treat anytime.*

### **GRANOLA**

*Take along some of our fresh granola on your next hiking or road trip..*

## **JOIN GREAT HARVEST AT THE FARMERS MARKETS**

*HEBRON (corner of Rt 85 & 66) every Saturday  
from 9:00am to 12:30pm.*





# Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / [www.tulsaok.greatharvestbread.com](http://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

<b>EVERYDAY</b>	Honey Whole Wheat • Harvest White • Dakota Pumpkin Chocolate Chip
<b>MONDAY</b>	High 5 Fiber • Hummus Bread • Extreme Cinnamon Swirl
<b>TUESDAY</b>	Cranberry Walnut Flax • Asiago Pesto • Cinnamon Chip Jewish Apple Coffee Cake
<b>WEDNESDAY</b>	Cranberry Orange • Low Carb Dakota <b>STUFFING BREAD</b> • Extreme Cinnamon Swirl
<b>THURSDAY</b>	Pumpkin Swirl • Spinach Feta • Cinnamon Crunch Cranberry Orange Pound Cake
<b>FRIDAY</b>	White Chocolate Cherry Swirl • Superfood Bread Cheddar Garlic • Strawberry Shortcake
<b>SATURDAY</b>	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](http://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

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



# NOVEMBER 2015

## BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON, CT 06066  
(860) 454-4202

[ghbreadct.com](http://ghbreadct.com)

## HOLIDAY ORDERS

ALL ORDERS FOR  
**MUST BE MADE BY**  
**MONDAY NOVEMBER 16TH.**

No phone/email/social media  
orders Thanksgiving week

## EVERYDAY BREADS

honey whole wheat (H) \$5.25  
country white (W) \$5.00

## PRE ORDER YOUR VIRGINIA WHITE OR WHEAT ROLLS

Sold by the dozen

## HOLIDAY HOURS:

WEDNESDAY NOVEMBER 25TH

6:30AM - 5:00 PM

**CLOSED THURSDAY NOVEMBER 26<sup>TH</sup>**

**THROUGH**

**SUNDAY NOVEMBER 29TH**

## STORE HOURS:

MONDAY - FRIDAY 6:30AM - 6:30PM

SATURDAY 6:30AM - 5:00PM

CLOSED SUNDAY

ORDERS WELCOME (860) 454-4202

### MONDAY

pumpkin swirl (M) \$7.50  
onion dill rye (H&R) \$6.25  
dakota (H) \$6.50  
pesto parmesan (W&H) 6.25  
23<sup>rd</sup> - virginia white or virginia wheat rolls \$6.50 per dozen

### TUESDAY

anadama (M) \$6.50  
everything (W) \$5.75  
sunflower millet flax (H) \$6.50  
cranberry orange (H) \$6.50  
24<sup>th</sup> - virginia white or virginia wheat rolls \$6.50 per dozen

### WEDNESDAY

apple cinnamon oatmeal (M) \$6.25  
trail mix (H) \$6.50  
bakers choice:  
4<sup>th</sup> - spelt \$5.75,  
1<sup>st</sup> - stuffing bread (H) \$7.25, swedish limpa (H&R) \$6.25  
18<sup>th</sup> - stuffing bread (H) \$7.25, cornbread (W) 5.75  
25<sup>th</sup> - stuffing bread (H) \$7.25, pumpkin nut spice (W) \$6.50  
cinnamon chip (W) \$4.75, white cheddar garlic (W) \$6.50,  
swedish limpa (H&R) \$6.25  
virginia white or virginia wheat rolls \$6.50 per dozen  
quick breads - chocolate fudge brownie, blueberry,  
blueberry cranberry, pumpkin & pumpkin chocolate chip

### THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
white cinnamon raisin (W) \$5.75  
ninegrain (H) \$6.50

### FRIDAY

cinnamon bread (M) \$6.75  
challa (W) \$5.75  
pumpkin nut spice (W) \$6.50  
woodstock (H) \$6.50  
pepperoni roll (W) \$7.25  
sweet pepper roll (W) \$7.25

### SATURDAY

stuffed potato (W) \$6.50  
cinnamon raisin walnut (H) \$6.00  
popeye (W&R) \$6.00  
american rye (W&R) \$6.25





**THANKSGIVING SPECIALS:  
CHECK OUR SPECIAL BREADS FOR  
MONDAY THE 23<sup>RD</sup> TUESDAY THE 24<sup>TH</sup>  
AND  
WEDNESDAY THE 26<sup>TH</sup>**



**ALL ORDERS *MUST* BE PLACED BY  
MONDAY NOVEMBER 16<sup>TH</sup>**

*Pre-order and pre-pay  
your Thanksgiving bread, rolls & sweets  
for an easy pickup.*

**TURKEY STUFFING  
WITH GREAT HARVEST BREAD**

**\*\* (PURCHASE ON WEDNESDAY NOVEMBER 18TH) \*\***

*Stuffing for a 12-16 pound Turkey  
1 loaf of **Great Harvest Stuffing Bread**  
1 stick or 1/2 cup of Sweet Cream Butter  
1 1/2 - 2 cups Chicken Broth or water reserved  
from Giblets*

*Slice the loaf into 2" cubes and store in a brown paper bag for 3 to 4 days before preparing stuffing (or you can dry in the oven for 3 hours at 200 degrees). Place cubes in a large bowl and add in 1 stick of softened butter that has been cut into small pieces. Add enough chicken broth or giblet water to moisten cubes. (Optional: add chopped walnuts or dried cranberries for a mouth-watering feast.) Mix well. Place in a pan on your stove top, cover the pan, heat until liquid absorbs and stuffing is hot. Or place in a casserole dish.*

**THANKSGIVING ROLLS**

*Bring a harvest of flavor to your holiday table with light and buttery **VIRGINIA ROLLS** made from wheat or white flour. Sold by the dozen only at \$6.25 per dozen.*

*We can also make rolls from most of our breads, just add 50 cents to the bread price.*

**LOVE YOUR LEFTOVERS!**

*Our **STUFFING BREAD** tastes just like homemade stuffing and makes the ultimate leftover turkey sandwich when joined by turkey, cranberries, and cover in gravy.*

**CLOSING REMINDER:**

*Wednesday November 25<sup>th</sup> closing at 5:00pm.  
Bakery closed Thursday, November 26<sup>th</sup> through  
Sunday, November 29<sup>th</sup> for a much kneaded  
rest. Reopening on Monday, November 30<sup>th</sup>.*



### **TURKEY STUFFING**

*With Great Harvest Stuffing Bread  
\*\* (purchase the Wednesday before  
Thanksgiving week) \*\**

*12-16 pound Turkey  
1 loaf of Great Harvest Stuffing Bread  
1 stick or 1/2 cup of Sweet Cream Butter  
1 1/2 - 2 cups Chicken Broth or water  
reserved from Giblets*

*Slice the loaf into 2" cubes and store in a brown paper bag for 3 to 4 days before preparing stuffing (or you can dry in the oven for 3 hours at 200 degrees). Place cubes in a large bowl and add in 1 stick of butter that has been cut into small pieces. Add enough chicken broth or giblet water to moisten cubes. (Optional: add chopped walnuts or dried cranberries for a mouth-watering feast.) Place stuffing inside of turkey cavity and bake a normal.*

### **TURKEY STUFFING**

*With Great Harvest Stuffing Bread  
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### **TURKEY STUFFING**

*With Great Harvest Stuffing Bread  
\*\* (purchase the Wednesday before  
Thanksgiving week) \*\*\*\**

*12-16 pound Turkey  
1 loaf of Great Harvest Stuffing Bread  
1 stick or 1/2 cup of Sweet Cream Butter  
1 1/2 - 2 cups Chicken Broth or water  
reserved from Giblets*

*Slice the loaf into 2" cubes and store in a brown paper bag for 3 to 4 days before preparing stuffing (or you can dry in the oven for 3 hours at 200 degrees). Place cubes in a large bowl and add in 1 stick of butter that has been cut into small pieces. Add enough chicken broth or giblet water to moisten cubes. (Optional: add chopped walnuts or dried cranberries for a mouth-watering feast.) Place stuffing inside of turkey cavity and bake a normal.*

### **TURKEY STUFFING**

*With Great Harvest Stuffing Bread  
\*\* (purchase the Wednesday before  
Thanksgiving week) \*\**

*12-16 pound Turkey  
1 loaf of Great Harvest Stuffing Bread  
1 stick or 1/2 cup of Sweet Cream Butter  
1 1/2 - 2 cups Chicken Broth or water  
reserved from Giblets*

*Slice the loaf into 2" cubes and store in a brown paper bag for 3 to 4 days before preparing stuffing (or you can dry in the oven for 3 hours at 200 degrees). Place cubes in a large bowl and add in 1 stick of butter that has been cut into small pieces. Add enough chicken broth or giblet water to moisten cubes. (Optional: add chopped walnuts or dried cranberries for a mouth-watering feast.) Place stuffing inside of turkey cavity and bake a normal.*



# THANKSGIVING SCHEDULE



## **MONDAY NOVEMBER 23<sup>RD</sup> 6:30AM - 6:30PM**

*pumpkin swirl (M) \$7.50  
onion dill rye (H&R) \$6.25  
dakota (H) \$6.50  
pesto parmesan (W&H) 6.25  
virginia white or virginia wheat rolls \$6.50 per dozen*

## **TUESDAY NOVEMBER 24<sup>TH</sup> 6:30AM - 6:30PM**

*anadama (M) \$6.50  
everything (W) \$5.75  
sunflower millet flax (H) \$6.50  
cranberry orange (H) \$6.50  
virginia white or virginia wheat rolls \$6.50 per dozen*

## **WEDNESDAY NOVEMBER 25<sup>TH</sup> 6:30AM - 5:00PM**

*apple cinnamon oatmeal (M) \$6.25  
trail mix (H) \$6.50  
stuffing bread (H) \$7.25  
pumpkin nut spice (W) \$6.50  
cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50,  
swedish limpa (H&R) \$6.25  
virginia white or virginia wheat rolls \$6.50 per dozen  
quick breads - chocolate fudge brownie, blueberry,  
blueberry cranberry, pumpkin & pumpkin chocolate chip*



*Place your orders through  
Tuesday, November 16th  
860-454-4202*







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, is gluten, and allergen information

Serving Size (Total Fat (g))	Calories	Total Fat (g)	Saturated Fat (g)	Total Fiber (g)	Cholesterol (mg)	Sodium (mg)	Total Sugar (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Crust Bread	90	2.5 4.5	1 .55	0	5 2.5	270 115	28 9.5	1 4.5	4	3	Enriched White Flour (w/ added niacin, iron, calcium, and riboflavin) (w/ added niacin, iron, calcium, and riboflavin), Water, Corn Flour, Honey, Cane and Oatmeal, Yeast, Salt, Egg, and Soy Lecithin.
Crust Bread (100% Whole Wheat)	90	2.5 4.5	1 .55	0	5 2.5	270 115	28 9.5	1 12.5	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cane and Oatmeal, Yeast, Salt, Egg, and Soy Lecithin.
Jalapeno Crust Bread	90	2 2.5	1 .55	0	5 2.5	270 115	28 9.5	1 4.5	4	3	Enriched White Flour (w/ added niacin, iron, calcium, and riboflavin), Water, Corn Flour, Honey, Cane and Oatmeal, Yeast, Salt, Egg, and Soy Lecithin, Pepper, Onion, and Jalapeno.
Jalapeno Crust Bread (100% Whole Wheat)	90	4.5 15	.55 1.5	0	2.5 1.5	115 45	9.5 2.5	12.5 15.5	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cane and Oatmeal, Yeast, Salt, Egg, and Soy Lecithin, Pepper, Onion, and Jalapeno.
Country	120	0.5 1.5	0 1.5	0	0 1.5	240 45	28 2.5	4 15.5	3	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Egg, and Soy Lecithin.
Cranial Pepper Sauce	90	4.5 0.5	.55 0	0	2.5 0	115 240	9.5 28	4.5 4	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cane and Oatmeal, Yeast, Salt, Egg, and Soy Lecithin, Cranial Pepper, and Soy Lecithin.
Cherry Orange	180	0.5 1.5	0 .55	0	0 0.5	240 115	28 9.5	4 15.5	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Egg, and Soy Lecithin, Orange Juice, and Soy Lecithin.
Delite	150	4 4.5	0 .55	0	0 0.5	270 115	28 9.5	4 15.5	5	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cane and Oatmeal, Yeast, Salt, Egg, and Soy Lecithin.
Fresh Pull	90	4.5 7.5	.55 1.55	0	2.5 1.5	115 45	9.5 9.5	1 4.5	5	4	Enriched White Flour (w/ added niacin, iron, calcium, and riboflavin), Water, Corn Flour, Honey, Cane and Oatmeal, Yeast, Salt, Egg, and Soy Lecithin.
Rise Outlets	120	2.5 2.5	0 1.5	0	0 1.5	240 45	28 2.5	4 15.5	4	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Yeast, Salt, Egg, and Soy Lecithin.
Focaccia	90	1.5 2.5	0 1.5	0	0 0.5	240 115	28 9.5	1 15.5	5	4	Enriched White Flour (w/ added niacin, iron, calcium, and riboflavin), Water, Honey, Yeast, Salt, Egg, and Soy Lecithin.
Golden Wheat, Apple, Cinnamon Chip, Walnut	90	2.5 4.5	0 .55	0	0 1.5	270 115	28 9.5	2 12.5	3	5	Fresh Ground 100% Golden Wheat Flour, Water, Honey, Cane and Oatmeal, Yeast, Salt, Egg, and Soy Lecithin, Apple, Cinnamon, and Walnut.
Golden Wheat Chocolate Cherry Swirl	150	2.5 4.5 4.5	1 .55 2	0	5 2.5 2.5	240 115 90	28 9.5 28	2 12.5 2	3	4	Fresh Ground 100% Golden Wheat Flour, Water, Honey, Cane and Oatmeal, Yeast, Salt, Egg, and Soy Lecithin, Chocolate Chips, and Cherry Swirl.
Honest Bushel 1 Brown Rise	90	7.5	1.55	0	12.5	4.5	7.5	2.5	4	3	Water, Culture of Bacteria (w/ added niacin, iron, calcium, and riboflavin), Soy Lecithin, Honey, Cane Flour, Soy Lecithin, and Soy Lecithin.
Honest Bushel 1 Brown Rise Bread Delite	90	4 9.5	1.5 .55	0	2.5 2.5	25 2.5	10 4.5	2 2.5	5	4	Water, Culture of Bacteria (w/ added niacin, iron, calcium, and riboflavin), Soy Lecithin, Honey, Cane Flour, Soy Lecithin, and Soy Lecithin.
Honest Bushel 1 Brown Rise Bread Cinnamon Chip	90	4 9.5	2 1.55	0	2.5 2.5	20 2.5	25 2.5	2 2.5	9	3	Water, Culture of Bacteria (w/ added niacin, iron, calcium, and riboflavin), Soy Lecithin, Honey, Cane Flour, Soy Lecithin, and Soy Lecithin.
Nativity & Heavy Rye	180	0.5 1.5	0 1.5	0	0 1.5	240 115	28 9.5	4 15.5	3	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Yeast, Salt, Egg, and Soy Lecithin.
High 5 Fiber	90	2 5.5	0 .55	0	0 0.5	240 115	28 9.5	5 20.5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Egg, and Soy Lecithin.
High Five Fiber with Blueberries	90	2.5 4.5	0 .55	0	0 0.5	200 4.5	25 2.5	5 20.5	7	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Yeast, Salt, Egg, and Soy Lecithin, and Blueberries.





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 information and allergen information.

Survey Spec Name Size (g)	Calories	Fat (g) S.DV	Saturated Fat (g) S.DV	Total Fiber (g)	Cholesterol (mg) S.DV	Sodium (mg) S.DV	Carbohydrates (g) S.DV	Fiber (g) S.DV	Sugar (g)	Protein (g)	Ingredients
Potato Chow	150	2 2.5	1 0.5	0	5 2.5	440 18.5	30 13.5	1 0.5	4	4	Enriched Soft Wheat Flour (wheat), Water, Unbleached Flour (wheat), Yeast, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, MILK, SOY, AND EGG.
Popovers	120	0.5 1.5	0 0.5	0	0 0.5	330 14.5	20 9.5	5 2.5	2	5	Fresh Oats and 100% Whole Wheat Flour, Water, Flax Seed, Unbleached Flour (wheat), Yeast, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, SOY, AND EGG.
Pumpkin Suet	90	2 2.5	0.5 0.5	0	5 2.5	190 8.5	30 13.5	2 1	12	3	Enriched Soft Wheat Flour (wheat), Water, Unbleached Flour (wheat), Yeast, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, MILK, SOY, AND EGG.
Raisin Cinnamon Chip	150	2.5 4.5	0.5 0.5	0	0 1.5	340 15.5	30 13.5	3 1.5	12	4	Fresh Oats and 100% Whole Wheat Flour, Water, Raisins, Cinnamon Chips, Unbleached Flour (wheat), Yeast, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, SOY, MILK, AND EGG.
Raisin	120	0 1.5	0 0.5	0	0 0.5	300 13.5	30 13.5	4 2	4	5	Fresh Oats and 100% Whole Wheat Flour, Water, Raisins, Unbleached Flour (wheat), Yeast, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, SOY, AND EGG.
Red White and Strawberry	90	0 0.5	0 0.5	0	5 2.5	340 15.5	30 13.5	1 0.5	2	3	Enriched Soft Wheat Flour (wheat), Water, Unbleached Flour (wheat), Yeast, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, SOY, AND EGG.
Recovery Garlic	120	0.5 1.5	0 1.5	0	0 1.5	330 14.5	30 13.5	4 2	4	5	Fresh Oats and 100% Whole Wheat Flour, Water, Garlic, Unbleached Flour (wheat), Yeast, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, MILK, SOY, AND EGG.
Savory	90	4 6.5	1.5 0.5	0	30 13.5	135 6.5	35 15.5	3 1.5	11	5	Fresh Oats and 100% Whole Wheat Flour, Water, Herbs, Eggs, Oil, Unbleached Flour (wheat), Yeast, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, SOY, MILK, AND EGG.
Spinach Feta	120	2 6.5	2 1.5	0	15 6.5	400 17.5	30 13.5	2 1	4	5	Fresh Oats and 100% Whole Wheat Flour, Water, Spinach, Feta, Unbleached Flour (wheat), Yeast, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, MILK, SOY, AND EGG.
Star Spangled Suet	150	1.5 2.5	0.5 0.5	0	5 2.5	330 14.5	30 13.5	4 2	12	4	Fresh Oats and 100% Whole Wheat Flour, Water, Oil, Unbleached Flour (wheat), Yeast, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, SOY, AND MILK.
Stuffed Bread	100	0 1.5	0 0.5	0	0 1.5	350 15.5	30 13.5	3 1.5	4	4	Fresh Oats and 100% Whole Wheat Flour, Water, Oil, Unbleached Flour (wheat), Yeast, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, SOY, AND EGG.
Sweetener	90	2 4.5	0 0.5	0	0 1.5	300 13.5	30 13.5	4 2	4	5	Fresh Oats and 100% Whole Wheat Flour, Water, Herbs, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, SOY, AND EGG.
Sweet Potato	120	1 2.5	0 1.5	0	0 1.5	330 14.5	30 13.5	3 1.5	7	5	Fresh Oats and 100% Whole Wheat Flour, Water, Herbs, Unbleached Flour (wheat), Yeast, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, SOY, AND EGG.
Totally Bread	90	2 2.5	0 1.5	0	0 1.5	290 12.5	35 15.5	4 2	2	5	Fresh Oats and 100% Whole Wheat Flour, Water, Herbs, Unbleached Flour (wheat), Yeast, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, SOY, AND EGG.
Totally Herb	120	0.5 1.5	0 1.5	0	0 1.5	350 15.5	30 13.5	4 2	5	5	Fresh Oats and 100% Whole Wheat Flour, Water, Herbs, Unbleached Flour (wheat), Yeast, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, MILK, SOY, AND EGG.
Walnut Raisin Recovery Blue Cheese	150	4 6.5	1.5 0.5	0	30 13.5	330 14.5	30 13.5	3 1.5	5	6	Fresh Oats and 100% Whole Wheat Flour, Water, Blue Cheese, Raisins, Unbleached Flour (wheat), Yeast, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, MILK, SOY, AND EGG.
White Chocolate Cherry Suet	150	2.5 4.5	1.5 0.5	0	5 2.5	350 15.5	31 13.5	1 0.5	2	3	Enriched Soft Wheat Flour (wheat), Water, Unbleached Flour (wheat), Yeast, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, SOY, AND EGG.
White	120	0 0.5	0 0.5	0	0 0.5	400 17.5	30 13.5	1 0.5	5	4	Enriched Soft Wheat Flour (wheat), Water, Unbleached Flour (wheat), Yeast, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, SOY, AND EGG.
White Greek Goodness	90	2	0	0	0	340	30	4	4	5	Fresh Oats and 100% Whole Wheat Flour, Water, Herbs, Unbleached Flour (wheat), Yeast, Eggs, Salt, Sugar, Oil, Nonfat Dry Milk, Baking Powder, Cream, Baking Soda, Wheat Stalks, Soybean Oil, and Soy Lecithin. CONTAINS WHEAT, MILK, SOY, AND EGG.



# Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / [www.tulsaok.greatharvestbread.com](http://www.tulsaok.greatharvestbread.com)



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'





# OCTOBER 2015 BREAD SCHEDULE

425 TALCOTTVILLE ROAD  
VERNON CT  
(860) 454-4202  
www.ghbreadct.com

## EVERYDAY BREAD

honey whole wheat \$5.25  
country white \$5.00

## MONDAY

pumpkin swirl (M) \$7.50  
autumn apple bread (M) \$6.50 **NEW**  
everything (W) \$5.75  
woodstock (H) \$6.50

## TUESDAY

pesto parmesan (G) \$6.50  
cranapple white (W) \$6.00  
anadama (M) \$6.50  
trailmix (H) \$6.50

## WEDNESDAY

apple scrapple (M) \$6.50  
ninegrain (H) \$6.50  
bakers choice:  
7th - spelt \$5.75, swedish limpa (H&R) \$6.25,  
14th - foccacia (W) \$5.50, swiss cracked pepper (W) \$6.50,  
21st - foccacia (W) \$5.50, swedish limpa (H&R) \$6.25,  
28th - swiss cracked pepper (W) \$6.50 peanut butter chocolate chip \$5.75)

## THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
pumpkin nut spice (W) \$6.25  
ninegrain (H) \$6.50

## FRIDAY

cinnamon bread (M) \$6.75  
challa (W) \$5.75  
pepperoni roll or sweet pepper roll (W) \$7.25  
dakota (H) \$6.50

## SATURDAY

pumpernickel rye (R&H) \$6.25  
apple cinnamon oatmeal (M) \$6.25  
popeye (G) \$6.00  
stuffed potato (W) \$6.50



### DAILY SWEETS

cookies \$1.65 + tax or 6 for \$8.25  
scones 1.65 + tax  
muffins \$1.65 + tax

### SANDWICHES

Made fresh daily to order  
10:00am - 4:00pm  
Check out our sandwich menu  
in the store.



## FRIDAY OCTOBER 30<sup>TH</sup> AND SATURDAY OCTOBER 31<sup>ST</sup>

### Witches Fingers

(white dough with green food coloring)  
50 cents each or a hand for \$2.00



**FLOUR INDICATOR**  
H - WHOLE WHEAT  
W - WHITE  
R - RYE  
M - MIX WHITE & WHOLE WHEAT

### STORE HOURS:

MONDAY - FRIDAY 6:30AM - 6:30PM  
SATURDAY 6:30AM - 5:00PM  
CLOSED SUNDAY  
ORDERS WELCOME (860) 454-4202



# **HALLOWEEN AT GREAT HARVEST**



**SATURDAY, OCTOBER 31ST**

**DRESS UP IN YOUR BEST HALLOWEEN COSTUME  
AND TRICK OR TREAT AT GREAT HARVEST BREAD.**

**WE WILL BE HANDING OUT  
CANDY TO ALL COSTUMED CHARACTERS.**

*Friday October 30<sup>th</sup> & Saturday October 31<sup>st</sup>*

*Witches Fingers*

*(white dough with green food coloring)*

*50 cents each or a hand for \$2.00*

*(supplies are limited based on the number of witches  
we can capture)*



## **FALL MEANS PUMPKIN AND APPLE SEASON**



**STOP IN FOR YOUR FAVORITE BREADS:  
PUMPKIN SWIRL, PUMPKIN NUT SPICE,  
APPLE CINNAMON OATMEAL, CRANAPPLE WHITE**

**YOU CAN'T FORGET:  
PUMPKIN AND PUMPKIN CHOCOLATE CHIP MUFFINS,  
PUMPKIN CHOCOLATE CHIP SCONES**

*visit our website at:*

*[www.ghbreadct.com](http://www.ghbreadct.com)*

*also find us on Facebook*

*[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)*

*[great.harvest.bread.vernon.ct](http://great.harvest.bread.vernon.ct)*





### 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



## SEPTEMBER 2015 BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON, CT 06066  
(860) 454-4202  
www.ghbreadct.com



### MONDAY

white cinnamon raisin (W) \$5.75  
pesto parmesan (M) \$6.50  
colonial brown bread (M) \$6.50  
ninegrain (H) \$6.50

### TUESDAY

aradama (M) \$6.50  
breakfast blast (M) \$5.75  
onion dill rye (W&H&R) \$6.25  
sunflower millet flax (H) \$6.50

### WEDNESDAY

apple scrapple (M) \$6.50  
woodstock (H) \$6.50  
bakers choice:  
2<sup>nd</sup> - spelt \$5.75, pizza roll (W) \$6.00  
9<sup>th</sup> - swiss cracked pepper (W) \$6.50, jalapeño cornbread (W) \$6.50  
16<sup>th</sup> - swedish limpa (H&R) \$6.25, pizza roll (W) \$6.00  
23<sup>rd</sup> - swiss cracked pepper (W) \$6.50, jalapeño cornbread (W) \$6.50  
30<sup>th</sup> - pizza roll (W) \$6.00, peanut butter chocolate chip (W) \$5.75

### THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
cinnamon raisin walnut (H) \$6.00  
trailmix (H) \$6.50

### FRIDAY

cinnamon bread (M) \$6.75  
challa (W) \$5.75  
pepperoni roll (W) \$7.25  
sweet pepper roll (W) \$7.25  
dakota (H) \$6.50

### SATURDAY

stuffed potato (W) \$6.50  
white cinnamon raisin walnut (W) \$6.00  
pumpernickel rye (H&R) \$6.25  
papeye (M) \$5.75

visit our fan page at  
[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)



### EVERYDAY BREADS

honey whole wheat \$5.25  
country white \$5.00

### DAILY SWEETS

cookies \$1.74 + tax or 6/\$8.75  
scones \$2.12 + tax  
muffins \$2.12 + tax

### STORE HOURS:

MONDAY - FRIDAY 6:30 AM - 6:30 PM  
SATURDAY 6:30 AM - 5:00 PM  
CLOSED SUNDAY  
ORDERS WELCOME (860) 454-4202



visit our fan page at  
[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)



## **BACK TO SCHOOL**

Remember to pack your child a healthy lunch with a sandwich made from our sliced whole wheat breads. Honey whole wheat, anadama, colonial brown bread, many of our seeded breads and country white.

Call and reserve your loaf.



## **START WITH BREAKFAST**

Send the kids off to school prepared for a productive day with a healthy breakfast. Great Harvest breads are loaded with complex carbohydrates that supply the brain and body with energy all day long. Both memory and verbal skills benefit from a nutritious breakfast.

Try something different, make French Toast with many of our great breads:

**CINNAMON CHIP, CHALLA, CINNAMON BREAD  
AND WHITE CINNAMON RAISIN WITH OR WITHOUT WALNUTS.**



## **COLLEGE BOUND**

Don't forget the kids going off to college. Give them a Great Harvest care package filled with their favorite goodies.



visit our website at:  
[www.ghbreadct.com](http://www.ghbreadct.com)





## JUNE 2015 BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON CT 06066  
(860) 454-4202  
www.ghbreadct.com



### EVERYDAY BREADS

honey whole wheat \$5.25  
country white \$5.00

### MONDAY

american rye (W&R) \$6.25  
cinnamon raisin (H) \$6.00  
popeye (M) \$5.75  
dakota (H) \$6.50

### TUESDAY

amadama (H) \$6.25  
cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
ninegrain (H) \$6.50

### WEDNESDAY

american rye (W&R) \$6.25  
cinnamon raisin (H) \$6.00  
popeye (M) \$5.75  
dakota (H) \$6.50

### THURSDAY

amadama (H) \$6.25  
cinnamon chip (W) \$5.75  
trailmix (H) \$6.50  
white cheddar garlic (W) \$6.50

### FRIDAY

cinnamon bread (M) \$6.50  
challa (W) \$5.50  
cinnamon raisin (H) \$6.00  
dakota (H) \$6.50

### SATURDAY

american rye (W&R) \$6.25  
cinnamon chip (W) \$5.75  
popeye (M) \$5.75  
ninegrain (H) \$6.50

[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)

### FLOUR INDICATOR

H - WHOLE WHEAT

W - WHITE

R - RYE

M - MIX WHITE & WHOLE WHEAT

### DAILY SWEETS

Cookies \$1.74 + tax or 6/\$8.75

oatmeal walnut choc. chip  
oatmeal raisin  
snickerdoodle  
peanut butter  
peanut butter choc. chip

Scones \$2.12 + tax

cinnamon chip  
blueberry  
peanut butter choc. chip

Quick breads \$7.00 / Muffins \$2.12 + tax

pumpkin chocolate chip  
blueberry coffeecake  
coconut

Bars \$1.65 + tax

power bars  
breakfast bars  
harvest bars

### Other Items

dog bones \$3.00  
croutons \$3.50

### HOURS:

MONDAY - FRIDAY 6:30AM - 6:30PM

SATURDAY 6:30AM - 5:00PM

CLOSED SUNDAY

ORDERS WELCOME (860) 454-4202



## AUGUST 2015 BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON, CT 06066  
(860) 454-4202

[www.ghbreadct.com](http://www.ghbreadct.com)



### MONDAY

colonial brown bread (M) \$6.50  
cinnamon raisin walnut (H) \$6.00  
everything (W) \$5.75  
sunflower millet flax (H) \$6.50

### TUESDAY

anadama (M) \$6.25  
onion dill rye (H) \$6.25  
cornbread (W) \$5.75  
woodstock (H) \$6.50

### WEDNESDAY

apple scrapple (M) \$6.25  
focaccia (W) \$5.50  
ninegrain (H) \$6.50

#### **bakers choice:**

5<sup>th</sup> - spelt \$5.75, jalapeno cornbread (W) \$6.50  
12<sup>th</sup> - swedish limpa (H&R), \$6.25, pizza roll (W) \$5.50  
19<sup>th</sup> - jalapeno cornbread (W) \$6.50, pizza roll (W) \$5.50  
26<sup>th</sup> - swedish limpa (H&R) \$6.25, peanut butter chocolate chip (W) \$5.75

### THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
caraway rye (H&R) \$6.25  
trailmix (H) \$6.50

### FRIDAY

cinnamon bread (M) \$6.50  
challa (W) \$5.50  
dakota (H) \$6.50  
pepperoni roll or sweet pepper roll (W) \$7.25

### SATURDAY

american rye (W&R) \$6.25  
stuffed potato (W) \$6.50  
popeye (M) \$5.75  
cinnamon raisin (H) \$5.75

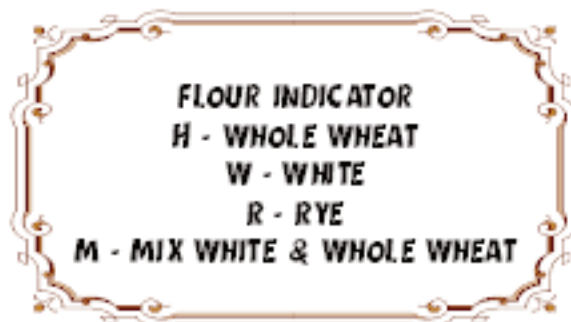
visit our fan page at  
[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)

### EVERYDAY BREADS

honey whole wheat \$5.25  
country white \$5.00

### DAILY SWEETS

cookies \$1.74 + tax or 6/\$8.75  
scones 2.12 + tax  
muffins \$2.12 + tax



MONDAY - FRIDAY 6:30 AM - 6:30 PM  
SATURDAY 6:30 AM - 5:00 PM  
CLOSED SUNDAY  
ORDERS WELCOME (860) 454-4202





## **FRESH FROM THE GARDEN**



*Try our fresh Jalapeno Cornbread,  
made fresh August 5th and 19th. They go very fast, so  
order yours before they sell out.*

## **TOO HOT TO COOK**

*Our Pizza roll, Pepperoni and Sweet Roasted Pepper Rolls  
are quick and easy lunch or dinners.*



## **JOIN GREAT HARVEST BREAD AT THE FARMERS MARKETS**

*HEBRON (corner of Rt 85 & 66) every Saturday  
from 9:00am to 12:30pm.*

*And*

*Botticello Farms Saturday, August 8<sup>th</sup>  
11:00am to 2:00pm  
209 Hillstown Rd., Manchester*





## 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.



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Larger sandwich orders are available upon request.





#### *Salad*

**\$40**

**Add chicken for \$7.50**

A fresh mix of spinach and spring mix lettuce with wedges of tomatoes, sliced onions, raisins, 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.*



[www.tulsaok.greatharvestbread.com](http://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, raisins, sliced almonds, strawberries, feta cheese, croutons and a light raspberry vinaigrette dressing.

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[www.tulsaok.greatharvestbread.com](http://www.tulsaok.greatharvestbread.com)



## 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](http://www.MyWebsite.com)  
[www.Facebook.com/myGreatHarvestBread](http://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?



## GRAND OPENING BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON CT 06066  
(860) 647-8837  
[www.ghbreadct.com](http://www.ghbreadct.com)



### EVERYDAY BREADS

*honey whole wheat* \$5.25  
*country white* \$5.00

### FRIDAY

*cinnamon chip (W)* \$5.75  
*cinnamon raisin (H)* \$6.00  
*white cheddar garlic (W)* \$6.50  
*dakota (H)* \$6.50

### SATURDAY

*cinnamon chip (W)* \$5.75  
*popeye (G)* \$5.75  
*american rye (W&R)* \$6.25  
*ninegrain (H)* \$6.50



### EVERYDAY SANDWICHES

#### CLASSIC SANDWICHES \$6.11 + tax

*turkey & cheese*  
*ham & cheese*  
*tuna salad*  
*roast beef & cheese*

#### SIGNATURE SANDWICHES \$7.05 + tax

*harvest veggie*  
*smoked turkey goddess*  
*spicy pecan chicken salad*  
*baja chipotle turkey*  
*pepper bleu roast beef*

[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)

### DAILY SWEETS

#### Cookies \$1.74 + tax or 6/\$8.75

*oatmeal walnut choc. chip*  
*oatmeal raisin*  
*snickerdoodle*  
*peanut butter*  
*peanut butter choc. chip*

#### Scones \$2.12 + tax

*cinnamon chip*  
*blueberry*  
*peanut butter choc. chip*

#### Quick breads \$7.00 / Muffins \$2.12 + tax

*pumpkin chocolate chip*  
*blueberry coffeecake*  
*coconut*

#### Sweet Bars \$2.59 + tax

*savannah (formally mazurkas)*  
*toe curling brownies*

#### Bars \$1.65 + tax

*power bars*  
*breakfast bars*  
*harvest bars*

#### Other Items

*dog bones* \$3.00  
*croutons* \$3.50

### HOURS:

**MONSDAY - FRIDAY 6:30AM - 6:30PM**

**SATURDAY 6:30AM - 5:00PM**

**CLOSED SUNDAY**

**ORDERS WELCOME (860) 454-4202**



## FRESHLY MADE FROM SCRATCH



*Ever wonder why our bread tastes so good? It's because we grind our wheat fresh everyday! We also take that "fresh-ground" to new heights with our mixes. That means our mixes are fresher than anything you can get in the grocery store. Now you can enjoy the same hearty wheat taste and whole grain goodness in our mixes. Take a few home..... your family will love you for it.*

### **FRESH HEARTY CEREALS**

*Now you can enjoy the hot, wholesome goodness of Great harvest right at your own breakfast table!*

*Try a bag of our*

**CINNAMON RAISIN  
OR CRANBERRY ALMOND OATMEAL.**

### **CHOCOLATE CHIP COOKIE MIX**

*Makes a perfectly easy treat anytime that taste great.*

### **CROUTONS**

*Made from a variety of bread seasoned perfectly.*

### **DOUBLE FUDGE BROWNIE MIX**

*Makes the perfect after school treat or a quick and easy dessert that is so chocolaty.*

### **WHOLE WHEAT PANCAKE MIX**

*Made from our fresh whole wheat and fresh oatmeal, taste better than any pancake mix you buy in the grocery store.*

### **FRESH GROUND WHOLE WHEAT FLOUR**

*Makes a world of difference. Not only will our flour provide you with more nutrients, but it's guaranteed to make your homemade goodies taste better than ever.*

*NOTE: For optimum freshness, be sure to use fresh ground flour within four weeks from the date of purchase or store in your freezer.*



**REMEMBER WE MAKE ROLLS FROM ALMOST ALL OF OUR BREADS  
JUST ORDER THEM AT LEAST 24 HOUR IN ADVANCE.**

**(WE SELL THEM BY THE DOZEN ONLY.)**

**PRICE OF THE LOAF OF BREAD PLUS 50 CENTS**





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.





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



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)	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
Ranza	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



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)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Pumpkin Rye	120	0.5	0	0	0	330	23	5	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Pumpkin 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



## JULY 2015 BREAD SCHEDULE

415 TALCOTTVILLE RD.  
VERNON, CT 06066  
860-454-4202



### CLOSED SATURDAY JULY 4TH

#### MONDAY

colonial brown bread (new) (M) \$7.25  
cinnamon raisin walnut (H) \$6.00  
everything (W) \$5.75  
ninegrain (H) \$6.50

#### TUESDAY

high 5 fiber (H) \$6.50  
onion dill rye (W&R) \$6.25  
anadama (M) \$6.25  
ninegrain (H) \$6.50

#### WEDNESDAY

white cinnamon raisin (W) \$5.75  
apple scrapple (M) \$6.25  
woodstock (H) \$6.50  
bakers choice:  
(1st spelt \$5.75  
8th- foccacia (W) \$5.50  
15th- swedish limpa (W&R) \$6.25  
22nd- foccacia (W) \$5.50  
29th- peanut butter chocolate chip (W) \$5.75)

#### THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
anadama (M) \$6.25  
woodstock (H) \$6.50

#### FRIDAY

cinnamon bread (M) \$6.50  
challa (W) \$5.50  
breakfast blast (H) \$5.75  
trailmix (H) \$6.50

#### SATURDAY

##### CLOSED JULY 4TH

stuffed potato (W) \$6.50  
cinnamon raisin (H) \$5.75  
popeye (M) \$5.75  
pumpnickel rye (H&R) \$6.25

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#### EVERYDAY BREADS

honey whole wheat \$5.25  
country white \$5.00

#### DAILY SWEETS

cookies \$1.85 + tax or 6/\$8.75  
scones \$2.12 + tax  
quick breads \$7.00  
muffins \$2.12 + tax

#### OTHER ITEMS

dog bones \$7.00

FLOUR INDICATOR  
H - WHOLE WHEAT  
W - WHITE  
R - RYE  
M - MIX WHITE & WHOLE WHEAT

#### HOURS:

MONDAY - FRIDAY 6:30 AM - 6:30 PM  
SATURDAY 6:30 AM - 5:00 PM  
CLOSED SUNDAY  
CLOSED JULY 4TH  
ORDERS WELCOME (860) 454-4202



## CELEBRATE A SAFE 4TH OF JULY



**WE WILL BE CLOSED  
SATURDAY JULY 4TH.**



### **OUTDOOR SUMMER FUN**

*All made fresh in our store.*

#### **PANCAKE MIX**

*Take them camping, just add oil, water and an egg.*

#### **TRAIL MIX**

*A great treat anytime.*

#### **GRANOLA**

*Take along some of our fresh granola on your next hiking or road trip..*

### **JOIN GREAT HARVEST AT THE FARMERS MARKETS**

*HEBRON (corner of Rt 85 & 66) every Saturday  
from 9:00am to 12:30pm.*





# Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / [www.tulsaok.greatharvestbread.com](http://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

<b>EVERYDAY</b>	Honey Whole Wheat • Harvest White • Dakota Pumpkin Chocolate Chip
<b>MONDAY</b>	High 5 Fiber • Hummus Bread • Extreme Cinnamon Swirl
<b>TUESDAY</b>	Cranberry Walnut Flax • Asiago Pesto • Cinnamon Chip Jewish Apple Coffee Cake
<b>WEDNESDAY</b>	Cranberry Orange • Low Carb Dakota <b>STUFFING BREAD</b> • Extreme Cinnamon Swirl
<b>THURSDAY</b>	Pumpkin Swirl • Spinach Feta • Cinnamon Crunch Cranberry Orange Pound Cake
<b>FRIDAY</b>	White Chocolate Cherry Swirl • Superfood Bread Cheddar Garlic • Strawberry Shortcake
<b>SATURDAY</b>	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](http://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

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



# NOVEMBER 2015

## BREAD SCHEDULE

425 TALCOTTVILLE RD

VERNON, CT 06066

(860) 454-4202

[ghbreadct.com](http://ghbreadct.com)

## HOLIDAY ORDERS

ALL ORDERS FOR

**MUST BE MADE BY**

**MONDAY NOVEMBER 16TH.**

*No phone/email/social media orders Thanksgiving week*

### MONDAY

pumpkin swirl (M) \$7.50

onion dill rye (H&R) \$6.25

dakota (H) \$6.50

pesto parmesan (W&H) 6.25

23<sup>rd</sup> - virginia white or virginia wheat rolls \$6.50 per dozen

### TUESDAY

anadama (M) \$6.50

everything (W) \$5.75

sunflower millet flax (H) \$6.50

cranberry orange (H) \$6.50

24<sup>th</sup> - virginia white or virginia wheat rolls \$6.50 per dozen

### WEDNESDAY

apple cinnamon oatmeal (M) \$6.25

trail mix (H) \$6.50

bakers choice:

