

MARDI GRAS



King Cake made:

Every Thurs. & Fri.
Jan. 6 - Feb. 28.
Daily: Feb 23-Feb 28
See back for details.



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-FEBRUARY 2017

= 100% Whole Grain Bread using hand-selected wheat, which we grind-fresh daily in our bakery.

= >50% Whole Grain Bread

MONDAY Cinnamon Blast * White Choc. Sour Cherry Swirl
Cinnamon Chip Challah * Dakota * Margherita Pizza Bread
Special Red White & Blueberry Swirl -President's Day, Feb. 20 **Special**

TUESDAY Cinnamon Swirl * Apple Bear Claw
 Popeye * Nine Grain * Cranberry Crunch
Special (Gluten Free * Gluten Free Cinn. Chip -Baked Feb. 7 & 21 only) **Special**

WEDNESDAY Cinnamon Blast * White Choc. Sour Cherry Swirl
 Virginia Rolls * Butterscotch Challah
 Superfood Bread * Popeye
Special Pumpkin Swirl 2/8 Only **Special**

THURSDAY Cinnamon Swirl * Apple Bear Claw
 High-5-Fiber * Cherry Walnut * Spinach Provolone
* King Cake * Cinnamon Chip Challah * Choc. Babka

FRIDAY Butterscotch Challah * Cinn. Chip Challah * Raisin Challah
Cinnamon Blast * White Choc. Sour Cherry Swirl
NEW Virginia Rolls * Spinach Provolone
King Cake * Choc. Babka

SATURDAY & SUNDAY Cinnamon Swirl * Apple Bear Claw
 Dakota * Spinach Provolone * Choc. Babka

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
- Choc. Bliss Cookie ... Thur-Sun
- ... Plus Mon-Tues Feb. 13 & 14

TEACAKES

- Pumpkin Spice ... Daily
- Pumpkin Choc. Chip ... Daily
- Corn Bread ... Tue-Wed
- Sweet Potato Date Walnut. Thur-Fri
- Jewish Apple Cake ... Mon. Fri-Sun
- Choc. Brownie ... Mon, Tue & Sat

MUFFIN . Buy individually or as a 4-pack

- Pumpkin Spice ... Daily
- Pumpkin Choc. Chip ... Daily
- Sweet Potato Date Walnut. Thur-Fri
- Choc. Brownie ... Mon, Tue, & Sat
- Cheddar Corn Bread ... Tue-Wed

SCONE Buy individually or as a 4-pack

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



CHOCOLATE BROWNIE HEART

Available:
Thur-Tues
Feb. 9-14



RED WHITE & BLUEBERRY SWIRL BREAD
PRESIDENT'S Day
FEB. 20, 2017



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 February!

WE USE 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 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 Lent begins.

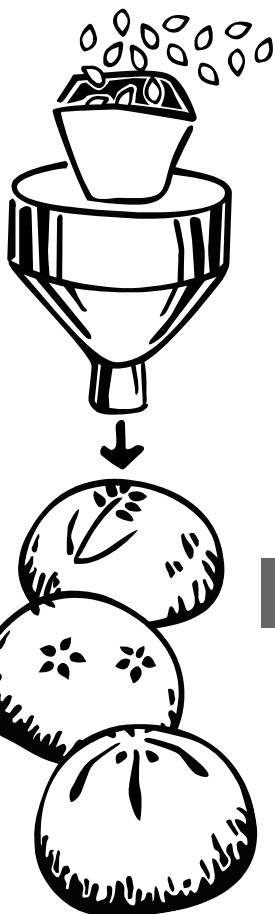
No Mardi Gras celebration is complete without a King Cake. The pastry is thought to have originated in France in the 12th century. The circular cake with the hole in the middle represents the circular route the kings took to prevent King Herod from finding baby Jesus.

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. 6th ending Fat Tuesday, Feb 28th.

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.



King Cake \$18.95ea
Available every Thursday-Friday
Then daily Feb. 23—Feb. 28th



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



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
- CHERRY WALNUT
- DAKOTA

- HIGH 5 FIBER
- NINE GRAIN
- BROWN RICE & QUINOA BREAD

50% OR BETTER WHOLE GRAIN BREADS:

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