



# Great Harvest Bread Co.®

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**NEW YEAR. NEW RESOLUTIONS. NEW BEGINNINGS.** It's time for everyone to stop settling for store bought bread. We know where our wheat comes from. We know we don't use preservatives or dough conditioners. **WE KNOW WE USE PURE, SIMPLE, AND LOCAL INGREDIENTS** whenever possible, so why settle for stuff that is called bread, but has an ingredient list that reads more like a science project? With January being both National Wheat Flour and National Diet Month, **RESOLVE TO LEAD A HEALTHIER LIFESTYLE** that starts with healthy food. And that includes true, whole grain bread. We make bread that won't make you fat and won't make you sick because **We Make Bread the Way it Ought To Be!**

## TRY SOME OF OUR HEALTHIEST JANUARY BREADS



This amazing bread is full of gluten free Quinoa grain, oat bran, flax seeds and hemp seeds. **(FRIDAY)**

**ATHLETES' BREAD**— This bread will make you feel like an athlete; millet, sunflower, dates, almonds & golden raisins. **(TUES, THURS & SAT)**



**LOWER GLUTEN SPELT**— Spelt is a nutty grain full of the nutrients and fiber you expect from whole grain. **(TUES—THURSDAY, PRE-ORDER)**

**BREAKFAST BAR**— Okay, it's a bar, not a bread, but this fat free bar is full of healthy flax and tasty cranberry. **(DAILY)**



Our make at home **FRONTIER SOUP STARTERS** will help you make soup that tastes even better than homemade soup. This month, we'll give you a **FREE 6-PACK OF ROLLS** with each soup starter purchase. *(Limit 2 per visit)* Also note this offer is good only while we still have rolls in stock that day. We bake them every day—ask us for a taste!!!!

Store Hours: Monday-Friday 7am - 6:30pm, Saturday 7am - 5:30pm Hot fresh bread by 11am  
Full selection and **ALL ORDERS AVAILABLE BY 12:30 PM** Sandwiches 7am-6pm  
*Our Alpharetta store is open on Monday also. (10-630pm)*

# JANUARY



*Daily Bread: Honey Wheat, Honey Wheat and Virginia Rolls, Honey White, Dakota, White Cinnamon Swirl, Fruity Tootie (White Chocolate), King Cakes (Fat Tuesday is Feb 28), Calzones - Walnut Pesto & Pepper-*

## MONDAY

### **WHOLE GRAIN BREADS**

*High 5 (highest fiber)  
Morning Glory  
Living Lite (lowest carbs)*

### **OTHER VARIETIES**

*Ciabatta  
Fiesta Cornbread  
Jam Good Teacake*

## THURSDAY

### **WHOLE GRAIN BREADS**

*Athletes Bread  
Lower Gluten Spelt  
Living Lite Crunch*

### **OTHER VARIETIES**

*Gluten Free Plain  
French Baguette  
Country French  
Morning Glory Teacake*

## TUESDAY

### **WHOLE GRAIN BREADS**

*Lower Gluten Spelt (pre-order)  
Athletes Bread*

### **OTHER VARIETIES**

*Gluten Free Plain  
French Baguette  
Country French  
Morning Glory Teacake*

## FRIDAY

### **WHOLE GRAIN BREADS**

*Superfood Quinoa  
WG Cinnamon Raisin Swirl  
Multi Grain Sourdough (Rye)  
Living Lite*

### **OTHER VARIETIES**

*Ciabatta  
Sourdough  
Parmesan Pesto Sourdough  
Challah  
Apple Scrapple  
Pumpkin Chocolate Teacake*

## WEDNESDAY

### **WHOLE GRAIN BREADS**

*Sprouted Wheat (Ezekiel -5 days sprout)  
Multi Grain Sourdough (Rye)  
Whole Grain Cinnamon Raisin Swirl*

### **OTHER VARIETIES**

*Ciabatta  
Sourdough  
Parmesan Pesto Sourdough  
Pumpkin Chocolate Teacake*



## SATURDAY

### **WHOLE GRAIN BREADS**

*Athletes Bread  
OTHER VARIETIES  
Fiesta Cornbread  
French Baguette  
Country French  
Jam Good Teacake*



# JANUARY SWEETS

## LOW-FAT MUFFINS

(MON, WED, FRI)  
*Double Berry  
Carrot Apple Flax (TUE & THU)  
Chia Pecan Berry  
Apple & Spice*

## SCONE

(DAILY)  
*Cinnamon Chip (MON & FRI)  
Cherry Berry-Oatmeal*

*Drop Biscuit Fri-Sat*

## COOKIES

(DAILY)  
*Dillon (TUE & THU)  
Oatmeal Raisin (WED & FRI)  
Dakota Spice*

## BARS

(MON & THURS)  
*Brownie*  
  
(TUES & THURS)  
**GLUTEN FREE SWEET BAR**  
*3-Chip Chocolate Bars*

## DAILY

*Savannah Bars  
Cinnamon Rolls  
Breakfast Bars*

## CELEBRATING OUR 13TH & 3 YEAR ANNIVERSARY

### SATURDAY JAN 28 2016

*We're 13 & 3 years old. We've been selling the best bread in Georgia for 13 years in our Johns Creek location and for 3 years in our Alpharetta bakery. Thank you for supporting us and helping us thrive selling from scratch, whole grain bread. We couldn't have done it without the loyalty of all our Great Harvest customers and friends. We are having a birthday celebration on **SATURDAY JANUARY 28, 2016, IN JOHNS CREEK AND ALPHARETTA.** We'll be cookin' up some **GREAT HARVEST PANCAKES** for **THE WOUNDED WARRIOR PROJECT.** Come in and have some hot, homemade and, of course, whole-grain pancakes for just a minimum donation of \$3 a stack or whatever additional you'd like to give. All proceeds from the breakfast donated to **HELP WOUNDED VETERANS** as part of the **WOUNDED WARRIOR PROJECT.***

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