

# MARDI GRAS



King Cake made:  
Every Thurs. & Fri.  
Jan. 5— Feb. 14.  
Daily: Feb 7-Feb 14  
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 2018

= 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  
Cinnamon Chip Challah \* Dakota \* Margherita Pizza Bread  
**Special** Red White & Blueberry Swirl -President's Day, Feb 19 **Special**

**TUESDAY** Cinnamon Swirl \* Apple Bear Claw  
 Popeye \* High-5-Fiber \* Cranberry Orange  
Cinnamon Chip Challah

**WEDNESDAY** Cinnamon Blast \* White Choc. Sour Cherry Swirl  
 Virginia Rolls \* Butterscotch Challah  
 Superfood Bread \* Spinach Provolone  
 **Special** Pumpkin Swirl 2/28 Only **Special**

**THURSDAY** **NEW** Red White & Blueberry Swirl **NEW**  
Cinnamon Chip Challah \* Flax Oat Bran \* Cheddar Garlic  
**Special** King Cake (ends 2/14) \* Choc. Babka \* **NEW** Apple Scrapple

**FRIDAY** Butterscotch Challah \* Cinn. Chip Challah \* Raisin Challah  
Cinnamon Blast \* White Choc. Sour Cherry Swirl \*  
 Spinach Provolone \* Super Food Bread \* Choc. Babka  
**Special** King Cake (ends 2/14) **Special**

**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 ... Thurs-Sun

### TEACAKES

- Pumpkin Spice ... Daily
- Pumpkin Choc. Chip ... Daily
- Jewish Apple Cake ... Mon. Fri-Sun
- Banana Nut ... Mon & Sat
- Apricot Almond ... Tue & Wed
- Choc. Brownie ... Thurs-Fri

### MUFFIN . Buy individually or as a 4-pack

- Pumpkin Spice ... Daily
- Pumpkin Choc. Chip ... Daily
- Banana Nut ... Mon & Sat
- Apricot Almond ... Tues-Fri

### SCONE Buy individually or as a 4-pack

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

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

Sign up to receive our menu @  
[www.greatharvestrockville.com](http://www.greatharvestrockville.com)



## CHOCOLATE BROWNIE HEART

Available:  
Tues-Wed.  
Feb. 13-14

**CHOC. BROWNIE**  
Thur-Fri.

## CHOCOLATE BLISS COOKIES

AVAILABLE:  
THURSDAY — SUNDAY  
IN FEBRUARY AND  
FEB. 12-14



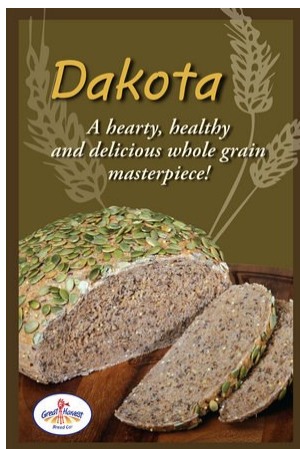
## RED WHITE & BLUEBERRY SWIRL BREAD

Pres. Day,  
Washington's B-  
day & Thur.  
Feb. 19th & 22nd

## DAKOTA

100% whole grain  
w/ pumpkin seeds,  
sesame seeds  
sunflower seeds  
& millet seeds!

Baked Daily  
Comes in a round  
or sliced loaf.



**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. 5th ending Fat Tuesday, Feb 13th.

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. 7–Feb. 14th

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



### WHY 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.

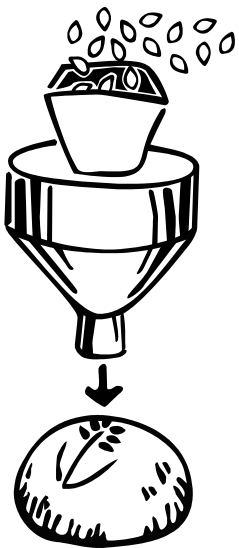
Whole-grain foods are digested slowly, making us feel "fuller" longer, shutting down hunger sooner, and reducing calorie intake.

#### 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
- CRANBERRY ORANGE
- NINE GRAIN
- WOODSTOCK
- BROWN RICE & QUINOA BREAD

### 50% OR BETTER WHOLE GRAIN BREADS:

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