



**GREAT HARVEST**  
BAKERY • CAFE

**OCTOBER BAKES**

Johns Creek Alpharetta  
10305 Medlock Br Rd 4915 Windward Pkwy  
t 770-622-0222 t 678-209-2229  
[www.getfreshbread.com](http://www.getfreshbread.com)

☺ Baker's weekly choices published online & email

**CAFE UPDATE**

- Autumn Melt - pumpkin, apple, bacon
- Greek Salad
- Hot soups - Chicken Stew on Mondays  
- Tomato Pesto (n) on Fridays  
- Other Frontier Soup

**FESTIVE SHAPED WHEAT BREAD**

- Pumpkin - small or large
- Halloween Spider

**DAILY BAKES**

- ☺ Honey Whole Wheat - 5 ingredients!  
Farmhouse White
- ☺ Dakota - nutritious seeds adds great texture
- Cinnamon Swirl - customer favorite!
- BOO Berry Swirl - blueberries & white choc
- ☺ Rolls - Virginia /Honey Wheat / savory
- Calzone - Pepperoni Pesto Parm (n) OR Veg
- ☺ Cinnamon Roll (w/ frosting)  
Pumpkin Choc Chip - teacake/ muffin
- ☺ Low-Fat Fruit Explosion Muffin ☺  
Cinnamon Chip Cream Cheese Scone
- ☺ Dillon Cookie - oatmeal choc chip  
Sugar Frosted Cookie
- ☺ Savannah Bar - fruit n' oat cobbler  
Chocolate Bar ☺
- ☺ Pecan Pie Bar  
Pumpkin Spice Bar
- ☺ Bread Pudding Bar - fruit OR cinnamon  
Pumpkin Cake Log Swirl
- Energy Bar (n) / Harvest Bar  
Shortbread  
Biscotti - various flavors
- Gluten Free - not for severe gluten intolerance  
Bread - great for sandwiches  
Goodies - Teacake, Muffin, Scone, Bar

☺ *Made with freshly milled whole grain flour for best nutrition, flavor & texture*

**MONDAY**

- ☺ High5 Fiber - fibrous flax filled w/ seeds
- Sourdough - European style, 21yr starter
- Sourdough - Savory ☺
- ☺ Living Lite - Low calorie, low carb
- ☺ Autumn Apple Bread  
Chocolate Scone ☺
- Vegan Muffin Goodie ☺
- ☺ Oatmeal Raisin Cookie

**TUESDAY**

- Baguette & Country French / "Italian"
- ☺ Spelt (Organic) - lower in gluten
- Spinach Feta
- ☺ Seeded Bran Muffin (low-fat) ☺
- Lemon Blueberry Teacake
- Ginger Pop Cookie

**WEDNESDAY**

- Savory Roll ☺
- ☺ Living Lite - Low calorie, low carb
- Sourdough - European style, 21yr starter
- ☺ Wholegrain Sourdough
- ☺ Sprouted Wheat (Ezekiel) - 5day sprout
- ☺ Morning Glory - carrot, raisin, walnut, coconut
- ☺ Day of Dead - 10/25 and 11/1 only
- Cornbread - w/ cheddar - fluffy 'n moist!
- Scone ☺ & Cookie ☺

**THURSDAY**

- Baguette & Country French/ "Italian"
- Olive, Oregano & Feta Crusty Loaf
- Pumpkin Cinnamon Swirl - also w/pecans
- ☺ Rye (ON DEMAND) -marble/pumpnickel
- ☺ Snickerdoodle Cookie  
Booberry Cream Cheese Scone
- GHOSTLY Brownie Teacake (egg-free)
- Vegan Lemon Blueberry Muffins

**FRIDAY**

- Sourdough - European style, 21yr starter
- Sourdough - Chunky Cheese Medley
- ☺ Living Lite - Low calorie, low carb
- Challah - brioche-like braided bread
- ☺ Apple Scrapple - dates w/ cookie topping
- ☺ Sonoma - citrus, seeds, raisins & cranberries
- Fruit Teacake ☺
- Pumpkin Scone - w/ cream cheese
- ☺ Oatmeal Raisin Cookie
- ☺ Dakota Seed Date low-fat muffin
- Savory Biscuit ☺

**SATURDAY**

- Sourdough - European style, 21yr starter
- Pretzels - Bavarian-style soft 'n salty
- Cinnamon Chip - sliced toaster loaf
- Cornbread Fiesta - onion/peppers/cheese



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