

# HAPPY MOTHER'S DAY!

May 13th

## GET YOUR MOTHER WHAT SHE LOVES.

- White Choc. Sour Cherry Swirl
- Apple Bear Claw
- Chocolate Brownie Heart
- Pumpkin Yumkin Heart
- Cinnamon Rolls
- Butter Bell



**JEWISH RYE**

### JEWISH RYE BREAD

New and oh so good! Now you can make the best Ruben right at home. Just add corn beef, sauerkraut, Swiss cheese, and Thousand Island Dressing.

**Baked:** Tuesday's & Friday's



**HALLAH FOR CHALLAH**

- Challah ... Daily
- Cinnamon Chip Challah ... Everyday but Wednesday.
- Butterscotch Challah ... Wed & Fri
- Golden Raisin Challah ... Friday

Light Citrusy & bursting with Blueberries

### Lemon Blueberry Coffee Cake



**Baked:** Tues & Wed.

# 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-MAY 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  
Pumpkin Swirl (5/14)

**TUESDAY** Cinnamon Swirl \* Apple Bear Claw  
 Popeye \* Jewish Rye  
 Irish Soda Bread (5/8 & 5/22) \* Cinnamon Chip Challah

**WEDNESDAY** Cinnamon Blast \* White Choc. Sour Cherry Swirl  
 Virginia Rolls \* Butterscotch Challah  
 Superfood Bread \* Spinach Provolone

**THURSDAY** Cinnamon Swirl \* Apple Bear Claw  
Choc. Babka \* Cinnamon Chip Challah \* Parmesan Pesto  
Flax Oat Bran (5/10) \* Nine Grain (5/24)

**FRIDAY** Butterscotch Challah \* Cinn. Chip Challah \* Raisin Challah  
Cinnamon Blast \* White Choc. Sour Cherry Swirl  
 Spinach Provolone \* Superfood Bread  
 Jewish Rye \* Choc. Babka

**SATURDAY & SUNDAY** Cinnamon Swirl \* Apple Bear Claw  
 Popeye \* Dakota  
Choc. Babka \* Red White & Blueberry Swirl 5/19, & 25-28

## 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
- Banana Nut ... Mon & Sat
- Blueberry Lemon ... Tues-Fri

### TEACAKES

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

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

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

**BREAD PUDDING** ... Daily

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

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

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

**WHOLE GRAIN WEDNESDAY!!!!**  
**10% OFF any Whole Grain bread.**  
*-Pick from-*  
**HONEY WHOLE WHEAT \* SUPERFOOD BREAD**  
**DAKOTA \* JEWISH RYE**

Special

Special

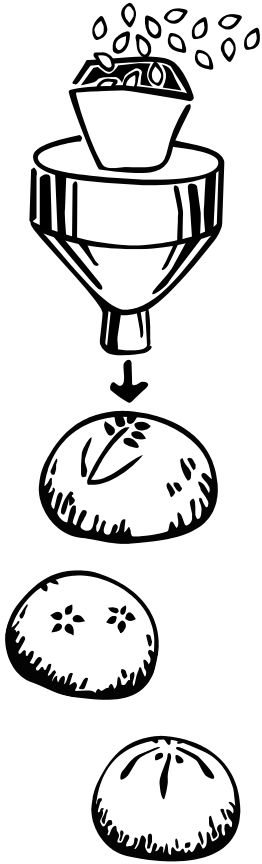
**HELP YOURSELF TO A HEALTHY WHOLE-GRAIN YEAR!!!**




**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.

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
  - HIGH-5-FIBER
  - DAKOTA
  - 9-GRAIN
  - SUPERFOOD BREAD
  - BROWN RICE & QUINOA BREAD
  - FLAX OAT-BRAN

- 50% OR BETTER WHOLE GRAIN BREADS:**
- CINNAMON SWIRL
  - APPLE BEAR CLAW
  - JEWISH RYE
  - POPEYE
  - SPINACH PROVOLONE
  - VIRGINIA ROLLS
  - IRISH SODA BREAD