4<sup>th</sup> - spelt \$5.75,

1<sup>st</sup> - stuffing bread (H) \$7.25, swedish limpa (H&R) \$6.25

18<sup>th</sup> - stuffing bread (H) \$7.25, cornbread (W) 5.75

25<sup>th</sup> - stuffing bread (H) \$7.25, pumpkin nut spice (W) \$6.50

cinnamon chip (W) \$4.75, white cheddar garlic (W) \$6.50,

swedish limpa (H&R) \$6.25

virginia white or virginia wheat rolls \$6.50 per dozen

quick breads - chocolate fudge brownie, blueberry,

blueberry cranberry, pumpkin & pumpkin chocolate chip

### THURSDAY

cinnamon chip (W) \$5.75

white cheddar garlic (W) \$6.50

white cinnamon raisin (W) \$5.75

ninegrain (H) \$6.50

### FRIDAY

cinnamon bread (M) \$6.75

challa (W) \$5.75

pumpkin nut spice (W) \$6.50

woodstock (H) \$6.50

pepperoni roll (W) \$7.25

sweet pepper roll (W) \$7.25

### SATURDAY

stuffed potato (W) \$6.50

cinnamon raisin walnut (H) \$6.00

popeye (W&R) \$6.00

american rye (W&R) \$6.25

## EVERYDAY BREADS

honey whole wheat (H) \$5.25

country white (W) \$5.00

## PRE ORDER YOUR VIRGINIA WHITE OR WHEAT ROLLS

*Sold by the dozen*

### HOLIDAY HOURS:

WEDNESDAY NOVEMBER 25TH

6:30AM - 5:00 PM

**CLOSED THURSDAY NOVEMBER 26<sup>TH</sup>**

**THROUGH**

**SUNDAY NOVEMBER 29TH**

### STORE HOURS:

MONDAY - FRIDAY 6:30AM - 6:30PM

SATURDAY 6:30AM - 5:00PM

CLOSED SUNDAY

ORDERS WELCOME (860) 454-4202



**THANKSGIVING SPECIALS:  
CHECK OUR SPECIAL BREADS FOR  
MONDAY THE 23<sup>RD</sup> TUESDAY THE 24<sup>TH</sup>  
AND  
WEDNESDAY THE 26<sup>TH</sup>**



**ALL ORDERS MUST BE PLACED BY  
MONDAY NOVEMBER 16<sup>TH</sup>**

*Pre-order and pre-pay  
your Thanksgiving bread, rolls & sweets  
for an easy pickup.*

**TURKEY STUFFING  
WITH GREAT HARVEST BREAD**

**\*\* (PURCHASE ON WEDNESDAY NOVEMBER 18TH) \*\***

*Stuffing for a 12-16 pound Turkey  
1 loaf of Great Harvest Stuffing Bread  
1 stick or 1/2 cup of Sweet Cream Butter  
1 1/2 - 2 cups Chicken Broth or water reserved  
from Giblets*

*Slice the loaf into 2" cubes and store in a brown paper bag for 3 to 4 days before preparing stuffing (or you can dry in the oven for 3 hours at 200 degrees). Place cubes in a large bowl and add in 1 stick of softened butter that has been cut into small pieces. Add enough chicken broth or giblet water to moisten cubes. (Optional: add chopped walnuts or dried cranberries for a mouth-watering feast.) Mix well. Place in a pan on your stove top, cover the pan, heat until liquid absorbs and stuffing is hot. Or place in a casserole dish.*

**THANKSGIVING ROLLS**

*Bring a harvest of flavor to your holiday table with light and buttery VIRGINIA ROLLS made from wheat or white flour. Sold by the dozen only at \$6.25 per dozen. We can also make rolls from most of our breads, just add 50 cents to the bread price.*

**LOVE YOUR LEFTOVERS!**

*Our STUFFING BREAD tastes just like homemade stuffing and makes the ultimate leftover turkey sandwich when joined by turkey, cranberries, and cover in gravy.*

**CLOSING REMINDER:**

*Wednesday November 25<sup>th</sup> closing at 5:00pm.  
Bakery closed Thursday, November 26<sup>th</sup> through  
Sunday, November 29<sup>th</sup> for a much kneaded  
rest. Reopening on Monday, November 30<sup>th</sup>.*





### **TURKEY STUFFING**

*With Great Harvest Stuffing Bread  
\*\* (purchase the Wednesday before  
Thanksgiving week) \*\**

*12-16 pound Turkey  
1 loaf of Great Harvest Stuffing Bread  
1 stick or 1/2 cup of Sweet Cream Butter  
1 1/2 - 2 cups Chicken Broth or water  
reserved from Giblets*

*Slice the loaf into 2" cubes and store in a brown paper bag for 3 to 4 days before preparing stuffing (or you can dry in the oven for 3 hours at 200 degrees). Place cubes in a large bowl and add in 1 stick of butter that has been cut into small pieces. Add enough chicken broth or giblet water to moisten cubes. (Optional: add chopped walnuts or dried cranberries for a mouth-watering feast.) Place stuffing inside of turkey cavity and bake a normal.*

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# THANKSGIVING SCHEDULE



## **MONDAY NOVEMBER 23<sup>RD</sup> 6:30AM - 6:30PM**

*pumpkin swirl (M) \$7.50  
onion dill rye (H&R) \$6.25  
dakota (H) \$6.50  
pesto parmesan (W&H) 6.25  
virginia white or virginia wheat rolls \$6.50 per dozen*

## **TUESDAY NOVEMBER 24<sup>TH</sup> 6:30AM - 6:30PM**

*anadama (M) \$6.50  
everything (W) \$5.75  
sunflower millet flax (H) \$6.50  
cranberry orange (H) \$6.50  
virginia white or virginia wheat rolls \$6.50 per dozen*

## **WEDNESDAY NOVEMBER 25<sup>TH</sup> 6:30AM - 5:00PM**

*apple cinnamon oatmeal (M) \$6.25  
trail mix (H) \$6.50  
stuffing bread (H) \$7.25  
pumpkin nut spice (W) \$6.50  
cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50,  
swedish limpa (H&R) \$6.25  
virginia white or virginia wheat rolls \$6.50 per dozen  
quick breads - chocolate fudge brownie, blueberry,  
blueberry cranberry, pumpkin & pumpkin chocolate chip*



*Place your orders through  
Tuesday, November 16th  
860-454-4202*





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	Total Fat g	Saturated Fat g	Total Fiber g	Cholesterol mg	Sodium mg	Total Carbohydrate g	Total Sugar g	Total Protein g	Ingredients		
Apple Cherry Pie	M/D	2.0	0	0	0	270	26	2	12	4	Fresh Cream (100% Whole Milk or Non-Fat Milk), One (1) Ounce (30g) whole raisins (each in its own juice), Raisins, One (1) Apple (in good & uncracked in its own juice), Raisins, Eggs, Yeast, Salt, CORN AND WHEAT, FLAXSEED OIL AND EGGS.	
		2.5	15		0	0	275	19	12.5			
Apple Cheesecake Walnut	M/D	2	0	0	0	270	27	4	9	0	Fresh Cream (100% Whole Milk), Raisins, Honey, One (1) Apple, Walnuts, Yeast, Salt, Eggs, Apple Juice (in good & uncracked in its own juice), Cream, One ounce (28g) Raisins, Raisins, Eggs, Salt, CORN AND WHEAT, WALNUT OIL AND EGGS.	
		2.5	0.5		0	0	275	19	14.5			
Apple Crunch	M/D	2	1	0	0	270	22	4	7	4	Fresh Cream (100% Whole Milk or Non-Fat Milk), Raisins, Honey, One (1) Apple, Raisins, Eggs, Salt, CORN AND WHEAT, MILK OIL AND EGGS.	
		2.5	4.5		0	0	275	48	14.5			
Apple Crunch Bread	M/D	2	1	0	0	270	26	2	7	4	Fresh Cream (100% Whole Milk or Non-Fat Milk), Raisins, Honey, One (1) Apple, Raisins, Eggs, Salt, CORN AND WHEAT, MILK OIL AND EGGS.	
		2.5	4.5		0	0	275	48	10.5			
Apricot Almond	M/D	2	0	0	0	280	26	4	9	5	Fresh Cream (100% Whole Milk or Non-Fat Milk), Raisins, Honey, One (1) Apple, Raisins, Eggs, Salt, CORN AND WHEAT, MILK OIL AND EGGS.	
		2.5	15		0	15	125	9.5	15.5			
Asiago Potato	M/D	6	2.0	0	0	30	440	22	2	0	Enriched White Flour (enriched with iron, niacin, riboflavin, folic acid, thiamine, and vitamin B6), Raisins, Honey, One (1) Apple, Raisins, Eggs, Salt, CORN AND WHEAT, MILK OIL AND EGGS.	
		9.5	4.5		0	2.5	14.5	7.5	4.5			
Bacon Cheddar Beer	150	4	2	0	0	20	220	21	2	5	7	Fresh Cream (100% Whole Milk or Non-Fat Milk), Raisins, Honey, One (1) Apple, Raisins, Eggs, Salt, CORN AND WHEAT, MILK OIL AND EGGS.
		4.5	10.5		0	7.5	12.5	7.5	12.5			
Breakfast Bunt	M/D	1.5	0	0	0	280	26	4	9	5	Fresh Cream (100% Whole Milk or Non-Fat Milk), Raisins, Honey, One (1) Apple, Raisins, Eggs, Salt, CORN AND WHEAT, MILK OIL AND EGGS.	
		2.5	2.5		0	15	9.5	9.5	15.5			
Bunty Bread	M/D	2	0	0	0	300	26	4	6	6	Fresh Cream (100% Whole Milk or Non-Fat Milk), Raisins, Honey, One (1) Apple, Raisins, Eggs, Salt, CORN AND WHEAT, MILK OIL AND EGGS.	
		2.5	15		0	15	12.5	9.5	15.5			
Cherry Rye	180	0.5	0	0	0	300	26	5	5	5	Fresh Cream (100% Whole Milk or Non-Fat Milk), Raisins, Honey, One (1) Apple, Raisins, Eggs, Salt, CORN AND WHEAT, MILK OIL AND EGGS.	
		1.5	1.5		0	0.5	12.5	2.5	20.5			
Carrot Poppyseed	120	1	0	0	0	290	22	4	5	5	Fresh Cream (100% Whole Milk or Non-Fat Milk), Raisins, Honey, One (1) Apple, Raisins, Eggs, Salt, CORN AND WHEAT, MILK OIL AND EGGS.	
		2.5	15		0	15	12.5	7.5	15.5			
Challah	M/D	1.5	0	0	0	20	240	26	2	4	5	Enriched White Flour (enriched with iron, niacin, riboflavin, folic acid, thiamine, and vitamin B6), Raisins, Honey, One (1) Apple, Raisins, Eggs, Salt, CORN AND WHEAT, MILK OIL AND EGGS.
		2.5	0.5		0	7.5	10.5	9.5	12.5			
Cheddar Garlic	M/D	4.5	2.5	0	0	15	270	26	1	4	6	Enriched White Flour (enriched with iron, niacin, riboflavin, folic acid, thiamine, and vitamin B6), Raisins, Honey, One (1) Apple, Raisins, Eggs, Salt, CORN AND WHEAT, MILK OIL AND EGGS.
		7.5	10.5		0	5.5	15.5	2.5	2.5			
Cherry Apple Berry	180	0.5	0	0	0	240	27	4	3	5	Fresh Cream (100% Whole Milk or Non-Fat Milk), Raisins, Honey, One (1) Apple, Raisins, Eggs, Salt, CORN AND WHEAT, MILK OIL AND EGGS.	
		1.5	0.5		0	0.5	12.5	9.5	15.5			
Cherry Walnut	M/D	2	0	0	0	270	26	2	11	5	Fresh Cream (100% Whole Milk or Non-Fat Milk), Raisins, Honey, One (1) Apple, Raisins, Eggs, Salt, CORN AND WHEAT, MILK OIL AND EGGS.	
		2.5	1.5		0	1.5	11.5	9.5	12.5			
Cinnamon Chip	170	2	0.5	0	0	240	22	1	11	2	Enriched White Flour (enriched with iron, niacin, riboflavin, folic acid, thiamine, and vitamin B6), Raisins, Honey, One (1) Apple, Raisins, Eggs, Salt, CORN AND WHEAT, MILK OIL AND EGGS.	
		4.5	4.5		0	15	14.5	11.5	4.5			
Cinnamon Chip (100% Whole Wheat)	150	2	0.5	0	0	270	26	2	10	4	Fresh Cream (100% Whole Milk or Non-Fat Milk), Raisins, Honey, One (1) Apple, Raisins, Eggs, Salt, CORN AND WHEAT, MILK OIL AND EGGS.	
		5.5	2.5		0	0.5	11.5	9.5	12.5			
Cinnamon Raisin Walnut	M/D	2	0	0	0	280	26	4	9	5	Fresh Cream (100% Whole Milk or Non-Fat Milk), Raisins, Honey, One (1) Apple, Raisins, Eggs, Salt, CORN AND WHEAT, MILK OIL AND EGGS.	
		2.5	0.5		0	0.5	12.5	9.5	15.5			
Cinnamon Swirl	M/D	2.5	1.5	0	0	5	220	27	4	12	5	Fresh Cream (100% Whole Milk or Non-Fat Milk), Raisins, Honey, One (1) Apple, Raisins, Eggs, Salt, CORN AND WHEAT, MILK OIL AND EGGS.
		4.5	4.5		0	2.5	9.5	10.5	15.5			



# 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, ingredients, and allergen information.

Serving Size (Total Fat (g))	Calories	Total Fat (g)	Saturated Fat (g)	Total Fiber (g)	Total Cholesterol (mg)	Total Sodium (mg)	Total Carbohydrate (g)	Total Fiber (g)	Total Sugar (g)	Protein (g)	Ingredients
Corn Bread	100	2.5 4.5	1 .55	0	5 25	270 115	28 9.5	1 4.5	4	2	Enriched White Flour (wheat, niacin, iron, riboflavin, thiamine), Water, Corn Meal, Honey, Cane Molasses, Salt, Yeast, Eggs, Oil, Sugar, Baking Powder, Baking Soda, and more.
Corn Bread (100% Whole Wheat)	100	2.5 4.5	1 .55	0	5 25	270 115	28 9.5	1 12.5	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Meal, Honey, Cane Molasses, Salt, Yeast, Eggs, Oil, Sugar, Baking Powder, Baking Soda, and more.
Jalapeno Corn Bread	100	2 2.5	1 .55	0	5 25	270 115	28 9.5	1 4.5	4	2	Enriched White Flour (wheat, niacin, iron, riboflavin, thiamine), Water, Corn Meal, Honey, Cane Molasses, Salt, Yeast, Eggs, Oil, Sugar, Baking Powder, Baking Soda, and more.
Jalapeno Corn Bread (100% Whole Wheat)	100	2 2.5	1 .55	0	5 25	270 115	28 9.5	1 12.5	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Meal, Honey, Cane Molasses, Salt, Yeast, Eggs, Oil, Sugar, Baking Powder, Baking Soda, and more.
Quinoa	120	0.5 1.5	0 1.5	0	0 15	240 145	28 23	4 15.5	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Molasses, Yeast, Eggs, Oil, Sugar, Baking Powder, Baking Soda, and more.
Crisped Pepper Sauce	100	4.5 0.5	.55 0	0	25 0	125 240	7.5 28	15.5 4	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Cane Molasses, Honey, Eggs, Oil, Sugar, Baking Powder, Baking Soda, and more.
Cherry Orange	120	1.5 1.5	.55 .55	0	0 0	240 240	28 28	4 4	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Cane Molasses, Honey, Eggs, Oil, Sugar, Baking Powder, Baking Soda, and more.
Delite	150	4 4.5	0 .55	0	0 0	270 115	28 23	4 15.5	5	4	Fresh Ground 100% Whole Wheat Flour, Water, Cane Molasses, Honey, Eggs, Oil, Sugar, Baking Powder, Baking Soda, and more.
Fresh Fudge	120	4.5 7.5	2.5 1.55	0	25 12.5	30 45	28 9.5	1 4.5	5	4	Enriched White Flour (wheat, niacin, iron, riboflavin, thiamine), Milk, Eggs, Honey, Sugar, Oil, Water, Yeast, Vanilla, and more.
Rise Outdoors	120	2.5 2.5	0 1.5	0	0 15	240 145	28 23	4 15.5	4	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Oil, Sugar, Yeast, Eggs, and more.
Focaccia	100	1.5 2.5	0 1.5	0	0 0	240 145	28 23	1 4.5	5	4	Enriched White Flour (wheat, niacin, iron, riboflavin, thiamine), Water, Honey, Yeast, Eggs, Oil, Sugar, and more.
Golden Wheat, Apple, Cinnamon Chip, Walnut	100	2.5 4.5	0 .55	0	0 15	270 125	28 9.5	2 12.5	2	5	Fresh Ground 100% Golden Wheat Flour, Water, Honey, Cane Molasses, Oil, Sugar, Baking Powder, Baking Soda, and more.
Golden Wheat Chocolate Cherry Swirl	150	2.5 4.5 4.5	1 .55 2	0	5 25 25	240 125 30	28 9.5 28	2 12.5 2	2	4	Fresh Ground 100% Golden Wheat Flour, Water, Oil, Cane Molasses, Honey, Eggs, Oil, Sugar, Baking Powder, Baking Soda, and more.
Harvest Bushels 1 Brown Rise	100	7.5	1.55	0	12.5	45	7.5	23	4	2	Water, Culture of Bacteria (proprietary), Eggs, Honey, Sugar, Flour, Yeast, Baking Powder, and more.
Harvest Bushels 1 Brown Rise Bread Delite	100	4 9.5	1.5 .55	0	25 25	35 25	10 4.5	2 23	5	4	Water, Culture of Bacteria (proprietary), Eggs, Honey, Sugar, Flour, Yeast, Baking Powder, and more.
Harvest Bushels 1 Brown Rise Bread Cinnamon Chip	120	4 9.5	2 1.55	0	25 25	30 25	25 23	2 23	9	2	Water, Culture of Bacteria (proprietary), Eggs, Honey, Sugar, Flour, Yeast, Baking Powder, and more.
Harvest Honey Rye	120	0.5 1.5	0 1.5	0	0 15	240 125	28 9.5	4 15.5	2	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Eggs, Oil, Sugar, Baking Powder, Baking Soda, and more.
High 5 Fiber	100	2 5.5	0 .55	0	0 0	240 125	28 23	4 20.5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Flour, Sugar, Oil, Sugar, Baking Powder, Baking Soda, and more.
High Five Fiber with Blueberries	100	2.5 4.5	0 .55	0	0 0	200 25	25 23	5 20.5	7	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Sugar, Oil, Sugar, Baking Powder, Baking Soda, and more.





