



Great Harvest Bread Co.®

3900 Medina Road, Fairlawn, Ohio 44333 (330) 666-7497 greatharvestfairlawn.com

HAPPY NEW YEAR!

NUTRITION INFORMATION— Thinking about some diet changes for the new year that will include more heart healthy whole grains in your diet? Check out the back page for some important nutrition information and why Great Harvest should be your Whole Grain Headquarters!

CHECK OUT OUR JANUARY SPECIAL— Free 1/2 dozen honey whole wheat or honey white rolls with every Frontier soup mix or Pino's dipping oil purchased! Feel free to call and place an order to make sure we have your preferred products.

SO, WHAT'S FOR DINNER? Let's see if we can make it easy for you. How about **CORNBREAD** on Tuesday to go with that chili, stew or bean soup? **POPEYE** on Wednesday or Saturday goes great with just about any soup, salad, or pasta dish you can think of. Or how about **POTATO CHIVE** with pot roast or steak or a grilled cheese sandwich on Thursday. And **TUSCAN HERB** on Friday tastes like pasta sauce, so how about spaghetti or a nice grilled fish dinner. Of course, our variety of multi-grain breads and our signature Honey Whole Wheat and Honey White go with everything!

SERVING LUNCH
11:00 AM—2:00 PM

- BOWL OF HOT SOUP** (Tue.—Fri.) **\$3.95**
- PB&J** **\$3.95**
(All natural peanut butter and yummy strawberry jam)
- TUNA OR CHICKEN SALAD** **\$5.95**
(Tuna or Chicken salad, red onion, lettuce, tomato)
- VEGETARIAN** **\$5.95**
(Red pepper hummus, feta cheese, romaine lettuce, tomato, cucumber)
- CREATE YOUR OWN** **\$5.95**
(Featuring All Natural Meats. Smoked Turkey, Honey Ham, Tender Roast Beef, with all the fixings you want!)

JANUARY BREAD AND SWEET MENU

BREADS

TUESDAY

Honey Whole Wheat • Honey White • Dakota • Apple Scrapple • Caraway Rye • Honey Cornbread • Pepperoni Rolls & Spinach Rolls • Cinnamon Rolls

WEDNESDAY

Honey Whole Wheat • Honey White • Flax Oat Bran • **BREAKFAST BLAST** • **POPEYE** • Whole Grain Pumpernickle • Pepperoni Rolls & Spinach Rolls

THURSDAY

Honey Whole Wheat • Honey White • High Five • Cranberry Crunch • **POTATO CHIVE** • **EXTREME CINNAMON SWIRL** • Pepperoni Rolls & Spinach Rolls • Cinnamon Rolls

FRIDAY

Honey Whole Wheat • Challah • Dakota • Cinnamon Chip • **TUSCAN HERB** • Country French Sourdough • Pepperoni Rolls & Spinach Rolls • Apple Cinnamon Chip Rolls

SATURDAY

Honey Whole Wheat • Honey White • Nine Grain • Popeye • Pepperoni Rolls & Spinach Rolls • Cinnamon Rolls • Baker's Special (**SEE REVERSE SIDE FOR BAKER'S SPECIAL SCHEDULE**)

SWEET SPOT

EVERYDAY

Savannah Fruit Bar • Scone of the Day

TUESDAY

Pumpkin Chocolate Chip Cake • Oatmeal Chocolate Chip Walnut Cookie • Cinnamon Rolls

WEDNESDAY

WHOLE GRAIN CARROT CAKE • Peanut Butter Cookie • Peanut Butter Chocolate Chip Cookie

THURSDAY

CRANBERRY ORANGE CAKE • **BAKER'S CHOICE COOKIE** • Cinnamon Rolls

FRIDAY

Chocolate Brownie Cake • Oatmeal Chocolate Chip Cookie • Oatmeal Raisin Cookie • Apple Cinnamon Chip Sweet Rolls

