

# Great Harvest Bread Co.®

445 South State Street, Westerville 899-6100

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www.greatharvestwesterville.com



## JULY BREADS

### EVERYDAY

Honey Whole Wheat ☺  
Farmhouse White  
Lemon Pecan  
Asiago Tomato Focaccia ☺  
Pepperoni Rolls

### TUESDAY

Red, White & Blueberry  
Red, White & Blueberry Swirl  
Cinnamon Chip  
Ten Grain ☺  
Pestomatchoke Focaccia ☺  
Marble Rye ☺

☺ = 100% Whole Grain

### WEDNESDAY

Golden Cinnamon Chip ☺  
Cinnamon Raisin Walnut ☺ 7/14 & 7/28  
Trail Mix ☺ - 7/7 & 7/21  
Dakota ☺  
Summer Pepper Focaccia ☺  
Spinach Feta Bread ☺

### THURSDAY

Cinnamon Chip  
Cranberry Orange ☺  
Veggie Rolls ☺  
HealthNut ☺ 7/8 & 7/22  
Harvest Wheat ☺ 7/1, 7/15, 7/29  
High 5 Fiber ☺  
Greek Focaccia ☺

### FRIDAY

Firecracker ☺  
Apple Cinnamon Chip ☺  
Whole Grain Goodness ☺  
Challah  
Hamburger Buns 1/2 ☺  
Nacho Focaccia ☺

### SATURDAY

Cinnamon Swirl  
Woodstock ☺  
Cheddar Garlic  
Jalapeno Cheddar Garlic  
Bacon Jalapeno Cheddar Garlic  
Red White & Blueberry  
Red White & Blueberry Swirl  
Pesto Portobello Focaccia ☺

## ROTARY 4TH OF JULY PARADE

Saturday, July 3rd !!

Stock up on Red, White & Blueberry Bread,  
Swirl, Cookies & Berry Bars on July 2nd.

We will also have our delicious Hamburger Buns,

Focaccias, and Pepperoni Rolls on July 2nd for your picnic or cookout.

**(WE WILL BE OPEN ON SATURDAY THE 3rd FROM 7a.m. TO 12 NOON.)**

### MORNING TREATS

#### MUFFINS:

Doughnut Muffins  
Peach Granola ☺

#### SCONES:

Raspberry Cream Cheese  
Baker's Choice  
Red, White & Blueberry 6/29-7/03  
Cinnamon Rolls & Pecan Rolls everyday!



#### COOKIES:

Molasses Cookies  
Chocolate Chip Walnut

#### BERRY BARS

Raspberries, blueberries or  
cherries on a rich cookie crust.

#### OTHER TREATS:

Granolas\* Trail Mix\* Whole Grain Pancake Mix\* Oatmeal  
Mixes\* Biscotti \* Energy Bars \* Dog Biscuits

### TREATS



## THE HORSTMAN FAMILY BREAD STORE

Store Hours: Tues. - Sat. 7:00 AM - 6:30 PM  
Hot bread each day at 9:30 AM with a full selection by 1:00 PM. Sliced bread by 2:00 pm

## GREAT HARVEST ENERGY BARS A GREAT, HEALTHY POOL SNACK

Oats, cranberries, honey, dates, Krema natural almond or peanut butter, oat bran, ground flax seed, cinnamon, nutmeg, salt, vanilla & almond extract. An excellent snack for runners, hikers and swimmers.

**ALSO AVAILABLE WITH CHOCOLATE CHIPS!**



## GRILL YOUR GREAT HARVEST BREAD

Gently brush slices with olive oil and pop it on the grill.

Serve our breads with steak, fish, chicken or chops.

Focaccias already have olive oil in them, and can be tossed on the grill as is (you won't believe how the flavor is brought out by the grill!!)

### FOR YOUR BURGER

We are baking our Burger Buns on Fridays.  
4 for \$2.50

Or for a gourmet twist, cut a square piece of focaccia & flip the toppings inside to top your burger (trust us)!

If you have an extra minute set the whole thing back on the grill. Yum!

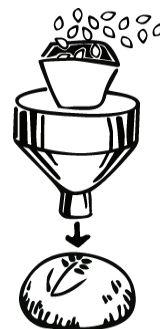


## GREAT HARVEST BREAD DOES IT RIGHT!!

### WHY DO WE MILL THE HIGHEST QUALITY WHEAT IN THE STORE EVERYDAY?

IT TASTES BETTER! Just as a cup of coffee tastes better when the beans are freshly ground, our breads taste fresher and more wholesome because we grind the wheat kernels fresh everyday. The minute you crush a wheat kernel it starts to lose it's nutrients, so the sooner fresh ground flour is used, the more nutritious it will be, which means it's better for you! We use a stone mill that results in better flour. It is a slower, cooler process that preserves more flavor and nutritional value by giving you the benefit of the whole kernel which includes bran and wheat germ. Because our flour is so fresh, our breads stay fresh for 7 to 10 days without the use of preservatives.

**IT TASTES GOOD AND IT'S GOOD FOR YOU!**



## HOW CAN GREAT HARVEST HELP YOU GET YOUR 3 DAILY SERVINGS?

1 slice (50 g) of Honey Whole Wheat (or any Great Harvest 100% whole grain bread)= 1/2 SERVING

1/2 cup (56g) Groovy Granola= 1 SERVING

1 100% Whole Grain Oatmeal Chocolate Chip Walnut Cookie= 1 SERVING

**REMEMBER!** a healthy body and proper weight management require that you control your calorie intake and eat from a wide range of food groups. We're not suggesting you binge on our Oatmeal Chocolate Chip Walnut cookies just because they are made from whole grains...all we are saying is, if you're going to eat the occasional cookie, it might as well be made with whole grains!



### TAKE US ON VACATION!

We miss you when you're gone!  
Don't forget to pack up some of your favorite breads & cookies for the trip.

### SEND US A POSTCARD!

We'll post it in the bakery. When you return we'll reward you with a **FREE** loaf of Honey Whole Wheat!



## COMING IN AUGUST

Buckeye Bread

&

Buckeye Cookies

