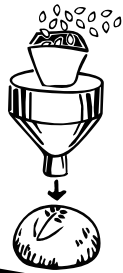


WE GRIND OUR OWN WHEAT!

At Great Harvest we stone-grind our own wheat every day, straight from the wheat berry, using the entire wheat kernel. By contrast, many commercial bread makers strip away the bran and wheat germ to make soft, airy breads, losing essential nutrients in the process. Freshly ground



**MORE NUTRITION!
FRESHEST TASTE!**



100% whole-wheat flour that's never more than 48-hours old gives Great Harvest bread its EXCEPTIONALLY FRESH taste & nutritional value!



WE'RE PROUD OF OUR INGREDIENTS!

In addition to the finest wheat, and freshest flour, our breads and sweets contain only the purest ingredients available, with NO PRESERVATIVES. Most contain little or NO FAT - - - just wholesome, guilt-free nutrition!

The following breads are made with 100% whole wheat (with no white flour):

BREAKFAST BLAST: Fresh Ground 100% Whole Wheat, water, honey, raisins, cinnamon chips (sugar, palm oil, cinnamon, non-fat dry milk, soy lecithin), rolled oats, yeast, salt, cinnamon

CINNAMON CHIP WHEAT: Fresh Ground 100% Whole Wheat Flour, water, cinnamon chips (sugar, palm oil, cinnamon, non-fat dry milk, soy lecithin), honey, yeast, salt, sugar, cinnamon

CINNAMON RAISIN WALNUT: Fresh Ground 100% Whole Wheat, water, raisins, honey, walnuts, yeast, salt, cinnamon

CRANBERRY CRUNCH: Fresh Ground 100% Whole Wheat flour, water, dried cranberries (sugar, sunflower oil), honey, yeast, walnuts, flax seeds, sunflower seeds, salt

100% WHOLE-WHEAT BREADS (CONT'D)

CRANBERRY ORANGE: Fresh Ground 100% Whole Wheat, water, dried cranberries, honey, yeast, oranges, salt

DAKOTA: Fresh Ground 100% Whole Wheat Flour, water, honey, sunflower seeds, pumpkin seeds, millet, yeast, sesame seeds, salt

HIGH FIVE FIBER: Fresh Ground 100% Whole Wheat Flour, water, honey, whole flax seeds, millet, oat bran, sunflower seeds, wheat bran, yeast, salt

HONEY WHOLE WHEAT: Fresh Ground 100% Whole Wheat Flour, water, honey, yeast, salt

9-GRAIN: Fresh Ground 100% Whole Wheat Flour, water, honey, 9-grain mix (barley, buckwheat, corn, flax, millet, oats, red wheat, rye, white wheat), yeast, salt

REDUCED SODIUM SUNFLOWER SEED: Fresh Ground 100% Whole Wheat Flour, water, honey, sunflower seeds, yeast, salt

ROSEMARY GARLIC: Fresh Ground 100% Whole Wheat Flour, water, honey, yeast, salt, dried garlic, rosemary, parsley flakes

WOODSTOCK: Fresh Ground 100% Whole Wheat Flour, water, honey, sunflower seeds, yeast, flax seeds, walnuts, pecans, salt

The following breads contain white and/or rye flour:

CARAWAY RYE: Fresh Ground 100% Whole Wheat, water, rye flour, honey, yeast, caraway seed, salt

CHALLAH: Unbleached-unbromated white flour, water, honey, eggs, yeast, salt.

COUNTRY FRENCH SOURDOUGH: Fresh Ground 100% Whole Wheat Flour, Unbleached-unbromated white flour, water, salt, yeast

HONEY WHITE: Unbleached-unbromated white flour, water, honey, yeast, salt

POPEYE: Unbleached-unbromated white flour, Fresh Ground 100% Whole Wheat, water, spinach, honey, red bell peppers, parmesan cheese, yeast, salt, garlic, onion

SUN-DRIED TOMATO SPINACH: Fresh Ground 100% Whole Wheat Flour, unbleached-unbromated white flour, water, spinach, honey, sun dried tomatoes (sulphur dioxide, citric acid, sorbic acid, glucose, salt), yeast, salt, dried garlic, black pepper



GREAT HARVEST... GREAT NUTRITION!



GREAT HARVEST BREAD CO.

Montrose Center
3900 Medina Road
Fairlawn, OH 44333
(330) 666-7497

Tuesday—Friday 7:00 am—6:00 pm
Saturday 7:00 am—4:00 pm (or sold)

WHY EAT WHOLE GRAINS?

✓ WEIGH LESS.

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

✓ BE HEALTHIER.

Whole grains are rich in fiber, trace minerals, vitamins, antioxidants, & phytochemicals proven to help fight heart disease and cancer.

✓ LIVE LONGER.

Whole grains have been shown to significantly reduce the risks of cancer, heart disease, gastrointestinal disorders, & Type 2 diabetes.

EAT 3 SERVINGS OF WHOLE GRAINS PER DAY ♥♥♥

All of our yummy products are made from scratch in our bakery where Wheat, Eggs, Peanuts, Tree Nuts, Milk and Soy are present.

BREADS Serving = 50g = 1 3/4 oz slice unless otherwise noted	♥ = 100% whole grain	Fat	Satu- rated Fat	Trans Fat	Cho- lester- ol	So- dium	Carb	Fiber	Sugar	Pro- tein	Calo- ries	Calo- ries from Fat
Breakfast Blast	♥	1.5	0	0	0	190	25	3	8	3	120	10
Caraway Rye		0.5	0	0	0	290	23	3	2	4	110	5
Challah (56g)		1	0	0	20	210	29	1	5	4	140	10
Cheddar Garlic		4	2.5	0	10	340	20	1	4	5	140	35
Cinnamon Chip Wheat <small>(1/16 loaf = 2.15 oz = 61g)</small>	♥	3	0.5	0	0	290	30	3	11	5	170	30
Cinnamon Raisin Walnut	♥	2	0	0	0	280	24	3	7	4	120	15
Country French (2 oz=56g)		0	0	0	0	280	25	2	0	4	120	5
Cranberry Crunch (2 oz=56g)	♥	2	0	0	0	300	25	4	9	5	140	15
Cranberry Orange	♥	0	0	0	0	280	28	3	12	3	120	5
Dakota (2 oz=56g)	♥	4.5	.5	0	0	290	22	4	6	6	150	40
Great Harvest Rolls (1 roll)		7	4.5	0	20	460	32	3	8	5	210	70
High Five Fiber (2 oz=56g)	♥	3.5	0	0	0	260	23	5	5	5	140	30
Honey White (2.15 oz=61g)		0	0	0	0	480	30	1	6	4	140	5
Honey Whole Wheat <small>(2.15 oz=61g)</small>	♥	.5	0	0	0	380	26	4	7	5	130	5
Nine Grain (2 oz=56g)	♥	0.5	0	0	0	320	23	4	6	5	120	5
Popeye		1	0	0	0	320	21	1	3	4	110	10
Reduced Sodium Sunflower <small>(2 oz=56g)</small>	♥	2.5	0	0	0	115	24	4	6	5	140	25
Rosemary Garlic (2 oz=56g)	♥	0	0	0	0	330	26	3	6	5	130	5
Sun-Dried Tomato Spinach <small>(2 oz=56g)</small>		0	0	0	0	390	26	2	6	4	120	5
Woodstock (2 oz=56g)	♥	3.5	0	0	0	310	23	4	5	5	140	30