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## BREAD NUTRITION

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

Survey Spec Name Size (g)	Calories	Fat g S.DV	Saturated Fat g S.DV	Total Fiber g	Cholesterol mg S.DV	Sodium mg S.DV	Carbohydrates g S.DV	Fiber g S.DV	Sugar g	Protein g	Ingredients
Potato Chow	150	2	1	0	5	440	20	1	4	4	Enriched 88% Whole Flour (30 grams of enriched wheat flour), Water, Unbleached Flour, Yeast (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), eggs, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, MILK, SOY AND EGG.
		2.5	0.5		2.5	14.5	10.5	5.5			
Raspberry Rye	120	0.5	0	0	0	220	20	5	2	5	Fresh Oats and 100% Whole Wheat Flour, Water, Flax Flour, Unbleached Flour, Yeast, (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, SOY AND EGG.
		1.5	0.5		0.5	14.5	2.5	20.5			
Pumpkin Sourd	140	2	0.5	0	5	190	20	2	12	2	Enriched 88% Whole Flour (30 grams of enriched wheat flour), Water, Unbleached Flour, Yeast (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), eggs, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, MILK, SOY AND EGG.
		2.5	0.5		2.5	2.5	10.5	2.5			
Raisin Cranberry Chip	150	2.5	0.5	0	0	240	20	2	12	4	Fresh Oats and 100% Whole Wheat Flour, Water, Unbleached Flour, Yeast, (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, SOY, MILK AND EGG.
		4.5	0.5		1.5	10.5	0.5	14.5			
Raisin	120	0	0	0	0	20	20	4	4	5	Fresh Oats and 100% Whole Wheat Flour, Water, Flax Flour, Unbleached Flour, Yeast, (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, SOY AND EGG.
		1.5	0.5		0.5	12.5	0.5	12.5			
Red White and Strawberry	140	0	0	0	5	220	20	1	2	2	Enriched 88% Whole Flour (30 grams of enriched wheat flour), Water, Unbleached Flour, Yeast, (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, SOY AND EGG.
		0.5	0.5		2.5	15.5	10.5	4.5			
Raisinberry Granola	120	0.5	0	0	0	220	20	4	4	5	Fresh Oats and 100% Whole Wheat Flour, Water, Flax Flour, Unbleached Flour, Yeast, (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, MILK, SOY AND EGG.
		1.5	1.5		1.5	14.5	2.5	15.5			
Savory	140	4	1.5	0	20	125	20	2	11	5	Fresh Oats and 100% Whole Wheat Flour, Water, Flax Flour, Unbleached Flour, Yeast, (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), eggs, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, SOY, MILK AND EGG.
		4.5	0.5		7.5	6.5	0.5	12.5			
Spice of Fate	120	2	2	0	15	400	10	2	4	5	Fresh Oats and 100% Whole Wheat Flour, Water, Flax Flour, Unbleached Flour, Yeast, (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), eggs, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, MILK, SOY AND EGG.
		5.5	10.5		5.5	17.5	6.5	2.5			
Star Spangled Sourd	150	1.5	0.5	0	5	220	20	4	12	4	Fresh Oats and 100% Whole Wheat Flour, Water, Flax Flour, Unbleached Flour, Yeast, (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), eggs, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, SOY, MILK AND EGG.
		2.5	0.5		2.5	0.5	10.5	15.5			
Stuffed Bread	100	0	0	0	0	250	20	2	4	4	Fresh Oats and 100% Whole Wheat Flour, Water, Flax Flour, Unbleached Flour, Yeast, (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), eggs, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, SOY AND EGG.
		1.5	1.5		1.5	10.5	7.5	12.5			
Sunflower	140	2	0	0	0	200	20	4	4	5	Fresh Oats and 100% Whole Wheat Flour, Water, Flax Flour, Unbleached Flour, Yeast, (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), eggs, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, SOY AND EGG.
		4.5	0.5		1.5	12.5	2.5	15.5			
Sourd A Rye	120	1	0	0	0	220	20	2	7	5	Fresh Oats and 100% Whole Wheat Flour, Water, Flax Flour, Unbleached Flour, Yeast, (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), eggs, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, SOY AND EGG.
		2.5	1.5		1.5	15.5	0.5	14.5			
Trio Bread	140	2	0	0	0	200	20	4	2	5	Fresh Oats and 100% Whole Wheat Flour, Water, Flax Flour, Unbleached Flour, Yeast, (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), eggs, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, SOY AND EGG.
		2.5	1.5		1.5	12.5	2.5	14.5			
Tuscan Herb	120	0.5	0	0	0	250	20	4	5	5	Fresh Oats and 100% Whole Wheat Flour, Water, Flax Flour, Unbleached Flour, Yeast, (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), eggs, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, MILK, SOY AND EGG.
		1.5	1.5		1.5	10.5	2.5	15.5			
Walnut Raisin Raspberry Blue Cheese	150	4	1.5	0	10	220	20	2	5	4	Fresh Oats and 100% Whole Wheat Flour, Water, Flax Flour, Unbleached Flour, Yeast, (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), eggs, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, MILK, SOY, WALNUT AND EGG.
		4.5	0.5		2.5	14.5	7.5	12.5			
White Chocolate Cherry Sourd	150	2.5	1.5	0	5	250	21	1	2	2	Enriched 88% Whole Flour (30 grams of enriched wheat flour), Water, Unbleached Flour, Yeast, (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), eggs, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, SOY AND EGG.
		4.5	0.5		2.5	10.5	10.5	4.5			
White	120	0	0	0	0	400	20	1	5	4	Enriched 88% Whole Flour (30 grams of enriched wheat flour), Water, Unbleached Flour, Yeast, (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), eggs, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, SOY AND EGG.
		0.5	0.5		0.5	17.5	10.5	4.5			
White Grain Goodness	140	2	0	0	0	240	20	4	4	5	Fresh Oats and 100% Whole Wheat Flour, Water, Flax Flour, Unbleached Flour, Yeast, (log rolls), sugar, salt, soy flour, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), eggs, (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), (log rolls), COGNAC, WHEAT, MILK, SOY AND EGG.



# Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / [www.tulsaok.greatharvestbread.com](http://www.tulsaok.greatharvestbread.com)



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'



# OCTOBER 2015 BREAD SCHEDULE

425 TALCOTTVILLE ROAD  
VERNON CT  
(860) 454-4202  
www.ghbreadct.com

## EVERYDAY BREAD

honey whole wheat \$5.25  
country white \$5.00

## MONDAY

pumpkin swirl (M) \$7.50  
autumn apple bread (M) \$6.50 **NEW**  
everything (W) \$5.75  
woodstock (H) \$6.50

## TUESDAY

pesto parmesan (G) \$6.50  
cranapple white (W) \$6.00  
anadama (M) \$6.50  
trailmix (H) \$6.50

## WEDNESDAY

apple scrapple (M) \$6.50  
ninegrain (H) \$6.50  
bakers choice:  
7th - spelt \$5.75, swedish limpa (H&R) \$6.25,  
14th - foccacia (W) \$5.50, swiss cracked pepper (W) \$6.50,  
21st - foccacia (W) \$5.50, swedish limpa (H&R) \$6.25,  
28th - swiss cracked pepper (W) \$6.50 peanut butter chocolate chip \$5.75

## THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
pumpkin nut spice (W) \$6.25  
ninegrain (H) \$6.50

## FRIDAY

cinnamon bread (M) \$6.75  
challa (W) \$5.75  
pepperoni roll or sweet pepper roll (W) \$7.25  
dakota (H) \$6.50

## SATURDAY

pumpnickel rye (R&H) \$6.25  
apple cinnamon oatmeal (M) \$6.25  
popeye (G) \$6.00  
stuffed potato (W) \$6.50



## DAILY SWEETS

cookies \$1.65 + tax or 6 for \$8.25  
scones 1.65 + tax  
muffins \$1.65 + tax

## SANDWICHES

Made fresh daily to order  
10:00am - 4:00pm  
Check out our sandwich menu  
in the store.



## FRIDAY OCTOBER 30<sup>TH</sup> AND SATURDAY OCTOBER 31<sup>ST</sup>

### Witches Fingers

(white dough with green food coloring)  
50 cents each or a hand for \$2.00



FLOUR INDICATOR  
H - WHOLE WHEAT  
W - WHITE  
R - RYE

M - MIX WHITE & WHOLE WHEAT

## STORE HOURS:

MONDAY - FRIDAY 6:30AM - 6:30PM  
SATURDAY 6:30AM - 5:00PM  
CLOSED SUNDAY  
ORDERS WELCOME (860) 454-4202





# HALLOWEEN AT GREAT HARVEST



SATURDAY, OCTOBER 31ST

DRESS UP IN YOUR BEST HALLOWEEN COSTUME  
AND TRICK OR TREAT AT GREAT HARVEST BREAD.

WE WILL BE HANDING OUT  
CANDY TO ALL COSTUMED CHARACTERS.

Friday October 30<sup>th</sup> & Saturday October 31<sup>st</sup>

*Witches Fingers*

*(white dough with green food coloring)*

50 cents each or a hand for \$2.00

*(supplies are limited based on the number of witches  
we can capture)*



## FALL MEANS PUMPKIN AND APPLE SEASON



STOP IN FOR YOUR FAVORITE BREADS:  
PUMPKIN SWIRL, PUMPKIN NUT SPICE,  
APPLE CINNAMON OATMEAL, CRANAPPLE WHITE

YOU CAN'T FORGET:  
PUMPKIN AND PUMPKIN CHOCOLATE CHIP MUFFINS,  
PUMPKIN CHOCOLATE CHIP SCONES

visit our website at:

[www.ghbreadct.com](http://www.ghbreadct.com)

also find us on Facebook

[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)





### 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



## SEPTEMBER 2015 BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON, CT 06066  
(860) 454-4202  
[www.ghbreadct.com](http://www.ghbreadct.com)



visit our fan page at  
[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)

### MONDAY

white cinnamon raisin (W) \$5.75  
pesto parmesan (M) \$6.50  
colonial brown bread (M) \$6.50  
ninegrain (H) \$6.50

### TUESDAY

anadama (M) \$6.50  
breakfast blast (M) \$5.75  
onion dill rye (W&H&R) \$6.25  
sunflower millet flax (H) \$6.50

### WEDNESDAY

apple scrapple (M) \$6.50  
woodstock (H) \$6.50  
bakers choice:  
2<sup>nd</sup> - spelt \$5.75, pizza roll (W) \$6.00  
9<sup>th</sup> - swiss cracked pepper (W) \$6.50, jalapeño cornbread (W) \$6.50  
16<sup>th</sup> - swedish limpa (H&R) \$6.25, pizza roll (W) \$6.00  
23<sup>rd</sup> - swiss cracked pepper (W) \$6.50, jalapeño cornbread (W) \$6.50  
30<sup>th</sup> - pizza roll (W) \$6.00, peanut butter chocolate chip (W) \$5.75

**FLOUR INDICATOR**  
H - WHOLE WHEAT  
W - WHITE  
R - RYE  
M - MIX WHITE & WHOLE WHEAT

### THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
cinnamon raisin walnut (H) \$6.00  
trailmix (H) \$6.50

### FRIDAY

cinnamon bread (M) \$6.75  
challa (W) \$5.75  
pepperoni roll (W) \$7.25  
sweet pepper roll (W) \$7.25  
dakota (H) \$6.50

### SATURDAY

stuffed potato (W) \$6.50  
white cinnamon raisin walnut (W) \$6.00  
pumpernickel rye (H&R) \$6.25  
papeye (M) \$5.75

### EVERYDAY BREADS

honey whole wheat \$5.25  
country white \$5.00

### DAILY SWEETS

cookies \$1.74 + tax or 6/\$8.75  
scones \$2.12 + tax  
muffins \$2.12 + tax

### STORE HOURS:

MONDAY - FRIDAY 6:30 AM - 6:30 PM  
SATURDAY 6:30 AM - 5:00 PM  
CLOSED SUNDAY  
ORDERS WELCOME (860) 454-4202



visit our fan page at  
[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)



### **BACK TO SCHOOL**

Remember to pack your child a healthy lunch with a sandwich made from our sliced whole wheat breads. Honey whole wheat, anadama, colonial brown bread, many of our seeded breads and country white.

Call and reserve your loaf.



### **START WITH BREAKFAST**

Send the kids off to school prepared for a productive day with a healthy breakfast. Great Harvest breads are loaded with complex carbohydrates that supply the brain and body with energy all day long. Both memory and verbal skills benefit from a nutritious breakfast.

Try something different, make French Toast with many of our great breads:

**CINNAMON CHIP, CHALLA, CINNAMON BREAD  
AND WHITE CINNAMON RAISIN WITH OR WITHOUT WALNUTS.**



### **COLLEGE BOUND**

Don't forget the kids going off to college. Give them a Great Harvest care package filled with their favorite goodies.



visit our website at:  
[www.ghbreadct.com](http://www.ghbreadct.com)





## JUNE 2015 BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON CT 06066  
(860) 454-4202  
www.ghbreadct.com



### EVERYDAY BREADS

honey whole wheat \$5.25  
country white \$5.00

### MONDAY

american rye (W&R) \$6.25  
cinnamon raisin (H) \$6.00  
popeye (M) \$5.75  
dakota (H) \$6.50

### TUESDAY

amadama (H) \$6.25  
cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
ninegrain (H) \$6.50

### WEDNESDAY

american rye (W&R) \$6.25  
cinnamon raisin (H) \$6.00  
popeye (M) \$5.75  
dakota (H) \$6.50

### THURSDAY

amadama (H) \$6.25  
cinnamon chip (W) \$5.75  
trailmix (H) \$6.50  
white cheddar garlic (W) \$6.50

### FRIDAY

cinnamon bread (M) \$6.50  
challa (W) \$5.50  
cinnamon raisin (H) \$6.00  
dakota (H) \$6.50

### SATURDAY

american rye (W&R) \$6.25  
cinnamon chip (W) \$5.75  
popeye (M) \$5.75  
ninegrain (H) \$6.50

[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)

**FLOUR INDICATOR**  
H - WHOLE WHEAT  
W - WHITE  
R - RYE  
M - MIX WHITE & WHOLE WHEAT

### DAILY SWEETS

Cookies \$1.74 + tax or 6/\$8.75

oatmeal walnut choc. chip  
oatmeal raisin  
snickerdoodle  
peanut butter  
peanut butter choc. chip

Scones \$2.12 + tax

cinnamon chip  
blueberry  
peanut butter choc. chip

Quick breads \$7.00 / Muffins \$2.12 + tax

pumpkin chocolate chip  
blueberry coffeecake  
coconut

Bars \$1.65 + tax

power bars  
breakfast bars  
harvest bars

### Other Items

dog bones \$3.00  
croutons \$3.50

### HOURS:

MONDAY - FRIDAY 6:30AM - 6:30PM

SATURDAY 6:30AM - 5:00PM

CLOSED SUNDAY

ORDERS WELCOME (860) 454-4202

# Great Harvest Bread Co.®

## *Great Harvest Classic Sandwiches*

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

### **TURKEY & CHEESE...\$6.11 + TAX**

Smoked turkey slices with the cheese of your choice (american, swiss or pepper jack)

### **HAM & CHEESE...\$6.11 + TAX**

Tender slices of honey ham with the cheese of your choice (american, swiss or pepper jack)

### **TUNA SALAD...\$6.11 + TAX**

Chunk white albacore tuna with a seasoned mayonnaise dressing

### **ROAST BEEF & CHEESE...\$6.11 + TAX**

Tender slices of roast beef with the cheese of your choice (american, swiss or pepper jack)

## *Great Harvest Cold Signature Sandwiches*

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

### **HARVEST VEGGIE...\$7.05 + TAX**

Cucumbers, tomato, pepper rings, lettuce, 2 cheeses of your choice (american, swiss or pepper jack) and sun dried tomato pesto spread

### **SMOKED TURKEY GODDESS...\$7.05 + TAX**

Smoked turkey, avocado goddess spread, with the cheese of your choice (american, swiss or pepper jack)

### **SPICY PECAN CHICKEN SALAD...\$7.05 + TAX**

Chunks of white and dark meat chicken in a seasoned mayonnaise dressing with sweet & spicy pecans

### **BAJA CHIPOTLE TURKEY...\$7.05 + TAX**

Tender slices of smoked turkey, chipotle honey lime yogurt, avocado, pepper jack cheese & pickled red onion

### **PEPPER BLEU ROAST BEEF...\$7.05 + TAX**

Tender slices of roast beef & bleu cheese dressing

## *Additional Sandwich Offerings*

### **PEANUT BUTTER & JELLY...\$2.59 + TAX**

Creamy peanut butter and grape jelly on white or wheat bread

### **PEANUT BUTTER & HONEY...\$2.59 + TAX**

Creamy peanut butter and fresh honey on white or wheat bread

#### **ADDITIONS:**

Extra Meat.....add \$1.00

Extra Cheese.....add \$0.50

Extra Veggies... no charge

*fresh sandwiches served daily  
10:00 am - 3:00 pm*



## AUGUST 2015 BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON, CT 06066  
(860) 454-4202

[www.ghbreadct.com](http://www.ghbreadct.com)



### MONDAY

colonial brown bread (M) \$6.50  
cinnamon raisin walnut (H) \$6.00  
everything (W) \$5.75  
sunflower millet flax (H) \$6.50

### TUESDAY

anadama (M) \$6.25  
onion dill rye (H) \$6.25  
cornbread (W) \$5.75  
woodstock (H) \$6.50

### WEDNESDAY

apple scrapple (M) \$6.25  
focaccia (W) \$5.50  
ninegrain (H) \$6.50

#### **bakers choice:**

5<sup>th</sup> - spelt \$5.75, jalapeno cornbread (W) \$6.50  
12<sup>th</sup> - swedish limpa (H&R), \$6.25, pizza roll (W) \$5.50  
19<sup>th</sup> - jalapeno cornbread (W) \$6.50, pizza roll (W) \$5.50  
26<sup>th</sup> - swedish limpa (H&R) \$6.25, peanut butter chocolate chip (W) \$5.75

### THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
caraway rye (H&R) \$6.25  
trailmix (H) \$6.50

### FRIDAY

cinnamon bread (M) \$6.50  
challa (W) \$5.50  
dakota (H) \$6.50  
pepperoni roll or sweet pepper roll (W) \$7.25

### SATURDAY

american rye (W&R) \$6.25  
stuffed potato (W) \$6.50  
popeye (M) \$5.75  
cinnamon raisin (H) \$5.75

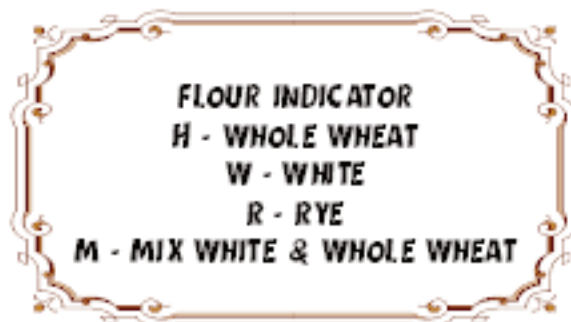
visit our fan page at  
[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)

### EVERYDAY BREADS

honey whole wheat \$5.25  
country white \$5.00

### DAILY SWEETS

cookies \$1.74 + tax or 6/\$8.75  
scones 2.12 + tax  
muffins \$2.12 + tax



MONDAY - FRIDAY 6:30 AM - 6:30 PM  
SATURDAY 6:30 AM - 5:00 PM  
CLOSED SUNDAY  
ORDERS WELCOME (860) 454-4202





## **FRESH FROM THE GARDEN**



*Try our fresh Jalapeno Cornbread,  
made fresh August 5th and 19th. They go very fast, so  
order yours before they sell out.*

## **TOO HOT TO COOK**

*Our Pizza roll, Pepperoni and Sweet Roasted Pepper Rolls  
are quick and easy lunch or dinners.*



## **JOIN GREAT HARVEST BREAD AT THE FARMERS MARKETS**

*HEBRON (corner of Rt 85 & 66) every Saturday  
from 9:00am to 12:30pm.*

*And*

*Botticello Farms Saturday, August 8<sup>th</sup>  
11:00am to 2:00pm  
209 Hillstown Rd., Manchester*





## 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.



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### *Bakery Box Lunch*

**\$7.99, Classic Sandwich**

**\$8.99, Signature Sandwich**

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Larger sandwich orders are available upon request.





### *Salad*

**\$40**

**Add chicken for \$7.50**

A fresh mix of spinach and spring mix lettuce with wedges of tomatoes, sliced onions, raisins, 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.*



[www.tulsaok.greatharvestbread.com](http://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, raisins, sliced almonds, strawberries, feta cheese, croutons and a light raspberry vinaigrette dressing.

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[www.tulsaok.greatharvestbread.com](http://www.tulsaok.greatharvestbread.com)



## 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](http://www.MyWebsite.com)  
[www.Facebook.com/myGreatHarvestBread](http://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?



## GRAND OPENING BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON CT 06066  
(860) 647-8837  
[www.ghbreadct.com](http://www.ghbreadct.com)



### EVERYDAY BREADS

*honey whole wheat* \$5.25  
*country white* \$5.00

### FRIDAY

*cinnamon chip (W)* \$5.75  
*cinnamon raisin (H)* \$6.00  
*white cheddar garlic (W)* \$6.50  
*dakota (H)* \$6.50

### SATURDAY

*cinnamon chip (W)* \$5.75  
*popeye (G)* \$5.75  
*american rye (W&R)* \$6.25  
*ninegrain (H)* \$6.50



### EVERYDAY SANDWICHES

#### CLASSIC SANDWICHES \$6.11 + tax

*turkey & cheese*  
*ham & cheese*  
*tuna salad*  
*roast beef & cheese*

#### SIGNATURE SANDWICHES \$7.05 + tax

*harvest veggie*  
*smoked turkey goddess*  
*spicy pecan chicken salad*  
*baja chipotle turkey*  
*pepper bleu roast beef*

[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)

### DAILY SWEETS

#### Cookies \$1.74 + tax or 6/\$8.75

*oatmeal walnut choc. chip*  
*oatmeal raisin*  
*snickerdoodle*  
*peanut butter*  
*peanut butter choc. chip*

#### Scones \$2.12 + tax

*cinnamon chip*  
*blueberry*  
*peanut butter choc. chip*

#### Quick breads \$7.00 / Muffins \$2.12 + tax

*pumpkin chocolate chip*  
*blueberry coffeecake*  
*coconut*

#### Sweet Bars \$2.59 + tax

*savannah (formally mazurkas)*  
*toe curling brownies*

#### Bars \$1.65 + tax

*power bars*  
*breakfast bars*  
*harvest bars*

#### Other Items

*dog bones* \$3.00  
*croutons* \$3.50

### HOURS:

**MONSDAY - FRIDAY 6:30AM - 6:30PM**

**SATURDAY 6:30AM - 5:00PM**

**CLOSED SUNDAY**

**ORDERS WELCOME (860) 454-4202**



## FRESHLY MADE FROM SCRATCH



*Ever wonder why our bread tastes so good? It's because we grind our wheat fresh everyday! We also take that "fresh-ground" to new heights with our mixes. That means our mixes are fresher than anything you can get in the grocery store. Now you can enjoy the same hearty wheat taste and whole grain goodness in our mixes. Take a few home..... your family will love you for it.*

### **FRESH HEARTY CEREALS**

*Now you can enjoy the hot, wholesome goodness of Great harvest right at your own breakfast table!*

*Try a bag of our*

**CINNAMON RAISIN  
OR CRANBERRY ALMOND OATMEAL.**

### **CHOCOLATE CHIP COOKIE MIX**

*Makes a perfectly easy treat anytime that taste great.*

### **CROUTONS**

*Made from a variety of bread seasoned perfectly.*

### **DOUBLE FUDGE BROWNIE MIX**

*Makes the perfect after school treat or a quick and easy dessert that is so chocolaty.*

### **WHOLE WHEAT PANCAKE MIX**

*Made from our fresh whole wheat and fresh oatmeal, taste better than any pancake mix you buy in the grocery store.*

### **FRESH GROUND WHOLE WHEAT FLOUR**

*Makes a world of difference. Not only will our flour provide you with more nutrients, but it's guaranteed to make your homemade goodies taste better than ever.*

*NOTE: For optimum freshness, be sure to use fresh ground flour within four weeks from the date of purchase or store in your freezer.*



**REMEMBER WE MAKE ROLLS FROM ALMOST ALL OF OUR BREADS  
JUST ORDER THEM AT LEAST 24 HOUR IN ADVANCE.**

**(WE SELL THEM BY THE DOZEN ONLY.)**

**PRICE OF THE LOAF OF BREAD PLUS 50 CENTS**





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.





