

♡. ♡.
CHOCOLATE BLISS



Great Harvest Bread Co.®

10305 Medlock Bridge Road Johns Creek, GA 30097 770-622-0222
www.Getfreshbread.com

WE PROMISE SOMETHING CHOCOLATE EACH AND EVERY DAY IN FEBRUARY

Bring home the passion with one of these chocolate favorites. Choose between two varieties **Double Chocolate Swirl** or **White Chocolate Swirl**, fresh tart cherries are mixed with melted white chocolate, then swirled together in a brown sugar filling. Take one home today. We also have a decadent **Chocolate Passion Teacake**.

LOVING HEART TEACAKES



We're making all of our teacakes in a heart-shaped gift size this month. Bring one home for someone special today.

KING CAKE

FEB 21

This delicious bread is swirled with cream cheese and finely ground pecans, then decorated with purple (justice), green (faith) and gold (power) colors. The "baby" inside is a Almond. *More info on back*

FEBRUARY BREADS♥ Means made with 100% whole grain.

EVERYDAY Honey Wheat♥, Honey White, Dinner Rolls
 Cinnamon Swirl (White), King Cake (Double Nut Swirl or Cinnamon swirl)
 Lunch Calzones (Ricotta, Pepperoni & Vegetarian) Monkey Bread

MONDAY High 5 Fiber♥

Georgia Herb (Rye made with fresh dill)
 Georgia Herb Havarti Swirl
 Living Lite♥ (low cal & low carb)
 Whole Wheat Cinnamon Swirl♥
 Cran-Apple Cinnamon Swirl♥
 Chocolate Passion Teacake & Love Muffin

TUESDAY GLUTEN FREE & GF BLONDIES

Dakota♥ 
 Breakfast Blast♥
 Spinach Feta
 2 Variety (White or Double choc Cherry Swirl)
 Banana Strawberry Crumb Cake

WEDNESDAY

Sprouted Grain (5 days to sprout)♥
 Country Golden Wheat♥ (less sweet)
 Sourdough (Sugar Free)
 Three Cheese Sourdough
 Whole Wheat Cinnamon Swirl♥
 Cran-Apple Cinnamon Swirl♥
 Pumpkin Chocolate Chip Tea Cake

SWEET SPOT


EVERYDAY Rice Krispiy treats

Cinnamon Rolls Cream Cheese Frosting
 Savannah Bars♥
 Biscotti Double Choc Chip
 Low-Fat Oat Bran Fruit Muffin♥
 Runner's High Energy Bars♥
 Cupid Crunch Trail Mix

WEEKEND SWEETS

Bread Pudding
 Mini Toll House Pie
 (Chocolate & Walnut)

THURSDAY

Dakota♥ 
 Living Lite Crunch♥ (low Cal & low carb.)
 Georgia Herb
 Georgia Herb Havarti Swirl
 2 Variety (White or Double choc Cherry Swirl)
 Chocolate Passion Teacake & Love Muffin

FRIDAY

High Omega 3♥ 
 Challah
 Apple Scapple
 Spinach Feta
 Sourdough/Three Cheese Sourdough
 Banana Strawberry Crumb Cake

SATURDAY Dakota♥

Breakfast Blast♥
 Country French
 French Baguettes
 White Chocolate Cherry Swirl
 Chocolate Passion Teacake & Love Muffin

COOKIES

Daily: Pink Swirled Sugar Cookies
 Daily: Dillon Chocolate Chip
 Thurs: Oatmeal Raisin
 Friday: Amanda's Rocky Road
BARS: Tues & Thurs- Mud Bars
 Wed & Fri: Toffee Bars

MUFFINS:

Mon, Wed & Fri: Mixed Berry & Figota
 Tuesday & Thurs: Cranberry Orange
 Sat: Strawberry Rhubarb

SCONES

Mon, Wed & Sat: Cinnamon Chip
 Tues & Thurs: Berry Cream Cheese
 Fri: Apricot Almond Oatmeal

Store Hours: Monday-Friday 7am - 6:30 pm, Saturday 7 am - 5:30 pm Hot fresh bread by 9:30
 Full selection and all orders available by 12:30 pm Sandwiches 11am-6 pm

SHIP A BOX OF LOVE — \$34.99

(Plus Shipping)

Why not let us help you surprise your long distance Valentine with some delectable Great Harvest goodies?



Chocolate Cherry Swirl Bread
6 pack of Giant Cookies
Great Harvest Tea Cake
Fudge Brownie Mix

On-line ordering available at
www.getfreshbread.com

Get a free Loving Heart Teacake if you order before Valentine's Day.



WHOLE GRAIN EDUCATION

We are proud of all the tours we do at Great Harvest. Erika loves to share her background as a Registered Dietitian with any organization that is interested in learning about the benefits of whole grains. Book your tour or talk today. Ask a team member for a tour form.

LOVE YOUR WHOLE GRAINS AND KEEP YOURSELF HEALTHIER IN THE NEW YEAR

WEIGH LESS

Whole-grain foods are digested slowly making us feel "fuller" longer, shutting down hunger sooner, and reducing calorie intake.

BE HEALTHIER

Whole-grains are rich in fiber, vitamins, trace minerals, antioxidants & phytochemicals. These help fend off a host of diseases, including many types of cancer.

LIVE LONGER

Whole grains have been shown to significantly reduce the risks of cancer, heart disease, gastrointestinal disorders and Type 2 diabetes.

CONTEST WINNER ANNOUNCED

Well...almost. By mid-February, we'll announce the winners of our Whole Grain guessing contest. Stay tuned.



KID'S CORNER

Next time you visit be sure to pick up February's Valentine project and decorate it using colored pencils, crayons, paint, ribbon, buttons, dried noodles, or any other crafting favorites. When you bring it back to our bakery, we'll give you a free cookie



The Mardi Gras celebration began in New Orleans in 1837. The carnival season has grown to become the city's largest celebration. The carnival season starts on Jan 6, the day when the Magi were said to have visited the baby Jesus and ends on Fat Tuesday (the day before Ash Wednesday, the start of Lent) No Mardi Gras Celebration is complete without a King Cake. The circular cake represents the circular rotation the kings took to prevent King Herod from finding the baby Jesus.

A traditional Mardi Gras King Cake has a plastic baby hidden in the dough. The one that gets the baby in their cake buys the next King Cake. Since we don't like anything artificial in our bread, we use a pecan to represent the baby. Come in and taste a little bit of New Orleans.