PUMPKIN SWIRL
Good and gooey!
Filled with rich pumpkin, cinnamon, brown sugar and spices. This treat is made with organic whole grains.
(Tuesday, Thursday & Saturday)

GHOSTLY TEACAKE
This Halloween specialty is scary good and a must for all chocolate lovers.
It's overflowing with gooey chocolate chips, then layered with a spooky streak of marshmallow.
(Tuesday & Saturday)

CHEDDAR CORN BREAD
Crisp fall nights are perfect for a hot bowl of our FRONTIER SOUP and a warm hunk of Great Harvest corn bread.
Our corn bread is made with fresh corn, honey, buttermilk and savory cheddar cheese.
(Monday & Thursday)

PUMPKIN LOGS
Okay it's not really a log or a bread, it's a cake! But by any name, it's lots of pumpkin, spices and plenty of cream cheese frosting rolled up into a delicate dessert.
(daily)

100% WHOLE GRAIN
PUMPKINS, SPIDERS WITCHES FINGERS
Everyone loves our culinary creations made from 100% Whole Grain. Treat someone special with a healthy treat.
(Pre-order for your holiday gathering)
Kids could win a cookie party for their class. Ask us how they do this in October.

Soup's on!
 Frontier Soup starters are here. Enjoy making soup at home or grab a bowl for lunch at the bakery. Try a cup with lunch. You won't regret it!

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 at 11 am on Mondays
**Daily Bread:** Honey Wheat, Dakota, Honey White, Rolls
White Cinnamon Swirl, Walnut Pesto Pepperoni Calzone

**Monday**

**Whole Grain Breads**
- High 5
- Morning Glory
- Living Lite (low carb)

**Other Varieties**
- Sourdough
- Boo Berry Swirl
- Corn Bread Cheddar
- Corn Bread Jalapeno
- Pumpkin Chocolate Chip Teacake

**Tuesday**

**Whole Grain Breads**
- Organic Spelt
- Sprouted Wheat

**Other Varieties**
- Living Lite
- Pumpkin Swirl & Pecan

**Wednesday**

**Whole Grain Breads**
- Sprouted Wheat
- (Ezekiel - 5 days sprout)

**Other Varieties**
- Autumn Apple Breakfast Bread
- Boo Berry Swirl

**Thursday**

**Whole Grain Breads**
- Organic Spelt
- (lower gluten)

**Other Varieties**
- Living Lite
- Ghostly Chocolate

**Friday**

**Whole Grain Breads**
- High 5 with Berries
- WG Cinnamon Swirl

**Other Varieties**
- Living Lite
- Medley Cheese Sourdough

**Saturday**

**Whole Grain Breads**
- Pumpkin Swirl & Pecan

**Other Varieties**
- Dakota

**Scone**
- (Daily)
  - Cinnamon Chip
  - Vanilla Pecan

**Cookies**
- (Daily)
  - Dillon
  - Turtle Cookie

**Bars**
- (Mon & Thurs)
  - Pecan Pie Bars

**Gluten Free Spice Bar**
- (Tues & Thurs)
  - Baker’s Surprise Bar

**Daily**

- Savannah Bars
- Cinnamon Rolls
- Pumpkin Logs

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**Fresh Sandwiches Served:**
Monday - Saturday, 7 a.m. - 6 p.m. Hot till 5
Try our breakfast sandwiches

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1. **Our whole grain flour is simple.** To get whole grain flour, we put wheat kernels in the mill and fresh whole grain flour comes out. Our wheat kernels are not milled in mass quantities. Unlike commercial milling, each kernel is left intact just as nature intended. (Most commercial whole grain flour has been processed and separated into parts and then reconstituted, which is not as healthy.)

2. **Our whole grain flour is fresh.** As soon as a wheat kernel is ground the nutrients start to deteriorate, which is why we always use our flour fresh within 48 hours of milling so we can get the nutritional value, the flavor, and the quality we want in our bread.

3. **Our bread process is long.** Many commercial types of bread are made using short cuts, so large amounts can be made quickly and inexpensively. We start in the wee hours of the morning to allow time for great flavor. No additives here. The gluten is naturally broken down using our hand-made process.

4. **Our bread is fresh.** We sell bread hot out of our oven. We love fresh bread and want you to experience the delicate flavors and aromas that it produces too. Our bread is sold within one day after it is baked.