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)	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



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
Ranza	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



*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

<i>Serving Size: 1 slice 2 oz (56 g)</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fats (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Carbohydrates (g)</i>	<i>Fiber (g)</i>	<i>Sugar (g)</i>	<i>Protein (g)</i>	<i>Ingredients</i>
<i>Pumpnickel Rye</i>	120	0.5	0	0	0	330	23	5	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Pumpnickel Rye Flour, Molasses, Yeast, caramel color, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGGS, AND SOY
<i>Pumpkin Swirl</i>	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.
<i>Raisin Cinnamon Chip</i>	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
<i>Raisin</i>	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
<i>Red, White and Blueberry</i>	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.
<i>Rosemary Garlic</i>	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
<i>Sonoma</i>	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.
<i>Spinach Feta</i>	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.
<i>Star Spangled Swirl</i>	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
<i>Stuffing Bread</i>	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.
<i>Sunflower</i>	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
<i>Swedish Rye</i>	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
<i>Trail Bread</i>	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
<i>Tuscan Herb</i>	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
<i>Walnut Raisin Rosemary Blue Cheese</i>	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.
<i>White Chocolate Cherry Swirl</i>	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
<i>White</i>	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
<i>Whole Grain Goodness</i>	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



## JULY 2015 BREAD SCHEDULE

415 TALCOTTVILLE RD.  
VERNON, CT 06066  
860-454-4202



### CLOSED SATURDAY JULY 4TH

#### MONDAY

colonial brown bread (new) (M) \$7.25  
cinnamon raisin walnut (H) \$6.00  
everything (W) \$5.75  
ninegrain (H) \$6.50

#### TUESDAY

high 5 fiber (H) \$6.50  
onion dill rye (W&R) \$6.25  
anadama (M) \$6.25  
ninegrain (H) \$6.50

#### WEDNESDAY

white cinnamon raisin (W) \$5.75  
apple scrapple (M) \$6.25  
woodstock (H) \$6.50  
bakers choice:  
1st spelt \$5.75  
8th- foccacia (W) \$5.50  
15th- swedish limpa (W&R) \$6.25  
22nd- foccacia (W) \$5.50  
29th- peanut butter chocolate chip (W) \$5.75

#### THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
anadama (M) \$6.25  
woodstock (H) \$6.50

#### FRIDAY

cinnamon bread (M) \$6.50  
challa (W) \$5.50  
breakfast blast (H) \$5.75  
trailmix (H) \$6.50

#### SATURDAY

##### CLOSED JULY 4TH

stuffed potato (W) \$6.50  
cinnamon raisin (H) \$5.75  
popeye (M) \$5.75  
pumpnickel rye (H&R) \$6.25

[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)

#### EVERYDAY BREADS

honey whole wheat \$5.25  
country white \$5.00

#### DAILY SWEETS

cookies \$1.85 + tax or 6/\$8.75  
scones \$2.12 + tax  
quick breads \$7.00  
muffins \$2.12 + tax

#### OTHER ITEMS

dog bones \$7.00

FLOUR INDICATOR  
H - WHOLE WHEAT  
W - WHITE  
R - RYE  
M - MIX WHITE & WHOLE WHEAT

#### HOURS:

MONDAY - FRIDAY 6:30 AM - 6:30 PM  
SATURDAY 6:30 AM - 5:00 PM  
CLOSED SUNDAY  
CLOSED JULY 4<sup>TH</sup>  
ORDERS WELCOME (860) 454-4202



## CELEBRATE A SAFE 4TH OF JULY



**WE WILL BE CLOSED  
SATURDAY JULY 4TH.**



### **OUTDOOR SUMMER FUN**

*All made fresh in our store.*

#### **PANCAKE MIX**

*Take them camping, just add oil, water and an egg.*

#### **TRAIL MIX**

*A great treat anytime.*

#### **GRANOLA**

*Take along some of our fresh granola on your next hiking or road trip..*

### **JOIN GREAT HARVEST AT THE FARMERS MARKETS**

*HEBRON (corner of Rt 85 & 66) every Saturday  
from 9:00am to 12:30pm.*





# Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / [www.tulsaok.greatharvestbread.com](http://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

<b>EVERYDAY</b>	Honey Whole Wheat • Harvest White • Dakota Pumpkin Chocolate Chip
<b>MONDAY</b>	High 5 Fiber • Hummus Bread • Extreme Cinnamon Swirl
<b>TUESDAY</b>	Cranberry Walnut Flax • Asiago Pesto • Cinnamon Chip Jewish Apple Coffee Cake
<b>WEDNESDAY</b>	Cranberry Orange • Low Carb Dakota <b>STUFFING BREAD</b> • Extreme Cinnamon Swirl
<b>THURSDAY</b>	Pumpkin Swirl • Spinach Feta • Cinnamon Crunch Cranberry Orange Pound Cake
<b>FRIDAY</b>	White Chocolate Cherry Swirl • Superfood Bread Cheddar Garlic • Strawberry Shortcake
<b>SATURDAY</b>	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](http://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

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



# NOVEMBER 2015

## BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON, CT 06066  
(860) 454-4202

[ghbreadct.com](http://ghbreadct.com)

## HOLIDAY ORDERS

ALL ORDERS FOR  
**MUST BE MADE BY**  
**MONDAY NOVEMBER 16TH.**

*No phone/email/social media  
orders Thanksgiving week*

### MONDAY

pumpkin swirl (M) \$7.50  
onion dill rye (H&R) \$6.25  
dakota (H) \$6.50  
pesto parmesan (W&H) 6.25  
23<sup>rd</sup> - virginia white or virginia wheat rolls \$6.50 per dozen

### TUESDAY

anadama (M) \$6.50  
everything (W) \$5.75  
sunflower millet flax (H) \$6.50  
cranberry orange (H) \$6.50  
24<sup>th</sup> - virginia white or virginia wheat rolls \$6.50 per dozen

### WEDNESDAY

apple cinnamon oatmeal (M) \$6.25  
trail mix (H) \$6.50  
bakers choice:  
4<sup>th</sup> - spelt \$5.75,  
1<sup>st</sup> - stuffing bread (H) \$7.25, swedish limpa (H&R) \$6.25  
18<sup>th</sup> - stuffing bread (H) \$7.25, cornbread (W) 5.75  
25<sup>th</sup> - stuffing bread (H) \$7.25, pumpkin nut spice (W) \$6.50  
cinnamon chip (W) \$4.75, white cheddar garlic (W) \$6.50,  
swedish limpa (H&R) \$6.25  
virginia white or virginia wheat rolls \$6.50 per dozen  
quick breads - chocolate fudge brownie, blueberry,  
blueberry cranberry, pumpkin & pumpkin chocolate chip

### THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
white cinnamon raisin (W) \$5.75  
ninegrain (H) \$6.50

### FRIDAY

cinnamon bread (M) \$6.75  
challa (W) \$5.75  
pumpkin nut spice (W) \$6.50  
woodstock (H) \$6.50  
pepperoni roll (W) \$7.25  
sweet pepper roll (W) \$7.25

### SATURDAY

stuffed potato (W) \$6.50  
cinnamon raisin walnut (H) \$6.00  
popeye (W&R) \$6.00  
american rye (W&R) \$6.25

## EVERYDAY BREADS

honey whole wheat (H) \$5.25  
country white (W) \$5.00

## PRE ORDER YOUR VIRGINIA WHITE OR WHEAT ROLLS

*Sold by the dozen*

### HOLIDAY HOURS:

WEDNESDAY NOVEMBER 25TH  
6:30AM - 5:00 PM

**CLOSED THURSDAY NOVEMBER 26<sup>TH</sup>  
THROUGH  
SUNDAY NOVEMBER 29TH**

### STORE HOURS:

MONDAY - FRIDAY 6:30AM - 6:30PM  
SATURDAY 6:30AM - 5:00PM  
CLOSED SUNDAY  
ORDERS WELCOME (860) 454-4202



**THANKSGIVING SPECIALS:  
CHECK OUR SPECIAL BREADS FOR  
MONDAY THE 23<sup>RD</sup> TUESDAY THE 24<sup>TH</sup>  
AND  
WEDNESDAY THE 26<sup>TH</sup>**



**ALL ORDERS *MUST* BE PLACED BY  
MONDAY NOVEMBER 16<sup>TH</sup>**

*Pre-order and pre-pay  
your Thanksgiving bread, rolls & sweets  
for an easy pickup.*

**TURKEY STUFFING  
WITH GREAT HARVEST BREAD**

**\*\* (PURCHASE ON WEDNESDAY NOVEMBER 18TH) \*\***

*Stuffing for a 12-16 pound Turkey  
1 loaf of Great Harvest Stuffing Bread  
1 stick or 1/2 cup of Sweet Cream Butter  
1 1/2 - 2 cups Chicken Broth or water reserved  
from Giblets*

*Slice the loaf into 2" cubes and store in a brown paper bag for 3 to 4 days before preparing stuffing (or you can dry in the oven for 3 hours at 200 degrees). Place cubes in a large bowl and add in 1 stick of softened butter that has been cut into small pieces. Add enough chicken broth or giblet water to moisten cubes. (Optional: add chopped walnuts or dried cranberries for a mouth-watering feast.) Mix well. Place in a pan on your stove top, cover the pan, heat until liquid absorbs and stuffing is hot. Or place in a casserole dish.*

**THANKSGIVING ROLLS**

*Bring a harvest of flavor to your holiday table with light and buttery VIRGINIA ROLLS made from wheat or white flour. Sold by the dozen only at \$6.25 per dozen. We can also make rolls from most of our breads, just add 50 cents to the bread price.*

**LOVE YOUR LEFTOVERS!**

*Our STUFFING BREAD tastes just like homemade stuffing and makes the ultimate leftover turkey sandwich when joined by turkey, cranberries, and cover in gravy.*

**CLOSING REMINDER:**

*Wednesday November 25<sup>th</sup> closing at 5:00pm.  
Bakery closed Thursday, November 26<sup>th</sup> through  
Sunday, November 29<sup>th</sup> for a much kneaded  
rest. Reopening on Monday, November 30<sup>th</sup>.*





### **TURKEY STUFFING**

*With Great Harvest Stuffing Bread  
\*\* (purchase the Wednesday before  
Thanksgiving week) \*\**

*12-16 pound Turkey  
1 loaf of Great Harvest Stuffing Bread  
1 stick or 1/2 cup of Sweet Cream Butter  
1 1/2 - 2 cups Chicken Broth or water  
reserved from Giblets*

*Slice the loaf into 2" cubes and store in a brown paper bag for 3 to 4 days before preparing stuffing (or you can dry in the oven for 3 hours at 200 degrees). Place cubes in a large bowl and add in 1 stick of butter that has been cut into small pieces. Add enough chicken broth or giblet water to moisten cubes. (Optional: add chopped walnuts or dried cranberries for a mouth-watering feast.) Place stuffing inside of turkey cavity and bake a normal.*

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# THANKSGIVING SCHEDULE



## **MONDAY NOVEMBER 23<sup>RD</sup> 6:30AM - 6:30PM**

*pumpkin swirl (M) \$7.50  
onion dill rye (H&R) \$6.25  
dakota (H) \$6.50  
pesto parmesan (W&H) 6.25  
virginia white or virginia wheat rolls \$6.50 per dozen*

## **TUESDAY NOVEMBER 24<sup>TH</sup> 6:30AM - 6:30PM**

*anadama (M) \$6.50  
everything (W) \$5.75  
sunflower millet flax (H) \$6.50  
cranberry orange (H) \$6.50  
virginia white or virginia wheat rolls \$6.50 per dozen*

## **WEDNESDAY NOVEMBER 25<sup>TH</sup> 6:30AM - 5:00PM**

*apple cinnamon oatmeal (M) \$6.25  
trail mix (H) \$6.50  
stuffing bread (H) \$7.25  
pumpkin nut spice (W) \$6.50  
cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50,  
swedish limpa (H&R) \$6.25  
virginia white or virginia wheat rolls \$6.50 per dozen  
quick breads - chocolate fudge brownie, blueberry,  
blueberry cranberry, pumpkin & pumpkin chocolate chip*



*Place your orders through  
Tuesday, November 16th  
860-454-4202*







# 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, ingredients, and allergen information.

Serving Size (1 slice 28g)	Calories	Fat g S.D.V.	Saturated Fat g S.D.V.	Total Fiber g	Cholesterol mg S.D.V.	Sodium mg S.D.V.	Total Sugar g S.D.V.	Fiber g S.D.V.	Sugar g	Protein g	Ingredients
Crust Bread	100	2.5 4.5	1 .55	0	5 25	270 115	25 9.5	1 4.5	4	2	Enriched White Flour (wheat, niacin, iron, riboflavin, folic acid), Water, Corn Flour, Honey, Cane Molasses, Soybean Oil, Salt, Yeast, Eggs, Dough Conditioner (L-Ascorbic Acid, Potassium Sorbate, Calcium Peroxide), Mono and Diglycerides, Lecithin, Soybean Lecithin, Soybean Oil, and Soybean Flour.
Crust Bread (100% Whole Wheat)	100	2.5 4.5	1 .55	0	5 25	270 115	25 9.5	1 12.5	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cane Molasses, Soybean Oil, Salt, Yeast, Eggs, Dough Conditioner (L-Ascorbic Acid, Potassium Sorbate, Calcium Peroxide), Mono and Diglycerides, Lecithin, Soybean Lecithin, Soybean Oil, and Soybean Flour.
Jalapeno Crust Bread	100	2 2.5	1 .55	0	5 25	270 115	25 9.5	1 3	4	2	Enriched White Flour (wheat, niacin, iron, riboflavin, folic acid), Water, Corn Flour, Honey, Cane Molasses, Soybean Oil, Salt, Yeast, Eggs, Dough Conditioner (L-Ascorbic Acid, Potassium Sorbate, Calcium Peroxide), Mono and Diglycerides, Lecithin, Soybean Lecithin, Soybean Oil, and Soybean Flour, Jalapeno, Onion, Cheddar Cheese, and Soybean Lecithin.
Jalapeno Crust Bread (100% Whole Wheat)	100	2 4.5	1 .55	0	5 25	270 115	25 9.5	1 12.5	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cane Molasses, Soybean Oil, Salt, Yeast, Eggs, Dough Conditioner (L-Ascorbic Acid, Potassium Sorbate, Calcium Peroxide), Mono and Diglycerides, Lecithin, Soybean Lecithin, Soybean Oil, and Soybean Flour, Jalapeno, Onion, Cheddar Cheese, and Soybean Lecithin.
Country	120	0.5 15	0 15	0	0 15	240 145	25 25	4 15.5	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Soybean Lecithin, Soybean Oil, and Soybean Flour.
Cranial Pepper Sauce	100	2 4.5	1 .55	0	5 25	270 125	25 7.5	1 15.5	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cane Molasses, Soybean Oil, Salt, Yeast, Eggs, Dough Conditioner (L-Ascorbic Acid, Potassium Sorbate, Calcium Peroxide), Mono and Diglycerides, Lecithin, Soybean Lecithin, Soybean Oil, and Soybean Flour, Cranial Pepper Sauce, and Soybean Lecithin.
Cherry Orange	120	0.5 15	0 .55	0	0 0.5	240 125	25 9.5	4 15.5	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Soybean Lecithin, Soybean Oil, and Soybean Flour, Orange Juice, and Soybean Lecithin.
Delite	150	4 6.5	0 .25	0	0 0.5	270 115	25 2.5	4 15.5	5	6	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Soybean Lecithin, Soybean Oil, and Soybean Flour, Raisins, and Soybean Lecithin.
Fresh Pull	120	4.5 7.5	2.5 1.55	0	2.5 12.5	30 65	25 9.5	1 4.5	5	4	Enriched White Flour (wheat, niacin, iron, riboflavin, folic acid), Water, Corn Flour, Honey, Cane Molasses, Soybean Oil, Salt, Yeast, Eggs, Dough Conditioner (L-Ascorbic Acid, Potassium Sorbate, Calcium Peroxide), Mono and Diglycerides, Lecithin, Soybean Lecithin, Soybean Oil, and Soybean Flour.
Rise Outdoors	120	2.5 5.5	0 1.5	0	0 15	240 145	25 7.5	4 15.5	4	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Soybean Lecithin, Soybean Oil, and Soybean Flour.
Focus	100	1.5 2.5	0 1.5	0	0 0.5	240 145	25 10.5	1 4.5	5	4	Enriched White Flour (wheat, niacin, iron, riboflavin, folic acid), Water, Honey, Soybean Lecithin, Soybean Oil, and Soybean Flour.
Golden Wheat, Apple, Cinnamon Chip, Walnut	100	2.5 4.5	0 .55	0	0 15	270 125	25 9.5	2 12.5	2	5	Fresh Ground 100% Golden Wheat Flour, Water, Honey, Soybean Lecithin, Soybean Oil, and Soybean Flour, Raisins, and Soybean Lecithin.
Golden Wheat Chocolate Cherry Swirl	150	2.5 4.5 4.5	1 .55 .2	0	5 25 25	240 105 90	20 10.5 25	2 12.5 2	2	4	Fresh Ground 100% Golden Wheat Flour, Water, Honey, Soybean Lecithin, Soybean Oil, and Soybean Flour, Raisins, and Soybean Lecithin.
Harvest Bushels 1 Brown Rise	100	7.5	1.55	0	12.5	45	7.5	2.5	6	2	Water, Culture of Bacteria (propagated with soybean oil), Eggs, Honey, Soybean Flour, Soybean Lecithin, Soybean Oil, and Soybean Flour.
Harvest Bushels 1 Brown Rise Bread Delite	100	6 9.5	1.5 .55	0	2.5 2.5	35 25	10 6.5	2 2.5	5	4	Water, Culture of Bacteria (propagated with soybean oil), Eggs, Honey, Soybean Flour, Soybean Lecithin, Soybean Oil, and Soybean Flour.
Harvest Bushels 1 Brown Rise Bread Cinnamon Chip	120	6 9.5	2 1.55	0	2.5 2.5	30 25	25 2.5	2 2.5	9	2	Water, Culture of Bacteria (propagated with soybean oil), Eggs, Honey, Soybean Flour, Soybean Lecithin, Soybean Oil, and Soybean Flour.
Harvest 12 Heavy Rise	120	0.5 15	0 15	0	0 15	240 125	25 9.5	4 15.5	2	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Soybean Lecithin, Soybean Oil, and Soybean Flour.
High 5 Fiber	100	2 5.5	0 .55	0	0 0.5	240 105	25 2.5	5 20.5	5	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Soybean Lecithin, Soybean Oil, and Soybean Flour.
High Five Fiber with Blueberries	100	2.5 4.5	0 .55	0	0 0.5	200 25	25 2.5	5 20.5	7	5	Water, Fresh Ground 100% Whole Wheat Flour, Honey, Soybean Lecithin, Soybean Oil, and Soybean Flour.



