



Great Harvest Bread Co.®

10305 Medlock Bridge Road
Johns Creek, GA 30097
770-622-0222 f/770-622-0100

WWW.GETFRESHBREAD.COM

4915 Windward Parkway
Alpharetta, GA 30005
678-209-2229 f/678-209-2292



PUMPKIN SWIRL

Good and gooey! Filled with rich pumpkin, cinnamon, brown sugar and spices. This treat is made with organic whole grains.



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.

CRANBERRY ORANGE BREAKFAST BREAD



100 % Whole grain bread made with ground orange, dried cranberries, yeast, water, honey & salt. Simple & delicious. Try it for lunch with our homemade chicken salad.

CHEDDAR CORN BREAD

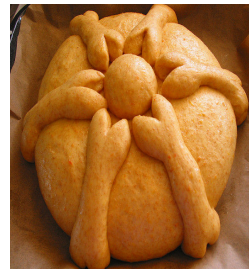
*Crisp fall nights are perfect for a hot bowl of our **FRONTIER SOUP** and a warm hunk of Great Harvest **corn bread**. Our corn bread is made with fresh corn, honey, buttermilk and savory cheddar cheese.*



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)



WHOLE GRAIN PUMPKINS, SPIDERS, DAY OF DEAD BREAD

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 A t the bakery. Try a cup with lunch. You won't regret it! Sign up for e-mail, free soup give away

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
Cranberry Orange
Breakfast Bread
Living Lite (low carb)

OTHER VARIETIES

Sourdough
Boo Berry Swirl
Corn Bread Cheddar
Corn Bread Jalapeno
Pumpkin Chocolate

TUESDAY

WHOLE GRAIN BREADS

Organic Spelt
- (lower gluten)
Living Lite
Pumpkin Swirl (& Pecan)

OTHER VARIETIES

Gluten Free Plain
French Baguette
Country French
Ghostly Chocolate

FRIDAY

WHOLE GRAIN BREADS

High 5 with Berries
Living Lite
Pumpkin Swirl (& Pecan)
Medley Cheese Sourdough

OTHER VARIETIES

Sourdough
Challah
Apple Scrapple
Bread Pudding
Pumpkin Chocolate
Chip Teacake

WEDNESDAY

WHOLE GRAIN BREADS

Sprouted Wheat
(Ezekiel - 5 days sprout)
OTHER VARIETIES
Pan De Muertos (Day of the Dead)
Boo Berry Swirl
Sourdough
Medley Cheese Sourdough
Pumpkin Chocolate



SATURDAY

WHOLE GRAIN BREADS

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

**Fresh Sandwiches Served:
Monday - Saturday,
7 a.m. - 6:30 p.m. Hot till 6
Try our breakfast sandwiches**

THURSDAY

WHOLE GRAIN BREADS

Organic Spelt
Living Lite Crunch

OTHER VARIETIES

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

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 Cherry
Hippie (hemp, chia apple)
(TUE & THU)
Raspberry Orange Ginger
Peach Apple Cinnamon

SCONE

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

BISCUITS

COOKIES

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

BARS

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

DAILY

Savannah Bars
Cinnamon Rolls

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

