



Great Harvest Bread Co.®

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WWW.GETFRESHBREAD.COM

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Alpharetta, GA 30005
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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)*

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)



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)*

100% WHOLE GRAIN PUMPKINS, SPIDERS WITCHES FINGERS



*Everyone loves our culinary
creations made from 100%
Whole Grain. Treat someone
special with a healthy treat.*

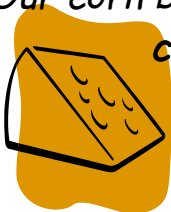
(Pre-order for your holiday gathering)

*Kids could win a cookie party for their class.
Ask us how they do this in October.*

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.*



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 9 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
- (lower gluten)
Living Lite
Pumpkin Swirl (& Pecan)

OTHER VARIETIES

Gluten Free Plain
French Baguette
Country French
Ghostly Chocolate

WEDNESDAY

WHOLE GRAIN BREADS

Sprouted Wheat
(Ezekiel - 5 days sprout)

OTHER VARIETIES

Cranberry Orange Breakfast Bread
Boo Berry Swirl
Medley Cheese Sourdough
Sourdough
Pumpkin Chocolate Chip Teacake

THURSDAY

WHOLE GRAIN BREADS

Organic Spelt
Living Lite Crunch
Pumpkin Swirl (& Pecan)

OTHER VARIETIES

Spinach Feta & Rolls
Corn Bread Cheddar
Corn Bread Jalapeno
French Baguette
Country French
Ghostly Chocolate
Teacake

FRIDAY

WHOLE GRAIN BREADS

High 5 with Berries
Living Lite

OTHER VARIETIES

Cinnamon Chip
Medley Cheese Sourdough
Sourdough
Challah
Apple Scrapple
Bread Pudding
Pumpkin Chocolate
Chip Teacake

SATURDAY

WHOLE GRAIN BREADS

Pumpkin Swirl (& Pecan)
Dakota

OTHER VARIETIES

Cranberry Orange Breakfast Bread
French Baguette
Country French Loaf
Ghostly Chocolate
Teacake

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

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.

**OCTOBER
GOODIES**

**LOW-FAT
MUFFINS**

(MON, WED, FRI)
Cranberry Apple
Dakota Date
(TUE & THU)
Berry Spelt
Carrot Apple Walnut

SCONE

(DAILY)
Cinnamon Chip
(MON & FRI)
Vanilla Pecan
(Wed & Sat)

BISCUIT

COOKIES

(DAILY)
Dillon
Salted Carmel Cookie
(TUE & THU)
Oat Raisin
(WED & FRI)
Monster Cookies

BARS

(MON & THURS)
Pecan Pie Bars
(WED & FRI)
PUMPKIN SPICE BAR
GLUTEN FREE SWEET BAR
(TUES & THURS)
Baker's Surprise Bar

DAILY

Savannah Bars
Cinnamon Rolls
Pumpkin Logs

'like' us on facebook for menu updates, recipes and sweet deals!