## BREAD NUTRITION

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

Serving Size (Total Fat (g))	Calories	Fat		Trans Fat	Cholesterol		Sodium		Carbohydrate		Fiber	Sugar	Protein	Ingredients
		g	% DV		g	% DV	g	% DV	g	% DV				
High Country Crust	150	5	10%	0	0	220	22	4	4	5	Water, Fresh Cheese, 100% Whole Wheat Flour, Cornstarch Flour, Cornstarch, Salt, Yeast, Milk, Eggs, Yeast, Yeast, Yeast, Eggs. CONTAINS WHEAT, SOY, MILK AND EGG.			
		2.5	5%	0	0	110	11	2	2	2.5	5%			
High Fiber Apple, Cinnamon Chip, Walnut	140	2	4%	0	0	220	22	5	7	5	Fresh Cheese, 100% Whole Wheat Flour, Water, Honey, Cinnamon Chips, Cornstarch, Salt, Yeast, Milk, Eggs. CONTAINS WHEAT, SOY, MILK AND EGG.			
		1	2%	0	0	110	11	2.5	3.5	2.5	5%			
High Fiber Tuscan Herb	140	0.5	1%	0	0	280	28	5	4	4	Fresh Ground, 100% Whole Wheat Flour, Cornstarch Flour, Cornstarch, Salt, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.			
		1.5	3%	0	0	140	14	2.5	3.5	2.5	5%			
Moist Whole Wheat	120	0.5	1%	0	0	300	30	4	4	5	Fresh Ground, 100% Whole Wheat Flour, Water, Honey, Yeast, Milk, Eggs. CONTAINS WHEAT, SOY AND EGG.			
		1.5	3%	0	0	150	15	2	2	2.5	5%			
Irish Baked Potato	150	2	4%	1	5	440	44	1	4	4	Enriched Wheat Flour (in shell), Cornstarch, Water, Oil, Yeast, Salt, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs. CONTAINS WHEAT, MILK, SOY AND EGG.			
		1	2%	0.5	2.5	220	22	0.5	2	2	5%			
Irish Soda Bread	120	0.5	1%	0	5	140	14	2	9	4	Enriched Wheat Flour (in shell), Cornstarch, Water, Oil, Yeast, Salt, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs. CONTAINS WHEAT, SOY AND EGG.			
		1.5	3%	0	2.5	70	7	1	4.5	2	5%			
Delicious Herb Focaccia	150	2.5	5%	0	0	290	29	1	2	4	Enriched Wheat Flour (in shell), Cornstarch, Water, Oil, Yeast, Salt, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs. CONTAINS WHEAT AND SOY.			
		1.25	2.5%	0	0	145	14.5	0.5	1	2	5%			
Merry Berry	140	0.5	1%	0	0	290	29	2	9	5	Fresh Cheese, 100% Whole Wheat Flour, Water, Honey, Cornstarch, Salt, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs. CONTAINS WHEAT, SOY, MILK AND EGG.			
		1.5	3%	0	0	145	14.5	1	4.5	2.5	5%			
New Grove	120	0.5	1%	0	0	300	30	4	4	5	Fresh Cheese, 100% Whole Wheat Flour, Water, Honey, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs. CONTAINS WHEAT AND SOY.			
		1.5	3%	0	0	150	15	2	2	2.5	5%			
Cheese Poppyseed	120	1	2%	0	0	300	30	4	4	5	Fresh Ground, 100% Whole Wheat Flour, Water, Honey, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs. CONTAINS WHEAT, SOY AND EGG.			
		0.5	1%	0	0	150	15	2	2	2.5	5%			
Cheese Drizzle	120	0.5	1%	0	0	320	32	2	4	4	Fresh Ground, 100% Whole Wheat Flour, Water, Honey, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs. CONTAINS WHEAT, SOY AND EGG.			
		1.5	3%	0	0	160	16	1	2	2	5%			
Pear	120	3	6%	1	5	590	59	2	4	5	Enriched Wheat Flour (in shell), Cornstarch, Water, Oil, Yeast, Salt, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs. CONTAINS WHEAT, SOY, MILK AND EGG.			
		1.5	3%	0.5	2.5	295	29.5	1	2	2.5	5%			
Peanut Butter Chocolate Chip	140	4	8%	1.5	0	300	30	2	2	5	Enriched Wheat Flour (in shell), Cornstarch, Water, Oil, Yeast, Salt, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs. CONTAINS WHEAT, SOY, MILK AND EGG.			
		2	4%	0.75	0	150	15	1	1	2.5	5%			
Pearl Sert	190	7	14%	2	5	190	19	4	11	5	Fresh Ground, 100% Whole Wheat Flour, Water, Honey, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs. CONTAINS WHEAT, SOY, MILK AND EGG.			
		3.5	7%	1	2.5	95	9.5	2	5.5	2.5	5%			
Pear Bread	140	4.5	9%	1.5	15	450	45	2	4	7	Fresh Cheese, 100% Whole Wheat Flour, Water, Honey, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs. CONTAINS WHEAT, SOY, MILK AND EGG.			
		2.25	4.5%	0.75	7.5	225	22.5	1	3.5	3.5	5%			
Poppy	120	1	2%	0.5	5	270	27	2	4	5	Enriched Wheat Flour (in shell), Cornstarch, Water, Oil, Yeast, Salt, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs. CONTAINS WHEAT, SOY AND EGG.			
		0.5	1%	0.25	2.5	135	13.5	1	2	2.5	5%			
Poppy (100% Whole Wheat)	120	1.5	3%	0.5	5	260	26	2	4	4	Enriched Wheat Flour (in shell), Cornstarch, Water, Oil, Yeast, Salt, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs, Yeast, Milk, Eggs. CONTAINS WHEAT, SOY AND EGG.			
		0.75	1.5%	0.25	2.5	130	13	1	2	2	5%			





# Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / [www.tulsaok.greatharvestbread.com](http://www.tulsaok.greatharvestbread.com)



*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'



# OCTOBER 2015 BREAD SCHEDULE

425 TALCOTTVILLE ROAD  
VERNON CT  
(860) 454-4202  
www.ghbreadct.com

## EVERYDAY BREAD

honey whole wheat \$5.25  
country white \$5.00

## MONDAY

pumpkin swirl (M) \$7.50  
autumn apple bread (M) \$6.50 **NEW**  
everything (W) \$5.75  
woodstock (H) \$6.50

## TUESDAY

pesto parmesan (G) \$6.50  
cranapple white (W) \$6.00  
anadama (M) \$6.50  
trailmix (H) \$6.50

## WEDNESDAY

apple scrapple (M) \$6.50  
ninegrain (H) \$6.50  
bakers choice:  
7th - spelt \$5.75, swedish limpa (H&R) \$6.25,  
14th - foccacia (W) \$5.50, swiss cracked pepper (W) \$6.50,  
21st - foccacia (W) \$5.50, swedish limpa (H&R) \$6.25,  
28th - swiss cracked pepper (W) \$6.50 peanut butter chocolate chip \$5.75

## THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
pumpkin nut spice (W) \$6.25  
ninegrain (H) \$6.50

## FRIDAY

cinnamon bread (M) \$6.75  
challa (W) \$5.75  
pepperoni roll or sweet pepper roll (W) \$7.25  
dakota (H) \$6.50

## SATURDAY

pumpnickel rye (R&H) \$6.25  
apple cinnamon oatmeal (M) \$6.25  
popeye (G) \$6.00  
stuffed potato (W) \$6.50



## DAILY SWEETS

cookies \$1.65 + tax or 6 for \$8.25  
scones 1.65 + tax  
muffins \$1.65 + tax

## SANDWICHES

Made fresh daily to order  
10:00am - 4:00pm  
Check out our sandwich menu  
in the store.



## FRIDAY OCTOBER 30<sup>TH</sup> AND SATURDAY OCTOBER 31<sup>ST</sup>

### Witches Fingers

(white dough with green food coloring)  
50 cents each or a hand for \$2.00



FLOUR INDICATOR  
H - WHOLE WHEAT  
W - WHITE  
R - RYE

M - MIX WHITE & WHOLE WHEAT

## STORE HOURS:

MONDAY - FRIDAY 6:30AM - 6:30PM  
SATURDAY 6:30AM - 5:00PM  
CLOSED SUNDAY  
ORDERS WELCOME (860) 454-4202





# HALLOWEEN AT GREAT HARVEST



**SATURDAY, OCTOBER 31ST**

**DRESS UP IN YOUR BEST HALLOWEEN COSTUME  
AND TRICK OR TREAT AT GREAT HARVEST BREAD.**

**WE WILL BE HANDING OUT  
CANDY TO ALL COSTUMED CHARACTERS.**

*Friday October 30<sup>th</sup> & Saturday October 31<sup>st</sup>*

*Witches Fingers*

*(white dough with green food coloring)*

*50 cents each or a hand for \$2.00*

*(supplies are limited based on the number of witches  
we can capture)*



## **FALL MEANS PUMPKIN AND APPLE SEASON**



**STOP IN FOR YOUR FAVORITE BREADS:  
PUMPKIN SWIRL, PUMPKIN NUT SPICE,  
APPLE CINNAMON OATMEAL, CRANAPPLE WHITE**

**YOU CAN'T FORGET:  
PUMPKIN AND PUMPKIN CHOCOLATE CHIP MUFFINS,  
PUMPKIN CHOCOLATE CHIP SCONES**

*visit our website at:*

*[www.ghbreadct.com](http://www.ghbreadct.com)*

*also find us on Facebook*

*[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)*

*[great.harvest.bread.vernon.ct](http://great.harvest.bread.vernon.ct)*





### 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



## SEPTEMBER 2015 BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON, CT 06066  
(860) 454-4202  
[www.ghbreadct.com](http://www.ghbreadct.com)



visit our fan page at  
[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)

### MONDAY

white cinnamon raisin (W) \$5.75  
pesto parmesan (M) \$6.50  
colonial brown bread (M) \$6.50  
ninegrain (H) \$6.50

### TUESDAY

anadama (M) \$6.50  
breakfast blast (M) \$5.75  
onion dill rye (W&H&R) \$6.25  
sunflower millet flax (H) \$6.50

### WEDNESDAY

apple scrapple (M) \$6.50  
woodstock (H) \$6.50  
bakers choice:  
2<sup>nd</sup> - spelt \$5.75, pizza roll (W) \$6.00  
9<sup>th</sup> - swiss cracked pepper (W) \$6.50, jalapeño cornbread (W) \$6.50  
16<sup>th</sup> - swedish limpa (H&R) \$6.25, pizza roll (W) \$6.00  
23<sup>rd</sup> - swiss cracked pepper (W) \$6.50, jalapeño cornbread (W) \$6.50  
30<sup>th</sup> - pizza roll (W) \$6.00, peanut butter chocolate chip (W) \$5.75

### THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
cinnamon raisin walnut (H) \$6.00  
trailmix (H) \$6.50

### FRIDAY

cinnamon bread (M) \$6.75  
challa (W) \$5.75  
pepperoni roll (W) \$7.25  
sweet pepper roll (W) \$7.25  
dakota (H) \$6.50

### SATURDAY

stuffed potato (W) \$6.50  
white cinnamon raisin walnut (W) \$6.00  
pumpernickel rye (H&R) \$6.25  
papeye (M) \$5.75



### EVERYDAY BREADS

honey whole wheat \$5.25  
country white \$5.00

### DAILY SWEETS

cookies \$1.74 + tax or 6/\$8.75  
scones \$2.12 + tax  
muffins \$2.12 + tax

### STORE HOURS:

MONDAY - FRIDAY 6:30 AM - 6:30 PM  
SATURDAY 6:30 AM - 5:00 PM  
CLOSED SUNDAY  
ORDERS WELCOME (860) 454-4202



visit our fan page at  
[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)



### **BACK TO SCHOOL**

Remember to pack your child a healthy lunch with a sandwich made from our sliced whole wheat breads. Honey whole wheat, anadama, colonial brown bread, many of our seeded breads and country white.

Call and reserve your loaf.



### **START WITH BREAKFAST**

Send the kids off to school prepared for a productive day with a healthy breakfast. Great Harvest breads are loaded with complex carbohydrates that supply the brain and body with energy all day long. Both memory and verbal skills benefit from a nutritious breakfast.

Try something different, make French Toast with many of our great breads:

**CINNAMON CHIP, CHALLA, CINNAMON BREAD  
AND WHITE CINNAMON RAISIN WITH OR WITHOUT WALNUTS.**



### **COLLEGE BOUND**

Don't forget the kids going off to college. Give them a Great Harvest care package filled with their favorite goodies.



visit our website at:  
[www.ghbreadct.com](http://www.ghbreadct.com)





## JUNE 2015 BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON CT 06066  
(860) 454-4202  
www.ghbreadct.com



### EVERYDAY BREADS

honey whole wheat \$5.25  
country white \$5.00

### MONDAY

american rye (W&R) \$6.25  
cinnamon raisin (H) \$6.00  
popeye (M) \$5.75  
dakota (H) \$6.50

### TUESDAY

amadama (H) \$6.25  
cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
ninegrain (H) \$6.50

### WEDNESDAY

american rye (W&R) \$6.25  
cinnamon raisin (H) \$6.00  
popeye (M) \$5.75  
dakota (H) \$6.50

### THURSDAY

amadama (H) \$6.25  
cinnamon chip (W) \$5.75  
trailmix (H) \$6.50  
white cheddar garlic (W) \$6.50

### FRIDAY

cinnamon bread (M) \$6.50  
challa (W) \$5.50  
cinnamon raisin (H) \$6.00  
dakota (H) \$6.50

### SATURDAY

american rye (W&R) \$6.25  
cinnamon chip (W) \$5.75  
popeye (M) \$5.75  
ninegrain (H) \$6.50

[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)

**FLOUR INDICATOR**  
H - WHOLE WHEAT  
W - WHITE  
R - RYE  
M - MIX WHITE & WHOLE WHEAT

### DAILY SWEETS

Cookies \$1.74 + tax or 6/\$8.75

oatmeal walnut choc. chip  
oatmeal raisin  
snickerdoodle  
peanut butter  
peanut butter choc. chip

Scones \$2.12 + tax

cinnamon chip  
blueberry  
peanut butter choc. chip

Quick breads \$7.00 / Muffins \$2.12 + tax

pumpkin chocolate chip  
blueberry coffeecake  
coconut

Bars \$1.65 + tax

power bars  
breakfast bars  
harvest bars

### Other Items

dog bones \$3.00  
croutons \$3.50

### HOURS:

**MONDAY - FRIDAY 6:30AM - 6:30PM**

**SATURDAY 6:30AM - 5:00PM**

**CLOSED SUNDAY**

**ORDERS WELCOME (860) 454-4202**



## AUGUST 2015 BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON, CT 06066  
(860) 454-4202

[www.ghbreadct.com](http://www.ghbreadct.com)



### MONDAY

colonial brown bread (M) \$6.50  
cinnamon raisin walnut (H) \$6.00  
everything (W) \$5.75  
sunflower millet flax (H) \$6.50

### TUESDAY

anadama (M) \$6.25  
onion dill rye (H) \$6.25  
cornbread (W) \$5.75  
woodstock (H) \$6.50

### WEDNESDAY

apple scrapple (M) \$6.25  
focaccia (W) \$5.50  
ninegrain (H) \$6.50

#### **bakers choice:**

5<sup>th</sup> - spelt \$5.75, jalapeno cornbread (W) \$6.50  
12<sup>th</sup> - swedish limpa (H&R), \$6.25, pizza roll (W) \$5.50  
19<sup>th</sup> - jalapeno cornbread (W) \$6.50, pizza roll (W) \$5.50  
26<sup>th</sup> - swedish limpa (H&R) \$6.25, peanut butter chocolate chip (W) \$5.75

### THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
caraway rye (H&R) \$6.25  
trailmix (H) \$6.50

### FRIDAY

cinnamon bread (M) \$6.50  
challa (W) \$5.50  
dakota (H) \$6.50  
pepperoni roll or sweet pepper roll (W) \$7.25

### SATURDAY

american rye (W&R) \$6.25  
stuffed potato (W) \$6.50  
popeye (M) \$5.75  
cinnamon raisin (H) \$5.75

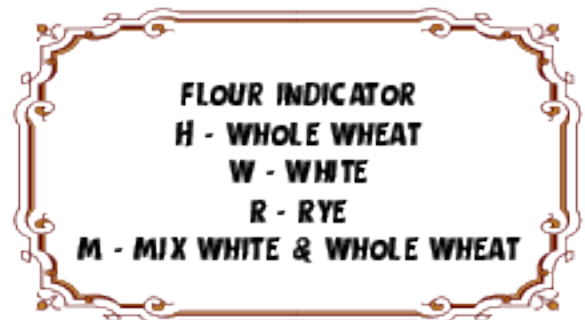
visit our fan page at  
[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)

### EVERYDAY BREADS

honey whole wheat \$5.25  
country white \$5.00

### DAILY SWEETS

cookies \$1.74 + tax or 6/\$8.75  
scones 2.12 + tax  
muffins \$2.12 + tax



MONDAY - FRIDAY 6:30 AM - 6:30 PM  
SATURDAY 6:30 AM - 5:00 PM  
CLOSED SUNDAY  
ORDERS WELCOME (860) 454-4202



## **FRESH FROM THE GARDEN**



*Try our fresh Jalapeno Cornbread.  
made fresh August 5th and 19th. They go very fast, so  
order yours before they sell out.*

## **TOO HOT TO COOK**

*Our Pizza roll, Pepperoni and Sweet Roasted Pepper Rolls  
are quick and easy lunch or dinners.*



## **JOIN GREAT HARVEST BREAD AT THE FARMERS MARKETS**

*HEBRON (corner of Rt 85 & 66) every Saturday  
from 9:00am to 12:30pm.*

*And*

*Botticello Farms Saturday, August 8<sup>th</sup>  
11:00am to 2:00pm  
209 Hillstown Rd., Manchester*







## 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.



## Fresh from our Bakery

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Larger sandwich orders are available upon request.





#### *Salad*

**\$40**

**Add chicken for \$7.50**

A fresh mix of spinach and spring mix lettuce with wedges of tomatoes, sliced onions, raisins, 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.*



[www.tulsaok.greatharvestbread.com](http://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, raisins, sliced almonds, strawberries, feta cheese, croutons and a light raspberry vinaigrette dressing.

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[www.tulsaok.greatharvestbread.com](http://www.tulsaok.greatharvestbread.com)



## 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](http://www.MyWebsite.com)

[www.Facebook.com/myGreatHarvestBread](https://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:

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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?



## GRAND OPENING BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON CT 06066  
(860) 647-8837  
www.ghbreadct.com



### EVERYDAY BREADS

honey whole wheat \$5.25  
country white \$5.00

### FRIDAY

cinnamon chip (W) \$5.75  
cinnamon raisin (H) \$6.00  
white cheddar garlic (W) \$6.50  
dakota (H) \$6.50

### SATURDAY

cinnamon chip (W) \$5.75  
popeye (G) \$5.75  
american rye (W&R) \$6.25  
ninegrain (H) \$6.50



### EVERYDAY SANDWICHES

#### CLASSIC SANDWICHES \$6.11 + tax

turkey & cheese  
ham & cheese  
tuna salad  
roast beef & cheese

#### SIGNATURE SANDWICHES \$7.05 + tax

harvest veggie  
smoked turkey goddess  
spicy pecan chicken salad  
baja chipotle turkey  
pepper bleu roast beef

[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)

### DAILY SWEETS

#### Cookies \$1.74 + tax or 6/\$8.75

oatmeal walnut choc. chip  
oatmeal raisin  
snickerdoodle  
peanut butter  
peanut butter choc. chip

#### Scones \$2.12 + tax

cinnamon chip  
blueberry  
peanut butter choc. chip

#### Quick breads \$7.00 / Muffins \$2.12 + tax

pumpkin chocolate chip  
blueberry coffeecake  
coconut

#### Sweet Bars \$2.59 + tax

savannah (formally mazurkas)  
toe curling brownies

#### Bars \$1.65 + tax

power bars  
breakfast bars  
harvest bars

#### Other Items

dog bones \$3.00  
croutons \$3.50

### HOURS:

MONSDAY - FRIDAY 6:30AM - 6:30PM

SATURDAY 6:30AM - 5:00PM

CLOSED SUNDAY

ORDERS WELCOME (860) 454-4202



## FRESHLY MADE FROM SCRATCH



*Ever wonder why our bread tastes so good? It's because we grind our wheat fresh everyday! We also take that "fresh-ground" to new heights with our mixes. That means our mixes are fresher than anything you can get in the grocery store. Now you can enjoy the same hearty wheat taste and whole grain goodness in our mixes. Take a few home..... your family will love you for it.*

### **FRESH HEARTY CEREALS**

*Now you can enjoy the hot, wholesome goodness of Great harvest right at your own breakfast table!*

*Try a bag of our*

**CINNAMON RAISIN**  
**OR CRANBERRY ALMOND OATMEAL.**

### **CHOCOLATE CHIP COOKIE MIX**

*Makes a perfectly easy treat anytime that taste great.*

### **CROUTONS**

*Made from a variety of bread seasoned perfectly.*

### **DOUBLE FUDGE BROWNIE MIX**

*Makes the perfect after school treat or a quick and easy dessert that is so chocolaty.*

### **WHOLE WHEAT PANCAKE MIX**

*Made from our fresh whole wheat and fresh oatmeal, taste better than any pancake mix you buy in the grocery store.*

### **FRESH GROUND WHOLE WHEAT FLOUR**

*Makes a world of difference. Not only will our flour provide you with more nutrients, but it's guaranteed to make your homemade goodies taste better than ever.*

*NOTE: For optimum freshness, be sure to use fresh ground flour within four weeks from the date of purchase or store in your freezer.*



**REMEMBER WE MAKE ROLLS FROM ALMOST ALL OF OUR BREADS  
JUST ORDER THEM AT LEAST 24 HOUR IN ADVANCE.**

**(WE SELL THEM BY THE DOZEN ONLY.)**

**PRICE OF THE LOAF OF BREAD PLUS 50 CENTS**





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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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	160	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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<i>Serving Size: 1 slice 2 oz (56 g)</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fats (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Carbohydrates (g)</i>	<i>Fiber (g)</i>	<i>Sugar (g)</i>	<i>Protein (g)</i>	<i>Ingredients</i>
<i>Pumpnickel Rye</i>	120	0.5	0	0	0	330	23	5	2	5	Fresh Ground 100% Whole Wheat Flour, Water, Rye Flour, Pumpnickel Rye Flour, Molasses, Yeast, caramel color, Salt, Caraway Seeds, Eggs. CONTAINS: WHEAT, EGGS, AND SOY
<i>Pumpkin Swirl</i>	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.
<i>Raisin Cinnamon Chip</i>	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
<i>Raisin</i>	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
<i>Red, White and Blueberry</i>	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.
<i>Rosemary Garlic</i>	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
<i>Sonoma</i>	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.
<i>Spinach Feta</i>	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.
<i>Star Spangled Swirl</i>	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
<i>Stuffing Bread</i>	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.
<i>Sunflower</i>	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
<i>Swedish Rye</i>	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
<i>Trail Bread</i>	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
<i>Tuscan Herb</i>	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
<i>Walnut Raisin Rosemary Blue Cheese</i>	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.
<i>White Chocolate Cherry Swirl</i>	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
<i>White</i>	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
<i>Whole Grain Goodness</i>	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



