

MARDI GRAS

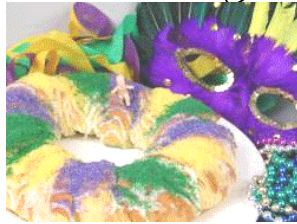


Great Harvest Bread Co.®

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

King Cake made:

Every Thurs. & Fri.
Jan. 10— March 5th.
Daily: Feb 28-Mar. 5
See back for details.



DAILY BREADS:

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

MENU-FEB. 2019

= 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 * Spinach Provolone
Special Red White & Blueberry Swirl 2/18 **Special** President's Day

TUESDAY Cinnamon Swirl * Apple Bear Claw
Cinnamon Chip Challah * Margherita Pizza Bread
Special Woodstock 2/19 * **Special** 9-Grain 2/26 **Special**

WEDNESDAY Cinnamon Blast * White Choc. Sour Cherry Swirl
 Cranberry Orange * Superfood Bread * Spinach Provolone

THURSDAY Cinnamon Swirl * Apple Bear Claw * Choc. Babka
Cinnamon Chip Challah * Dakota * Jewish Rye
NEW King Cake **NEW**

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

SATURDAY & SUNDAY Cinnamon Swirl * Apple Bear Claw
 Dakota * Popeye * Choc. Babka
Special Guinness-N-Gouda Feb. 2 **Special**

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 ... Thurs- Sun

TEACAKES

- Pumpkin Spice ... Daily
- Pumpkin Choc. Chip ... Daily
- Jewish Apple Cake ... Mon. Fri-Sun
- Banana Nut ... Mon & Sat
- Cornbread ... Tue-Fri
- Choc. Brownie **NEW** ... Thurs-Sun

MUFFIN . Buy individually or as a 4-pack

- Pumpkin Spice ... Daily
- Pumpkin Choc. Chip ... Daily
- Cornbread ... Tue-Fri
- Banana Nut ... Mon & Sat

SCONE Buy individually or as a 4-pack

- Raspberry Scone ... Daily
- Cinnamon Chip Scone ... Daily

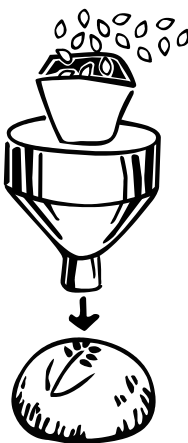
BREAD PUDDING ... Daily

Eat Whole Grains

Time to get back in shape and eat right. Start your day with our fresh milled whole grain breads.

- Honey Whole Wheat
- Dakota
- Super Food Bread
- Cranberry Orange
- Woodstock
- 9-Grain

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



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 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. 10th ending Fat Tuesday, March 5th.

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. 28–March 5th

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



IS GREAT HARVEST WHOLE WHEAT BREAD WORTH THE TRIP?

Yes! 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.

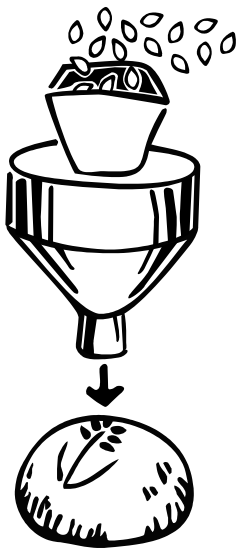
Whole-grain foods are digested slowly, making us feel "fuller" longer, shutting down hunger sooner, and reducing calorie intake.

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
- JEWISH RYE