

MARDI GRAS



CARNIVAL SEASON IS JAN. 6- FEB 25

King Cake Available:

Every Thurs & Fri Jan 9- Feb 25

Then daily: Feb 20-Feb 25

More details on the back.

Great Harvest Bread Co.®

12268 Rockville Pike #A • Rockville, MD • 20852 • PH 301/770 - 8544

DAILY BREADS:

- Challah
- Old Fashion White
- Honey Whole Wheat
- Dakota

MENU-JANUARY 2020

= 100% Whole Grain Bread using hand-selected non-GMO wheat, which we grind-fresh daily.

= >50% Whole Grain Bread

MONDAY Cinnamon Blast * White Choc. Sour Cherry Swirl
 Cranberry Orange * Cinn. Chip Challah * Spinach Provolone
 Dr. B's Bread * Red White & Blueberry Swirl -Jan. 20

TUESDAY Cinn. Chip Pecan Swirl * Cinn. Chip Challah
 Cinn. Raisin Walnut * Super Food Bread * Cheddar Garlic
 Jewish Rye -(Jan. 7 & 21 only)

WEDNESDAY Cinnamon Blast * White Choc. Sour Cherry Swirl
 Cinnamon Chip Challah * Cranberry Orange
 Spinach Provolone

THURSDAY Apple Bear Claw * Cinnamon Swirl
 Cinn. Chip Challah * Choc. Babka * King Cake
 Spinach Provolone * Dr. B's Bread—Low Carb

FRIDAY Cinn. Chip Challah * Butterscotch Challah * Raisin Challah
 Cinnamon Blast * White Choc. Sour Cherry Swirl
 King Cake * Super Food Bread
 Choc. Babka * Cheddar Garlic

SATURDAY & SUNDAY Cinnamon Swirl * Apple Bear Claw
 Dakota * Babka * Cranberry Orange
 Popeye * Cinnamon Chip Challah

SWEET SPOT

COOKIE Buy individually or as a 6-pack

- Ginger Bops ... Daily
- Choc. Chip Tollhouse ... Daily
- Chocolate Chip Oatmeal .. Daily
- Raisin Cinn. Oatmeal ... Daily

MUFFIN . Buy individually or as a 4-pack

- Pumpkin Spice ... Daily
- Pumpkin Choc. Chip ... Daily
- Blueberry Lemon ... Thur-Sun
- Cinn. Chip Apple ... Mon-Wed

TEACAKES

- Pumpkin Spice ... Daily
- Pumpkin Choc. Chip ... Daily
- Jewish Apple Cake ... Mon. Fri-Sun
- Blueberry Lemon ... Tue & Wed
- Corn Bread ... Thurs-Sun
- Jalapeño Corn Bread ... Thurs-Sun

SCONE Buy individually or as a 4-pack

- Raspberry Scone ... Daily
- Cinnamon Chip Scone ... Daily
- Blueberry White Choc ... Daily



SOUP'S ON!!!

HEARTY SOUPS & WHOLE GRAIN BREADS!

During the cold winter months, is there anything quite as cozy as a steamy cup of soup with warm dinner rolls?

Pick up a package of our gourmet soup mix and receive a **FREE half-dozen** Made-from-scratch, fresh **Honey Whole Wheat** or **Challah** rolls.

No Coupon Needed! (limit 2 per visit)

Take advantage of this hot, delicious offer in January!



RED WHITE & BLUEBERRY SWIRL BREAD

Martin L. King Day
Jan. 20

**WE USE NON-GMO WHEAT
NON-IODIZED SALT**

Sign up to receive our menu @
www.greatharvestrockville.com

STORE HOURS: MONDAY—FRIDAY 7am - 7pm * SATURDAY 7am - 6pm * SUNDAY Noon - 5pm



MARDI GRAS

celebration began in New Orleans in 1837. The carnival season has grown to become the city's largest celebration. The carnival 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 Lent begins.

No **Mardi Gras** celebration is complete without a **King Cake**. The pastry is thought to have originated in France in the 12th century. The circular cake with the hole in the middle represents the circular route the kings took to prevent King Herod from finding baby Jesus.

Traditionally the **Mardi Gras King Cake** is baked with a small plastic baby hidden inside. The person who gets the baby in their piece of **King Cake** is expected to provide the next cake (or throw the next party.) Get in on the excitement. Do it every Friday at work or throw your own party with your friends and neighbors. We will make the **King Cake** every Thurs–Fri. starting Jan. 9th ending Fat Tuesday, Feb 25th.

Each **King Cake** is decorated in the traditional **Mardi Gras** colors of purple (justice), green (faith), and gold (power), and comes in a festive box along with 3 coins, 3 strings of beads, and a plastic baby figure to hide in the cake.



Available every Thursday-Friday
Then daily Feb. 20–Feb. 25th

HELP YOURSELF TO A HEALTHY WHOLE-GRAIN YEAR!!!



WHY EAT GREAT HARVEST WHOLE WHEAT BREAD?

Simple, we grind our own whole wheat flour and bake it into bread within 48 hours!

Superior flavor! Superior nutrition! You can really taste the difference.

What is the difference between store bought whole wheat bread and Great Harvest bread? Store bought bread is usually made from flour that is pre-baked. Can you imagine, baking just the flour to make it shelf stable? This is done in-order to store the ground flour for months on end. Doing so decreasing the flavor and nutrition of the bread.

Eat Great Harvest whole grain bread. Get all of the flavor and all of the nutrition.

WEIGH LESS.

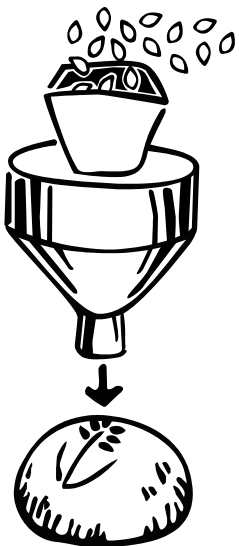
Whole-grain foods are digested slowly, making us feel "fuller" longer, shutting down hunger sooner, and reducing calorie intake.

LIVE LONGER.

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

BE HEALTHIER.

Whole-grains are rich in fiber, vitamins, trace minerals, & antioxidants. Proven to help fight disease and cancer.



100% WHOLE GRAIN BREADS:

- HONEY WHOLE WHEAT
- DAKOTA
- SUPERFOOD BREAD
- CINN. RAISIN WALNUT
- CRANBERRY ORANGE

50% OR BETTER WHOLE GRAIN BREADS:

- CINNAMON SWIRL
- APPLE BEAR CLAW
- SPINACH PROVOLONE
- POPEYE