SATURDAY

Monster Cookie • Cinnamon Rolls

Store Hours: Tuesday - Friday 7 am - 6 pm, Saturday 7 am - 4 pm (or sold out)

Scones, Cookies, Savannah Fruit Bars, and Coffee are ready at 7:00 am. Our complete selection of breads is available by 11:00 am daily



FRESH GROUND FLOUR MAKES ALL THE DIFFERENCE



EATING AT HOME MORE? For lots of reasons, we are all eating at home more these days. And, we are looking for **QUALITY AND VALUE** when we do our grocery shopping. Ever wonder why Great Harvest bread tastes so great? It starts with a very special type of Montana High Plains grain called Hard Red Spring Wheat. Moisture affects a wheat's protein content. The arid climate of the High Plains produces wheat with a higher protein content. At Great Harvest, we grind Spring Wheat kernels fresh every day to make our whole wheat flour. When we say "whole wheat" we mean it! We keep all three parts of the wheat kernel: the endosperm, the bran & the wheat germ. All flour starts to lose its nutritional content soon after grinding, so we use our flour within 48 hours. We then bake it to seal in freshness. This is why Great Harvest bread has **SUPERIOR NUTRITIONAL QUALITY**. And, ounce for ounce, you can't beat the **VALUE!**

There was an article in the Akron Beacon Journal on April 14, 2009 with the headline "Findings confirm best foods for heart. Researchers analyzed past studies, found nuts, grains still good." It went on to say that was "the conclusion of new research based on an analysis of nearly 200 studies involving millions of people." And "the analysis reaffirms the benefits of a Mediterranean diet—rich in vegetables, nuts, whole grains, fish and olive oil—compared to a Western diet, heavy on processed meats, red meat, refined grains and high fat dairy." It got me to wondering what exactly is the "Mediterranean Diet". So I bought a book called "The Mediterranean Prescription" by Angelo Acquista, M.D. It describes "The Twelve Guiding Principles of the Mediterranean Prescription" as follows: "(1) Eat lots of fruits. (2) Eat lots of vegetables. (3) Eat lots of legumes. (4) Eat lots of nuts and seeds. (5) Eat lots of whole grains, especially whole-grain bread. (6) Use olive oil liberally, both in salads and in cooking. (7) Consume a moderate amount of low-fat dairy products. (8) Eat fish. (9) Eat the right fats (have a high ratio of unsaturated fats to saturated fats in your diet). (10) Engage in regular physical activity. (11) Drink wine (especially red) in moderation, if you choose. (12) Eat only small amounts of red meat and meat products." We found this interesting—hope you do as well!

www.greatharvestfairlawn.com



SATURDAY BAKER'S SPECIAL

January 7th—Apple Cinn. Chip Walnut

January 14th—Apple Scrapple

January 21st—Blueberry Streusel

January 28th—Extreme Cinnamon Swirl

A GIFT of jam & bread



For your loved one away from home—a loaf of Honey Whole Wheat, a 6-pack of cookies and a jar of jam—just \$17.50 plus shipping & handling

HELPFUL TIPS:

1. Our daily selection of cookies, scones, and cake breads are hot out of the oven by the time we open at 7:00 am.
2. Our daily selection of bread starts coming out of the oven around 9:00 am and everything is usually out of the oven by 11:00 am. Sliceable breads can be sliced approximately two hours after coming out of the oven.
3. For the best selection of our daily breads, visit us between 10:30 am and 3:00 pm, Tuesday through Saturday.
4. We **LOVE** to take reservations—please call us to place an order to ensure availability. And, thank you for your support!

WOULD CURBSIDE SERVICE MAKE YOUR LIFE SIMPLER?

- ⇒ Call in your order & pay by credit card
- ⇒ Call us when you arrive at the bakery and tell us what your car looks like
- ⇒ We'll bring your order out to you, along with a fresh slice of bread!

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