## JULY 2015 BREAD SCHEDULE

415 TALCOTTVILLE RD.  
VERNON, CT 06066  
860-454-4202



### CLOSED SATURDAY JULY 4TH

#### MONDAY

colonial brown bread (new) (M) \$7.25  
cinnamon raisin walnut (H) \$6.00  
everything (W) \$5.75  
ninegrain (H) \$6.50

#### TUESDAY

high 5 fiber (H) \$6.50  
onion dill rye (W&R) \$6.25  
anadama (M) \$6.25  
ninegrain (H) \$6.50

#### WEDNESDAY

white cinnamon raisin (W) \$5.75  
apple scrapple (M) \$6.25  
woodstock (H) \$6.50  
bakers choice:  
(1st spelt \$5.75  
8th- foccacia (W) \$5.50  
15th- swedish limpa (W&R) \$6.25  
22nd- foccacia (W) \$5.50  
29th- peanut butter chocolate chip (W) \$5.75)

#### THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
anadama (M) \$6.25  
woodstock (H) \$6.50

#### FRIDAY

cinnamon bread (M) \$6.50  
challa (W) \$5.50  
breakfast blast (H) \$5.75  
trailmix (H) \$6.50

#### SATURDAY

##### CLOSED JULY 4TH

stuffed potato (W) \$6.50  
cinnamon raisin (H) \$5.75  
popeye (M) \$5.75  
pumpnickel rye (H&R) \$6.25

[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)

#### EVERYDAY BREADS

honey whole wheat \$5.25  
country white \$5.00

#### DAILY SWEETS

cookies \$1.85 + tax or 6/\$8.75  
scones \$2.12 + tax  
quick breads \$7.00  
muffins \$2.12 + tax

#### OTHER ITEMS

dog bones \$7.00



#### HOURS:

MONDAY - FRIDAY 6:30 AM - 6:30 PM  
SATURDAY 6:30 AM - 5:00 PM  
CLOSED SUNDAY  
CLOSED JULY 4TH  
ORDERS WELCOME (860) 454-4202



# CELEBRATE A SAFE 4TH OF JULY



**WE WILL BE CLOSED  
SATURDAY JULY 4TH.**



## **OUTDOOR SUMMER FUN**

*All made fresh in our store.*

### **PANCAKE MIX**

*Take them camping, just add oil, water and an egg.*

### **TRAIL MIX**

*A great treat anytime.*

### **GRANOLA**

*Take along some of our fresh granola on your next hiking or road trip..*

## **JOIN GREAT HARVEST AT THE FARMERS MARKETS**

*HEBRON (corner of Rt 85 & 66) every Saturday  
from 9:00am to 12:30pm.*





# Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / [www.tulsaok.greatharvestbread.com](http://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

<b>EVERYDAY</b>	Honey Whole Wheat • Harvest White • Dakota Pumpkin Chocolate Chip
<b>MONDAY</b>	High 5 Fiber • Hummus Bread • Extreme Cinnamon Swirl
<b>TUESDAY</b>	Cranberry Walnut Flax • Asiago Pesto • Cinnamon Chip Jewish Apple Coffee Cake
<b>WEDNESDAY</b>	Cranberry Orange • Low Carb Dakota <b>STUFFING BREAD</b> • Extreme Cinnamon Swirl
<b>THURSDAY</b>	Pumpkin Swirl • Spinach Feta • Cinnamon Crunch Cranberry Orange Pound Cake
<b>FRIDAY</b>	White Chocolate Cherry Swirl • Superfood Bread Cheddar Garlic • Strawberry Shortcake
<b>SATURDAY</b>	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](http://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

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



# NOVEMBER 2015

## BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON, CT 06066  
(860) 454-4202

[ghbreadct.com](http://ghbreadct.com)

## HOLIDAY ORDERS

ALL ORDERS FOR  
**MUST BE MADE BY**  
**MONDAY NOVEMBER 16TH.**

No phone/email/social media  
orders Thanksgiving week

## EVERYDAY BREADS

honey whole wheat (H) \$5.25  
country white (W) \$5.00

## PRE ORDER YOUR VIRGINIA WHITE OR WHEAT ROLLS

Sold by the dozen

### HOLIDAY HOURS:

WEDNESDAY NOVEMBER 25TH

6:30AM - 5:00 PM

**CLOSED THURSDAY NOVEMBER 26<sup>TH</sup>**

**THROUGH**

**SUNDAY NOVEMBER 29TH**

### STORE HOURS:

MONDAY - FRIDAY 6:30AM - 6:30PM

SATURDAY 6:30AM - 5:00PM

CLOSED SUNDAY

ORDERS WELCOME (860) 454-4202

### MONDAY

pumpkin swirl (M) \$7.50  
onion dill rye (H&R) \$6.25  
dakota (H) \$6.50  
pesto parmesan (W&H) 6.25  
23<sup>rd</sup> - virginia white or virginia wheat rolls \$6.50 per dozen

### TUESDAY

anadama (M) \$6.50  
everything (W) \$5.75  
sunflower millet flax (H) \$6.50  
cranberry orange (H) \$6.50  
24<sup>th</sup> - virginia white or virginia wheat rolls \$6.50 per dozen

### WEDNESDAY

apple cinnamon oatmeal (M) \$6.25  
trail mix (H) \$6.50  
bakers choice:  
4<sup>th</sup> - spelt \$5.75,  
1<sup>st</sup> - stuffing bread (H) \$7.25, swedish limpa (H&R) \$6.25  
18<sup>th</sup> - stuffing bread (H) \$7.25, cornbread (W) 5.75  
25<sup>th</sup> - stuffing bread (H) \$7.25, pumpkin nut spice (W) \$6.50  
cinnamon chip (W) \$4.75, white cheddar garlic (W) \$6.50,  
swedish limpa (H&R) \$6.25  
virginia white or virginia wheat rolls \$6.50 per dozen  
quick breads - chocolate fudge brownie, blueberry,  
blueberry cranberry, pumpkin & pumpkin chocolate chip

### THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
white cinnamon raisin (W) \$5.75  
ninegrain (H) \$6.50

### FRIDAY

cinnamon bread (M) \$6.75  
challa (W) \$5.75  
pumpkin nut spice (W) \$6.50  
woodstock (H) \$6.50  
pepperoni roll (W) \$7.25  
sweet pepper roll (W) \$7.25

### SATURDAY

stuffed potato (W) \$6.50  
cinnamon raisin walnut (H) \$6.00  
popeye (W&R) \$6.00  
american rye (W&R) \$6.25



**THANKSGIVING SPECIALS:  
CHECK OUR SPECIAL BREADS FOR  
MONDAY THE 23<sup>RD</sup> TUESDAY THE 24<sup>TH</sup>  
AND  
WEDNESDAY THE 26<sup>TH</sup>**



**ALL ORDERS *MUST* BE PLACED BY  
MONDAY NOVEMBER 16<sup>TH</sup>**

*Pre-order and pre-pay  
your Thanksgiving bread, rolls & sweets  
for an easy pickup.*

**TURKEY STUFFING  
WITH GREAT HARVEST BREAD**

**\*\* (PURCHASE ON WEDNESDAY NOVEMBER 18TH) \*\***

*Stuffing for a 12-16 pound Turkey  
1 loaf of **Great Harvest Stuffing Bread**  
1 stick or 1/2 cup of Sweet Cream Butter  
1 1/2 - 2 cups Chicken Broth or water reserved  
from Giblets*

*Slice the loaf into 2" cubes and store in a brown paper bag for 3 to 4 days before preparing stuffing (or you can dry in the oven for 3 hours at 200 degrees). Place cubes in a large bowl and add in 1 stick of softened butter that has been cut into small pieces. Add enough chicken broth or giblet water to moisten cubes. (Optional: add chopped walnuts or dried cranberries for a mouth-watering feast.) Mix well. Place in a pan on your stove top, cover the pan, heat until liquid absorbs and stuffing is hot. Or place in a casserole dish.*

**THANKSGIVING ROLLS**

*Bring a harvest of flavor to your holiday table with light and buttery **VIRGINIA ROLLS** made from wheat or white flour. Sold by the dozen only at \$6.25 per dozen.  
We can also make rolls from most of our breads, just add 50 cents to the bread price.*

**LOVE YOUR LEFTOVERS!**

*Our **STUFFING BREAD** tastes just like homemade stuffing and makes the ultimate leftover turkey sandwich when joined by turkey, cranberries, and cover in gravy.*

**CLOSING REMINDER:**

*Wednesday November 25<sup>th</sup> closing at 5:00pm.  
Bakery closed Thursday, November 26<sup>th</sup> through  
Sunday, November 29<sup>th</sup> for a much kneaded  
rest. Reopening on Monday, November 30<sup>th</sup>.*



### **TURKEY STUFFING**

*With Great Harvest Stuffing Bread  
\*\* (purchase the Wednesday before  
Thanksgiving week) \*\**

*12-16 pound Turkey  
1 loaf of Great Harvest Stuffing Bread  
1 stick or 1/2 cup of Sweet Cream Butter  
1 1/2 - 2 cups Chicken Broth or water  
reserved from Giblets*

*Slice the loaf into 2" cubes and store in a brown paper bag for 3 to 4 days before preparing stuffing (or you can dry in the oven for 3 hours at 200 degrees). Place cubes in a large bowl and add in 1 stick of butter that has been cut into small pieces. Add enough chicken broth or giblet water to moisten cubes. (Optional: add chopped walnuts or dried cranberries for a mouth-watering feast.) Place stuffing inside of turkey cavity and bake a normal.*

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# THANKSGIVING SCHEDULE



## **MONDAY NOVEMBER 23<sup>RD</sup> 6:30AM - 6:30PM**

*pumpkin swirl (M) \$7.50  
onion dill rye (H&R) \$6.25  
dakota (H) \$6.50  
pesto parmesan (W&H) 6.25  
virginia white or virginia wheat rolls \$6.50 per dozen*

## **TUESDAY NOVEMBER 24<sup>TH</sup> 6:30AM - 6:30PM**

*anadama (M) \$6.50  
everything (W) \$5.75  
sunflower millet flax (H) \$6.50  
cranberry orange (H) \$6.50  
virginia white or virginia wheat rolls \$6.50 per dozen*

## **WEDNESDAY NOVEMBER 25<sup>TH</sup> 6:30AM - 5:00PM**

*apple cinnamon oatmeal (M) \$6.25  
trail mix (H) \$6.50  
stuffing bread (H) \$7.25  
pumpkin nut spice (W) \$6.50  
cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50,  
swedish limpa (H&R) \$6.25  
virginia white or virginia wheat rolls \$6.50 per dozen  
quick breads - chocolate fudge brownie, blueberry,  
blueberry cranberry, pumpkin & pumpkin chocolate chip*



*Place your orders through  
Tuesday, November 16th  
860-454-4202*







# 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, is gluten, and allergen information

Serving Size (Total Fat (g))	Calories	Total Fat (g)	Saturated Fat (g)	Total Fiber (g)	Cholesterol (mg)	Sodium (mg)	Total Sugar (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
Core Bread	90	2.5 4.5	1 .55	0	5 2.5	270 115	28 9.5	1 4.5	4	3	Enriched White Flour (w/ added niacin, iron, calcium, and riboflavin), Water, Corn Flour, Honey, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Salt, Yeast, Eggs, COFFEE AND WHEAT, MILK, SOY AND EGGS.
Core Bread (100% Whole Wheat)	90	2.5 4.5	1 .55	0	5 2.5	270 115	28 9.5	1 12.5	4	4	Fresh Ground 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Salt, Yeast, Eggs, COFFEE AND WHEAT, MILK, SOY AND EGGS.
Jalapeno Core Bread	90	2 2.5	1 .55	0	5 2.5	270 270	28 28	1 3	4	3	Enriched White Flour (w/ added niacin, iron, calcium, and riboflavin), Water, Corn Flour, Honey, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Poppy seeds, Onion (M), Yeast, Oatmeal, Parsley, jalapeno, Salt, Egg, COFFEE AND WHEAT, MILK, SOY AND EGGS.
Jalapeno Core Bread (100% Whole Wheat)	90	4.5 1.5	.55 .15	0	2.5 1.5	115 45	9.5 3.5	12.5 15.5	4	4	Fresh Oatmeal 100% Whole Wheat Flour, Water, Corn Flour, Honey, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Poppy seeds, Onion (M), Yeast, Oatmeal, Parsley, jalapeno, Salt, Egg, COFFEE AND WHEAT, MILK, SOY AND EGGS.
Country	120	0.5 1.5	0 1.5	0	0 1.5	240 45	28 2.5	4 15.5	3	5	Fresh Oatmeal 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs, COFFEE AND WHEAT, MILK, SOY AND EGGS.
Cranial Pepper Sauce	90	4.5 0.5	.55 0	0	2.5 0	125 240	7.5 28	15.5 4	4	7	Fresh Ground 100% Whole Wheat Flour, Water, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Eggs, Yeast, Salt, Eggs, COFFEE AND WHEAT, MILK, SOY AND EGGS.
Cherry Orange	180	0.5 1.5	0 .55	0	0 0.5	240 125	28 9.5	4 15.5	11	4	Fresh Ground 100% Whole Wheat Flour, Water, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Eggs, Orange Peel, COFFEE AND WHEAT, MILK, SOY AND EGGS.
Delite	150	4 4.5	0 .55	0	0 0.5	270 115	28 2.5	4 15.5	5	4	Fresh Oatmeal 100% Whole Wheat Flour, Water, Honey, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Yeast, Salt, Eggs, COFFEE AND WHEAT, MILK, SOY AND EGGS.
Fresh Pull	90	4.5 7.5	.55 1.55	0	2.5 1.5	140 45	28 9.5	1 4.5	5	4	Enriched White Flour (w/ added niacin, iron, calcium, and riboflavin), Water, Corn Flour, Honey, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Salt, Yeast, Eggs, COFFEE AND WHEAT, MILK, SOY AND EGGS.
Rise Oatmeal	120	2.5 2.5	0 1.5	0	0 1.5	240 45	28 7.5	4 15.5	4	5	Water, Fresh Oatmeal 100% Whole Wheat Flour, Honey, Salt, Eggs, COFFEE AND WHEAT, MILK, SOY AND EGGS.
Focaccia	90	1.5 2.5	0 1.5	0	0 0.5	240 15.5	28 10.5	1 4.5	5	4	Enriched White Flour (w/ added niacin, iron, calcium, and riboflavin), Water, Honey, Yeast, Salt, Olive Oil, Orange, Salt, COFFEE AND WHEAT, MILK, SOY AND EGGS.
Golden Wheat, Apple, Cinnamon Chip, Walnut	90	2.5 4.5	0 .55	0	0 1.5	270 125	28 9.5	3 12.5	3	5	Fresh Oatmeal 100% Golden Wheat Flour, Water, Honey, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Eggs, Walnut, COFFEE AND WHEAT, MILK, SOY AND EGGS.
Golden Wheat Chocolate Cherry Swirl	150	2.5 4.5 4.5	1 .55 2	0	5 2.5 2.5	240 105 90	28 10.5 28	3 12.5 2	3	4	Fresh Oatmeal 100% Golden Wheat Flour, Water, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Eggs, Chocolate Chips, Honey, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Parsley, Walnut, and Cinnamon, Salt, COFFEE AND WHEAT, MILK, SOY AND EGGS.
Honest Bushel 1 Brown Rise	90	7.5	1.55	0	12.5	4.5	7.5	2.5	4	3	Water, Culture of Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Eggs, Honey, Oatmeal, Flour, Yeast, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Salt, Yeast, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), COFFEE AND WHEAT, MILK, SOY AND EGGS.
Honest Bushel 1 Brown Rise Bread Delite	90	4 9.5	1.5 .55	0	2.5 2.5	35 2.5	10 4.5	2 2.5	5	4	Water, Culture of Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Eggs, Honey, Oatmeal, Flour, Yeast, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Salt, Yeast, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Parsley, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Walnut, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), COFFEE AND WHEAT, MILK, SOY AND EGGS.
Honest Bushel 1 Brown Rise Bread Cinnamon Chip	90	4 9.5	2 1.55	0	2.5 2.5	20 2.5	25 2.5	2 2.5	9	3	Water, Culture of Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Eggs, Honey, Oatmeal, Flour, Yeast, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Salt, Yeast, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Parsley, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Walnut, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), COFFEE AND WHEAT, MILK, SOY AND EGGS.
Nativity 100% Rye	180	0.5 1.5	0 1.5	0	0 1.5	240 125	28 9.5	4 15.5	3	5	Water, Fresh Oatmeal 100% Whole Wheat Flour, Honey, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Enriched White Flour (w/ added niacin, iron, calcium, and riboflavin), Malt, Yeast, Salt, Eggs, COFFEE AND WHEAT, MILK, SOY AND EGGS.
High 5 Fiber	90	2 5.5	0 .55	0	0 0.5	240 105	28 2.5	5 10.5	5	5	Fresh Oatmeal 100% Whole Wheat Flour, Water, Honey, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Salt, Yeast, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), COFFEE AND WHEAT, MILK, SOY AND EGGS.
High Five Fiber with Blueberries	90	2.5 4.5	0 .55	0	0 0.5	200 2.5	25 2.5	5 10.5	7	5	Water, Fresh Oatmeal 100% Whole Wheat Flour, Honey, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Eggs, Honey, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), Salt, Yeast, Cane and Oatmeal (w/ added niacin, iron, calcium, and riboflavin), COFFEE AND WHEAT, MILK, SOY AND EGGS.



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, ingredients, and allergen information.

