

GREAT HARVEST

BAKERY | CAFE

OCTOBER BAKES

Johns Creek Alpharetta
10305 Medlock Br Rd 1545 McFarland Pkwy
t 770-622-0222 t 678-209-2229
www.getfreshbread.com

All-Day Cafe - We serve espresso based drinks and a full cafe menu of fresh breakfast & lunch sandwiches & salads.

Caterings - Any size. Local delivery

Gifting - Combine our bakes, fresh spreads, cookies, local foods & curated gift items in a gift basket.

Hot soups - fresh soups made daily from Anderson House soup starter mixes. Available for sale in our lobby.

Cafe Specials - seasonal salad and sandwich melt launching very soon. Remember that we have a plant-based "Just Egg" breakfast sandwich range.

DAILY

- ★ **Honey Whole Wheat** -5 ingredients! Farmhouse White
- ★ **Dakota** -nutritious seeds for great texture!
Cinnamon Swirl -customer favorite!
Tootie Frootie Swirl-berries & 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/SEED Muffin**
Cinnamon Chip Cream Cheese Scone
- ★ **Dillon Cookie** -oatmeal choc chip
Sugar Frosted Cookie
- ★ **Savannah Bar** -fruit n' oat cobbler
Seasonal Bars
- ★ **Bread Pudding Bar**
Pumpkin Oh Logs
Energy Bar (n) / Harvest Bar
Biscotti -various flavors

Gluten Free -not for severe gluten intolerance
Bread -great for sandwiches
Goodies - Muffin, Scone, Bar, Cookie

★ **MADE WITH FRESHLY MILLED WHOLE GRAIN FLOUR FOR BEST NUTRITION, FLAVOR & TEXTURE**

MONDAY

- ★ **High5 Fiber** - fibrous flax filled w/ seeds
Sourdough - Plain / Everything
- ★ **Living Lite** - Low calorie, low carb
- ★ **Autumn Apple** -raisin,seed,oat,maple,nutmeg
Chocolate Scone
- ★ **Oatmeal Raisin Cookie**

TUESDAY

- Baguette & Country French**
Crusty - Cheddar & Cheddar-Jalapeno
- ★ **Spelt (Organic)** - lower in gluten
- ★ **Spinach Feta w/ roasted garlic**
- ★ **Breakfast Blast bread** - cinn chips, oats, dates
- Lemon Blueberry teacake**
Blueberry Cream Cheese Scone
Vegan Muffin
Peanut Butter Cookie

WEDNESDAY

- Sourdough & Kalamata Olive Sourdough**
- ★ **Sourdough** - Multigrain - Cin Raisin Walnut
- ★ **Sprouted Wheat (Ezekiel)** - 5day sprout
- ★ **Morning Glory** - carrot, raisin, walnut, coconut
Oat Scone

Chocolate Bliss Cookie
Cheddar Cornbread

THURSDAY

- Sourdough** - European style, 21yr starter
- ★ **Wholegrain Seeded Sourdough**
Cheddar Garlic / Jalapeno Swirl
- ★ **Apple Scrapple** - dates w/ cookie topping
- Pumpkin Cream Cheese Scone**
Chocolate Ghostly Teacake
Pecan Pie Bar
Seasonal Cookie

FRIDAY

- Sourdough**
Sourdough - Chunky Cheese Medley
- Living Lite** - Low calorie, low carb
- Challah** - brioche-like braided bread
- Fruity Teacake**
Caramel Apple Scone
Pumpkin Spice bar
Cinnamon Chip Bread
- ★ **Oatmeal Raisin Cookie**
- ★ **Dakota Seed Date low-fat muffin**
Savory Biscuit

SATURDAY

- Blueberry Cream Cheese Scone**
Monkey Bread - w/ frosting ★
- Sourdough** - Plain & Cheese
- Pretzels** - Bavarian-style soft 'n salty

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BREAD & GOODIES

Handcrafted daily



Real Food Made Right - wholesome ingredients and made by hand from scratch, so you can feel good about eating our food.

Freshly Milled Difference - For better nutrition and fresher taste from our premium Montana grains.

Bread, the Way it Ought To Be - with real premium honey and using traditional methods, allowing exquisite flavors & textures to develop naturally over time without use of additives nor preservatives. We start early so you can buy hot 'n fresh from the oven.

CLASSIC SANDWICHES

Beyond Fresh.

Includes romaine lettuce, tomato & red onion on Honey Whole Wheat bread with deli mustard and mayonnaise. Other breads available.

Classic Ham & Cheese 550 cal.

Classic Turkey & Cheese 520 cal.

Classic Roast Beef 570 cal.

PB & J 560 cal.

BREAKFAST SANDWICHES

The perfect spot for breakfast!

Delicious freshly-cracked eggs baked to perfection. Combine your choice of cheese, protein, our herb spread, avocado, tomato, spinach and bread.

Available with egg whites or plant-based egg patty.



SIGNATURE SANDWICHES

Fresh made with simple ingredients - SAMPLE

Made-to-order w/ lettuce, tomato & red onion. Available on any bread choice.

Louisville Pecan Chicken Salad
Chunks of white meat chicken mixed with homemade herbed mayo and seasoned pecans.



Mediterranean Madness 510 cal.
Provolone cheese, cucumber, bell pepper, carrots, black olives, and spinach with our homemade walnut pesto and avocado spread.

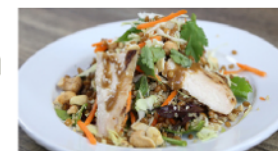


Skinny Mini 330 cal.
Smoked turkey, cucumber, bell pepper, and carrots with deli mustard on Living Lite (lo cal/lo carb) bread.

SALADS

The Greatest Thing Since Sliced Bread! - SAMPLE

Made-to-order - served with a slice of grilled bread. Balsamic Vinaigrette, Asian Miso, and other dressings.



Sesame Chicken Grain Bowl 520 cal.
Mixed greens, cabbage, carrots, roasted wheat berries, quinoa, grilled chicken breast, roasted cashews & peanuts, sesame seeds.

Garden Grain Bowl 530 cal.
Spinach & mixed greens, chopped roasted almonds, sunflower seeds, Feta or Parmesan cheese and fresh sliced fruit. Tossed with wheat berries and quinoa. Add Chicken Salad, Grilled Chicken or Tuna Salad

HOT OFF THE GRILL

Get it hot, get it fresh, get it now! - SAMPLE

Spicy Smoked Turkey 800 cal.
Smoked turkey, roasted peppers and onions, pepper jack cheese, chipotle yogurt on Focaccia.



Johns Creek Club 800 cal.
Turkey, ham and melted cheddar cheese with chipotle mayo on a grilled, seeded whole grain bread.

SOUP OF THE DAY

Made fresh daily using Frontier Soup base or summer cold Gazpacho (fresh tomatoes & veg).