



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, March 4th.

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–Mar 4th

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.

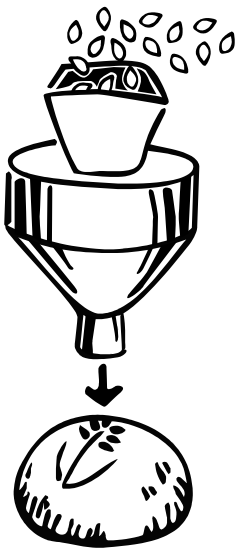
Whole-grain foods are digested slowly, making us feel "fuller" longer, shutting down hunger sooner, and reducing calorie intake.

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
- CINN. RAISIN WALNUT
- DAKOTA
- CRANBERRY ORANGE
- SUPERFOOD BREAD

50% OR BETTER WHOLE GRAIN BREADS:

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

MARDI GRAS



CARNIVAL SEASON IS JAN. 6- MAR 4

King Cake Available:

Every Thur & Sun

Then daily: Feb 20 - Mar 4



RED WHITE & BLUEBERRY SWIRL BREAD

Martin L. King Day
Jan. 20



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 2025

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

♥ = >50% Whole Grain Bread

MONDAY *Cinnamon Blast *Blueberry lemon Swirl
 🌾*Cranberry Orange *Spinach Provolone
 🌟 *Special* Red White & Blueberry Swirl -Jan. 20

TUESDAY

🌾 Super Food Bread *Spinach Provolone

WEDNESDAY

*Apple Bear Claw *Cinnamon Swirl *Choc. Babka
 * Cheddar Garlic *Jalapeno Cheddar Garlic

THURSDAY

*Cranberry Orange *Apple Bear Claw *Cinnamon Swirl
 *King Cake (Jan 9) *Cheddar Garlic

FRIDAY

* Butterscotch Challah * Raisin Challah * Jewish Rye
 *Cinnamon Blast *Blueberry lemon Swirl
 *King Cake (Jan 10) *Cranberry Orange *Babka *Spinach Provolone

SATURDAY & SUNDAY ♥

*Cinnamon Blast *Blueberry lemon Swirl *Babka *Popeye 🌾 *King Cake (Jan 11) 🌟 *Special* Super Food Bread

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

TEACAKES

Pumpkin Spice ... Daily
 Pumpkin Choc. Chip ... Daily
 Blueberry Lemon ... Daily
 Jewish Apple Cake ... Fri-Sun

MUFFIN . Buy individually or as a 4-pack

Pumpkin Spice ... Daily
 Pumpkin Choc. Chip ... Daily
 Blueberry Lemon ... Thur-Sun
 King Cake ... (Jan 9) Thur-Sun

SCONE Buy individually or as a 4-pack

Raspberry ... Daily
 Butterscotch Pecan ... Daily
 Blueberry White Choc ... Daily

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

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

STORE HOURS: MONDAY – FRIDAY 9am - 6pm * SATURDAY 9am - 5pm * SUNDAY 9am - 5pm