Serving Size (Tales 2oz (56 g))	Calories	Fat		Trans Fat	Cholesterol		Sodium		Total Sugar	Fiber	Protein	Ingredients
		g	% DV		g	% DV	g	% DV				
High Country Crust	150	5	0%	0	0	0%	220	4%	4	4	5	Wheat, Fresh Oat and 100% Whole Wheat Flour, Cornstarch Flour, Cornstarch, Soybean Oil, Honey, Yeast, Salt, Eggs, 7-ten Grains, Yeast, Salt, Eggs. CONTAINS WHEAT, SOYBEAN OIL, AND EGG.
		2.5	5%		0.5	1%	7.5	15%				
High Fiber Apple, Cinnamon Chip Walnut	140	2	0%	0	0	0%	220	4%	5	7	5	Fresh Oat and 100% Whole Wheat Flour, Water, Honey, Dried Apple, Cinnamon, Olive Oil, Yeast, Salt, Eggs in our yeast to keep you fit, Walnuts, Malted Flour, Cream of Tartar, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY MILK, SOY, AND ALLEGES.
		2.5	5%		0.5	1%	7.5	15%				
High Fiber Tuscan Herb	140	0.5	0%	0	0	0%	220	4%	5	4	4	Fresh Ground 100% Whole Wheat Flour, Toppings (dry yeast, rosemary, garlic, onion, basil, oregano, thyme, sage, and flaxseed) in our yeast, Honey, Water, Yeast, Malted Flour, Cream of Tartar, Salt, Eggs, Dried Onions, Dried Oregano, Rosemary, Parsley. CONTAINS WHEAT, MILK, SOY, AND SOY.
		1.5	3%		0.5	1%	7.5	15%				
Nosey Whole Wheat	120	0.5	0%	0	0	0%	300	6%	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs. CONTAINS WHEAT, SOY, AND SOY.
		1.5	3%		0.5	1%	7.5	15%				
Irish Baked Potato	150	2	1%	0	5	10%	440	9%	1	4	4	Enriched Wheat Flour (in yeast or preservative to keep you fit), Water, Oil (yeast or preservative to keep you fit), Honey, Water, Yeast, Malted Flour, Cream of Tartar, Salt, Eggs, Dried Onions, Dried Oregano, Rosemary, Parsley, Cream of Tartar, Salt, Eggs, Oil. CONTAINS WHEAT, MILK, SOY, AND SOY.
		2.5	5%		0.5	1%	7.5	15%				
Irish Soda Bread	120	0.5	0%	0	5	10%	180	4%	3	9	4	Oats and Oats meal (in yeast or preservative to keep you fit), Enriched Wheat Flour, Water, Honey, Salt, Eggs, Dried Onions, Dried Oregano, Rosemary, Parsley, Cream of Tartar, Salt, Eggs, Oil. CONTAINS WHEAT, SOY, SOY, AND MILK.
		1.5	3%		0.5	1%	7.5	15%				
Delish Herb Focaccia	150	2.5	0%	0	0	0%	200	4%	1	3	4	Enriched Wheat Flour (in yeast or preservative to keep you fit), Water, Olive Oil, Honey, Salt, Yeast, Oregano, Salt, Dried Onions, Dried Oregano, Parsley. CONTAINS WHEAT AND SOY.
		4.5	9%		0.5	1%	7.5	15%				
Merry Berry	120	0.5	0%	0	0	0%	200	4%	3	9	5	Fresh Oat and 100% Golden Whole Wheat Flour, Water, Honey, Salt, Eggs, Dried Onions, Dried Oregano, Rosemary, Parsley, Cream of Tartar, Salt, Eggs, Oil. CONTAINS WHEAT, SOY, SOY, AND SOY.
		1.5	3%		0.5	1%	7.5	15%				
New Grove	120	0.5	0%	0	0	0%	300	6%	4	4	5	Fresh Oat and 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs, Dried Onions, Dried Oregano, Rosemary, Parsley, Cream of Tartar, Salt, Eggs, Oil. CONTAINS WHEAT AND SOY.
		1.5	3%		0.5	1%	7.5	15%				
Olive or Poppyseed	120	1	0%	0	0	0%	300	6%	4	4	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs, Dried Onions, Dried Oregano, Rosemary, Parsley, Cream of Tartar, Salt, Eggs, Oil. CONTAINS WHEAT, SOY, AND SOY.
		2.5	5%		0.5	1%	7.5	15%				
Olive Drizzle	120	0.5	0%	0	0	0%	220	4%	3	4	4	Wheat, Fresh Ground 100% Whole Wheat Flour, Honey, Enriched Wheat Flour (in yeast or preservative to keep you fit), Olive Oil, Yeast, Salt, Eggs, Dried Onions, Dried Oregano, Parsley, Cream of Tartar, Salt, Eggs, Oil. CONTAINS WHEAT, SOY, AND SOY.
		1.5	3%		0.5	1%	7.5	15%				
Pear	120	3	1%	0	5	10%	500	10%	3	4	5	Enriched Wheat Flour (in yeast or preservative to keep you fit), Water, Fresh Oat and 100% Whole Wheat Flour, Cultured Whey, Honey, Yeast, Salt, Eggs, Dried Onions, Dried Oregano, Parsley, Cream of Tartar, Salt, Eggs, Oil. CONTAINS WHEAT, MILK, SOY, AND SOY.
		4.5	9%		0.5	1%	7.5	15%				
Peanut Butter Chocolate Chip	140	4	1%	0	0	0%	300	6%	3	4	5	Enriched Wheat Flour (in yeast or preservative to keep you fit), Water, Honey, Fresh Oat and 100% Whole Wheat Flour, Peanut Butter, Chocolate Chips, Yeast, Salt, Eggs, Dried Onions, Dried Oregano, Parsley, Cream of Tartar, Salt, Eggs, Oil. CONTAINS WHEAT, MILK, SOY, AND SOY.
		9.5	23%		0.5	1%	7.5	15%				
Pearl Sourd	100	7	3%	0	5	10%	180	4%	4	11	5	Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs, Dried Onions, Dried Oregano, Parsley, Cream of Tartar, Salt, Eggs, Oil. CONTAINS WHEAT, SOY, AND SOY.
		11.5	29%		0.5	1%	7.5	15%				
Pear Bread	140	4.5	1%	0	15	30%	450	9%	2	4	7	Fresh Oat and 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs, Dried Onions, Dried Oregano, Parsley, Cream of Tartar, Salt, Eggs, Oil. CONTAINS WHEAT, MILK, SOY, AND SOY.
		7.5	19%		0.5	1%	7.5	15%				
Poppy	120	1	0%	0	5	10%	270	5%	3	4	5	Enriched Wheat Flour (in yeast or preservative to keep you fit), Water, Olive Oil, Fresh Ground 100% Whole Wheat Flour, Honey, Fats from Olive Oil (in yeast or preservative to keep you fit), Flax Seed, Yeast, Salt, Eggs, Dried Onions, Dried Oregano, Parsley, Cream of Tartar, Salt, Eggs, Oil. CONTAINS WHEAT, SOY, SOY, AND MILK.
		2.5	5%		0.5	1%	7.5	15%				
Poppy (100% Whole Wheat)	120	1.5	0%	0	5	10%	260	5%	3	4	4	Oats and Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt, Eggs, Dried Onions, Dried Oregano, Parsley, Cream of Tartar, Salt, Eggs, Oil. CONTAINS WHEAT, MILK, SOY, AND SOY.
		2.5	5%		0.5	1%	7.5	15%				



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, ingredients, and allergen information.

Survey Spec Name Size (g)	Calories	Fat (g) S.D.V	Saturated Fat (g) S.D.V	Total Fiber (g)	Cholesterol (mg) S.D.V	Sodium (mg) S.D.V	Carbohydrates (g) S.D.V	Fiber (g) S.D.V	Sugar (g)	Protein (g)	Ingredients
Rotolo Olive	150	2 2.5	1 0.5	0	5 2.5	440 14.5	30 10.5	1 0.5	4	4	Enriched Soft Wheat Flour (w/grade of enrichment to vary may), Water, Unleavened Pancake mix (egg white & except eggs in egg mix), Heavy Cream (36%), Yeast, Yeast Food, Salt, Egg, Bland Pepper, Cloves. CONTAINS WHEAT, MILK, SOY, AND EGG.
Reaper's Roll Rye	120	0.5 1.5	0 0.5	0	0 0.5	330 14.5	25 8.5	5 20.5	2	5	Fresh Oat and 100% Whole Wheat Flour, Water, Flax Seed, Unleavened Pancake mix (egg white & except eggs in egg mix), Yeast, Yeast Food, Salt, Cloves, Sesame Seed, Egg. CONTAINS WHEAT, SOY, AND SOY.
Pumpkin Sourd	140	2 2.5	0.5 .25	0	5 2.5	190 6.5	30 10.5	2 0.5	12	3	Enriched Soft Wheat Flour (w/grade of enrichment to vary may), Natural Sweetener Syrup & Pancake mix (egg white & except eggs in egg mix), Fresh Cream (36%), 100% Whole Wheat Flour, Honey, Vanilla, Salt (2%), Yeast, Salt, Egg, Yeast Food, Flax Seed (w/grade of enrichment to vary may). CONTAINS WHEAT, MILK, SOY, AND VANILLA.
Rolls Cinnamon Chip	150	2.5 4.5	0.5 .25	0	0 1.5	340 12.5	35 12.5	3 14.5	12	4	Fresh Oat and 100% Whole Wheat Flour, Water, Cinnamon Chips (w/grade of enrichment to vary may), Flax Seed, Honey, Yeast, Salt, Egg. CONTAINS WHEAT, SOY, MILK AND EGG.
Rolls	120	0 1.5	0 0.5	0	0 0.5	380 12.5	25 9.5	4 15.5	4	5	Fresh Oat and 100% Whole Wheat Flour, Water, Raisins, Molasses, Yeast, Salt, Egg. CONTAINS WHEAT, SOY, AND EGG.
Roll White and Strawberry	140	0 0.5	0 0.5	0	5 2.5	340 15.5	30 10.5	1 0.5	2	3	Enriched White Flour (w/grade of enrichment to vary may), Water, Honey, Oat, Raisins (w/grade of enrichment to vary may), Strawberry, Yeast, Salt, Egg. CONTAINS WHEAT, SOY AND EGG.
Rollberry Gritz	120	0.5 1.5	0 1.5	0	0 1.5	330 14.5	35 12.5	4 15.5	4	5	Fresh Oat and 100% Whole Wheat Flour, Water, Flax Seed, Yeast, Salt, Egg, Oat, Raisins, Fennel seeds, Cloves (w/grade of enrichment to vary may), Raisins, Egg, Pancake mix. CONTAINS WHEAT, MILK, SOY AND EGG.
Savona	140	4 6.5	1.5 .25	0	30 7.5	145 5.5	35 12.5	3	11	5	Fresh Oat and 100% Whole Wheat Flour, Water & Honey, Egg, Oat & Cinnamon (w/grade of enrichment to vary may), Raisins & Raisins (w/grade of enrichment to vary may), Pancake mix, Salt, Oat Flour, Raisins, Honey, Oat, Raisins, Yeast Food, Salt, Cloves, Lemon, Flax Seed and 100% Whole Flour (w/grade of enrichment to vary may). CONTAINS WHEAT, SOY, MILK AND SOY.
Spice of Fate	130	2 5.5	2 10.5	0	15 5.5	400 17.5	10 6.5	2 0.5	4	5	Fresh Oat and 100% Whole Flour (w/grade of enrichment to vary may), Water, Oat Flour, Raisins (w/grade of enrichment to vary may), Raisins, 100% Whole Flour, Raisins, Honey, Egg, Yeast, Salt, Oat & Raisins, Bland Pepper. CONTAINS WHEAT, MILK, SOY AND SOY.
Star Spangled Sourd	150	1.5 2.5	0.5 .25	0	5 2.5	330 12.5	30 10.5	4 14.5	12	4	Fresh Oat and 100% Whole Wheat Flour, Water, Oat & Raisins (w/grade of enrichment to vary may), Raisins, Raisins (w/grade of enrichment to vary may), Pancake mix, Salt, Oat Flour, Raisins, Honey, Oat, Raisins, Yeast, Salt, Egg, Raisin Seed, Raisin Seed. CONTAINS WHEAT, SOY, AND MILK.
Stuffing Bread	100	0 1.5	0 1.5	0	0 1.5	350 12.5	35 7.5	3 12.5	4	4	Fresh Oat and 100% Whole Wheat Flour, Water, Oat, Celery, Honey, Yeast, Salt, Egg, Flax Seed, Pepper, Egg. CONTAINS WHEAT, SOY, AND SOY.
Sweetener	140	2 4.5	0 .25	0	0 1.5	300 12.5	35 12.5	4 14.5	4	5	Fresh Oat and 100% Whole Flour, Water, Raisins, Honey, Salt, Raisin Seed, Yeast, Salt, Egg. CONTAINS WHEAT, SOY, AND EGG.
Sourd Rye	120	1 2.5	0 1.5	0	0 1.5	330 14.5	25 9.5	3 14.5	7	5	Fresh Oat and 100% Whole Wheat Flour, Water, Flax Seed, Enriched Soft Wheat Flour (w/grade of enrichment to vary may), Flax Seed, Yeast, Salt, Egg, Raisins & Raisins (w/grade of enrichment to vary may), Raisin Seed, Raisin Seed. CONTAINS WHEAT, SOY, AND EGG.
Tire Bread	140	2 2.5	0 1.5	0	0 1.5	290 12.5	25 8.5	4 14.5	2	5	Fresh Oat and 100% Whole Wheat Flour, Water, Raisins, Honey, Raisins, Raisin Seed, Yeast, Salt, Egg. CONTAINS WHEAT, SOY, AND SOY.
Tiramisu Herb	120	0.5 1.5	0 1.5	0	0 1.5	350 12.5	35 12.5	4 14.5	5	5	Fresh Oat and 100% Whole Wheat Flour, Raisins (w/grade of enrichment to vary may), Raisins, Water, Yeast, Salt, Egg, Oat, Raisins, Fennel seeds, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed. CONTAINS WHEAT, MILK, SOY AND SOY.
Walnut Raisin Rosemary Blue Cheese	150	4 6.5	1.5 .25	0	10 3.5	330 14.5	25 7.5	3 12.5	5	6	Fresh Oat and 100% Whole Wheat Flour, Water, Blue Cheese, Honey, Salt, Raisins, Yeast, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed. CONTAINS WHEAT, MILK, SOY, VANILLA, AND SOY.
White Chocolate Cherry Sourd	150	2.5 4.5	1.5 .25	0	5 2.5	350 12.5	31 10.5	1 0.5	2	3	Enriched White Flour (w/grade of enrichment to vary may), Water, Oat Flour Raisins (w/grade of enrichment to vary may), White Chocolate Chips (w/grade of enrichment to vary may), Honey, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed. CONTAINS WHEAT, SOY, SOY AND MILK.
White	120	0 0.5	0 0.5	0	0 0.5	400 17.5	20 10.5	1 0.5	5	4	Enriched White Flour (w/grade of enrichment to vary may), Water, Honey, Yeast, Salt, Egg. CONTAINS WHEAT, SOY, AND SOY.
White Greek Goodness	140	2	0	0	0	340	25	4	4	5	Fresh Oat and 100% Whole Wheat Flour, Water, Raisins, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed, Raisin Seed. CONTAINS WHEAT, MILK, SOY AND SOY.



# Great Harvest Bread Co.®

Tulsa, OK / 918-878-7878 / [www.tulsaok.greatharvestbread.com](http://www.tulsaok.greatharvestbread.com)



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'



# OCTOBER 2015 BREAD SCHEDULE

425 TALCOTTVILLE ROAD  
VERNON CT  
(860) 454-4202  
www.ghbreadct.com

## EVERYDAY BREAD

honey whole wheat \$5.25  
country white \$5.00

## MONDAY

pumpkin swirl (M) \$7.50  
autumn apple bread (M) \$6.50 **NEW**  
everything (W) \$5.75  
woodstock (H) \$6.50

## TUESDAY

pesto parmesan (G) \$6.50  
cranapple white (W) \$6.00  
anadama (M) \$6.50  
trailmix (H) \$6.50

## WEDNESDAY

apple scrapple (M) \$6.50  
ninegrain (H) \$6.50  
bakers choice:  
7th - spelt \$5.75, swedish limpa (H&R) \$6.25,  
14th - foccacia (W) \$5.50, swiss cracked pepper (W) \$6.50,  
21st - foccacia (W) \$5.50, swedish limpa (H&R) \$6.25,  
28th - swiss cracked pepper (W) \$6.50 peanut butter chocolate chip \$5.75)

## THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
pumpkin nut spice (W) \$6.25  
ninegrain (H) \$6.50

## FRIDAY

cinnamon bread (M) \$6.75  
challa (W) \$5.75  
pepperoni roll or sweet pepper roll (W) \$7.25  
dakota (H) \$6.50

## SATURDAY

pumpernickel rye (R&H) \$6.25  
apple cinnamon oatmeal (M) \$6.25  
popeye (G) \$6.00  
stuffed potato (W) \$6.50



### DAILY SWEETS

cookies \$1.65 + tax or 6 for \$8.25  
scones 1.65 + tax  
muffins \$1.65 + tax

### SANDWICHES

Made fresh daily to order  
10:00am - 4:00pm  
Check out our sandwich menu  
in the store.



## FRIDAY OCTOBER 30<sup>TH</sup> AND SATURDAY OCTOBER 31<sup>ST</sup>

### Witches Fingers

(white dough with green food coloring)  
50 cents each or a hand for \$2.00



FLOUR INDICATOR  
H - WHOLE WHEAT  
W - WHITE  
R - RYE

M - MIX WHITE & WHOLE WHEAT

### STORE HOURS:

MONDAY - FRIDAY 6:30AM - 6:30PM  
SATURDAY 6:30AM - 5:00PM  
CLOSED SUNDAY  
ORDERS WELCOME (860) 454-4202



# **HALLOWEEN AT GREAT HARVEST**



**SATURDAY, OCTOBER 31ST**

**DRESS UP IN YOUR BEST HALLOWEEN COSTUME  
AND TRICK OR TREAT AT GREAT HARVEST BREAD.**

**WE WILL BE HANDING OUT  
CANDY TO ALL COSTUMED CHARACTERS.**

*Friday October 30<sup>th</sup> & Saturday October 31<sup>st</sup>*

*Witches Fingers*

*(white dough with green food coloring)*

*50 cents each or a hand for \$2.00*

*(supplies are limited based on the number of witches  
we can capture)*



## **FALL MEANS PUMPKIN AND APPLE SEASON**



**STOP IN FOR YOUR FAVORITE BREADS:  
PUMPKIN SWIRL, PUMPKIN NUT SPICE,  
APPLE CINNAMON OATMEAL, CRANAPPLE WHITE**

**YOU CAN'T FORGET:  
PUMPKIN AND PUMPKIN CHOCOLATE CHIP MUFFINS,  
PUMPKIN CHOCOLATE CHIP SCONES**

*visit our website at:*

*[www.ghbreadct.com](http://www.ghbreadct.com)*

*also find us on Facebook*

*[www.facebook.com/](http://www.facebook.com/great.harvest.bread.vernon.ct)*

*[great.harvest.bread.vernon.ct](http://great.harvest.bread.vernon.ct)*







### 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



## SEPTEMBER 2015 BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON, CT 06066  
(860) 454-4202  
www.ghbreadct.com



### MONDAY

white cinnamon raisin (W) \$5.75  
pesto parmesan (M) \$6.50  
colonial brown bread (M) \$6.50  
ninegrain (H) \$6.50

### TUESDAY

aradama (M) \$6.50  
breakfast blast (M) \$5.75  
onion dill rye (W&H&R) \$6.25  
sunflower millet flax (H) \$6.50

### WEDNESDAY

apple scrapple (M) \$6.50  
woodstock (H) \$6.50  
bakers choice:  
2<sup>nd</sup> - spelt \$5.75, pizza roll (W) \$6.00  
9<sup>th</sup> - swiss cracked pepper (W) \$6.50, jalapeño cornbread (W) \$6.50  
16<sup>th</sup> - swedish limpa (H&R) \$6.25, pizza roll (W) \$6.00  
23<sup>rd</sup> - swiss cracked pepper (W) \$6.50, jalapeño cornbread (W) \$6.50  
30<sup>th</sup> - pizza roll (W) \$6.00, peanut butter chocolate chip (W) \$5.75

### THURSDAY

cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
cinnamon raisin walnut (H) \$6.00  
trailmix (H) \$6.50

### FRIDAY

cinnamon bread (M) \$6.75  
challa (W) \$5.75  
pepperoni roll (W) \$7.25  
sweet pepper roll (W) \$7.25  
dakota (H) \$6.50

### SATURDAY

stuffed potato (W) \$6.50  
white cinnamon raisin walnut (W) \$6.00  
pumpernickel rye (H&R) \$6.25  
papeye (M) \$5.75

visit our fan page at  
[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)



### EVERYDAY BREADS

honey whole wheat \$5.25  
country white \$5.00

### DAILY SWEETS

cookies \$1.74 + tax or 6/\$8.75  
scones \$2.12 + tax  
muffins \$2.12 + tax

### STORE HOURS:

MONDAY - FRIDAY 6:30 AM - 6:30 PM  
SATURDAY 6:30 AM - 5:00 PM  
CLOSED SUNDAY  
ORDERS WELCOME (860) 454-4202



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## **BACK TO SCHOOL**

Remember to pack your child a healthy lunch with a sandwich made from our sliced whole wheat breads. Honey whole wheat, anadama, colonial brown bread, many of our seeded breads and country white.

Call and reserve your loaf.



## **START WITH BREAKFAST**

Send the kids off to school prepared for a productive day with a healthy breakfast. Great Harvest breads are loaded with complex carbohydrates that supply the brain and body with energy all day long. Both memory and verbal skills benefit from a nutritious breakfast.

Try something different, make French Toast with many of our great breads:

**CINNAMON CHIP, CHALLA, CINNAMON BREAD  
AND WHITE CINNAMON RAISIN WITH OR WITHOUT WALNUTS.**



## **COLLEGE BOUND**

Don't forget the kids going off to college. Give them a Great Harvest care package filled with their favorite goodies.



visit our website at:  
[www.ghbreadct.com](http://www.ghbreadct.com)





## JUNE 2015 BREAD SCHEDULE

425 TALCOTTVILLE RD  
VERNON CT 06066  
(860) 454-4202  
www.ghbreadct.com



### EVERYDAY BREADS

honey whole wheat \$5.25  
country white \$5.00

### MONDAY

american rye (W&R) \$6.25  
cinnamon raisin (H) \$6.00  
popeye (M) \$5.75  
dakota (H) \$6.50

### TUESDAY

amadama (H) \$6.25  
cinnamon chip (W) \$5.75  
white cheddar garlic (W) \$6.50  
ninegrain (H) \$6.50

### WEDNESDAY

american rye (W&R) \$6.25  
cinnamon raisin (H) \$6.00  
popeye (M) \$5.75  
dakota (H) \$6.50

### THURSDAY

amadama (H) \$6.25  
cinnamon chip (W) \$5.75  
trailmix (H) \$6.50  
white cheddar garlic (W) \$6.50

### FRIDAY

cinnamon bread (M) \$6.50  
challa (W) \$5.50  
cinnamon raisin (H) \$6.00  
dakota (H) \$6.50

### SATURDAY

american rye (W&R) \$6.25  
cinnamon chip (W) \$5.75  
popeye (M) \$5.75  
ninegrain (H) \$6.50

[www.facebook.com/  
great.harvest.bread.vernon.ct](http://www.facebook.com/great.harvest.bread.vernon.ct)

### FLOUR INDICATOR

H - WHOLE WHEAT

W - WHITE

R - RYE

M - MIX WHITE & WHOLE WHEAT

### DAILY SWEETS

Cookies \$1.74 + tax or 6/\$8.75

oatmeal walnut choc. chip  
oatmeal raisin  
snickerdoodle  
peanut butter  
peanut butter choc. chip

Scones \$2.12 + tax

cinnamon chip  
blueberry  
peanut butter choc. chip

Quick breads \$7.00 / Muffins \$2.12 + tax

pumpkin chocolate chip  
blueberry coffeecake  
coconut

Bars \$1.65 + tax

power bars  
breakfast bars  
harvest bars

### Other Items

dog bones \$3.00  
croutons \$3.50

### HOURS:

MONDAY - FRIDAY 6:30AM - 6:30PM

SATURDAY 6:30AM - 5:00PM

CLOSED SUNDAY

ORDERS WELCOME (860) 454-4202