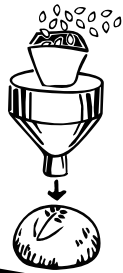


# WE GRIND OUR OWN WHEAT!

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!**



## 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, dates, cinnamon chips, rolled oats, yeast, salt, cinnamon, egg wash

**CINNAMON CHIP WHEAT:** Fresh Ground 100% Whole Wheat, water, cinnamon chips, honey, yeast, salt, sugar, cinnamon, egg wash

**CINNAMON RAISIN WALNUT:** Fresh Ground 100% Whole Wheat, water, raisins, molasses, walnuts, yeast, salt, cinnamon, egg wash

**CRANBERRY WALNUT:** Fresh Ground 100% Whole Wheat, water, cranberries, honey, walnuts, yeast, salt, egg wash

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

### 100% WHOLE-WHEAT BREADS (CONT'D)

**HIGH FIVE FIBER:** Fresh Ground 100% Whole Wheat, water, honey, whole flax meal, millet, oat bran, sunflower seeds, yeast, flax seeds, salt, egg wash

**HONEY WHOLE WHEAT:** Fresh Ground 100% Whole Wheat, water, honey, yeast, salt, egg wash

**9-GRAIN:** Fresh Ground 100% Whole Wheat, water, honey, 9-grain mix (assorted grains may include red wheat, white wheat, barley, rye, corn, oats, millet, buckwheat, and flaxseed), yeast, salt, egg wash

**ROSEMARY GARLIC:** Fresh Ground 100% Whole Wheat, water, honey, yeast, salt, garlic, egg wash, rosemary, parsley flakes

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

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### The following breads contain white and/or rye flour:

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

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

**CHEDDAR GARLIC:** Unbleached-unbromated white flour, Fresh Ground 100% Whole Wheat, water, sharp cheddar cheese, honey, yeast, salt, onion flakes, garlic, egg wash

**GREAT HARVEST ROLLS:** Fresh Ground 100% Whole Wheat, unbleached-unbromated white flour, water, honey, butter, dehydrated potatoes, yeast, salt, egg wash

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

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

**SUN-DRIED TOMATO SPINACH:** Fresh Ground 100% Whole Wheat, unbleached-unbromated white flour, water, spinach, honey, tomatoes, yeast, salt, egg wash, garlic, 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—5:00 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.*

<b>BREADS</b> 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	♥	2.5	0.5	0	0	250	25	3	9	3	130	25
Cinnamon Raisin Walnut	♥	2	0	0	0	280	24	3	7	4	120	15
Cranberry Walnut	♥	1.5	0	0	0	240	25	3	10	3	120	15
Dakota	♥	3.5	0	0	0	240	22	3	5	5	130	30
Great Harvest Rolls (1 roll)		7	4.5	0	20	460	32	3	8	5	210	70
High Five Fiber	♥	3.5	0	0	0	220	22	5	4	5	120	30
Honey White		0	0	0	0	360	26	1	4	3	120	5
Honey Whole Wheat	♥	0	0	0	0	290	24	3	6	4	110	5
Nine Grain	♥	0.5	0	0	0	250	23	3	5	4	100	5
Popeye		1	0	0	0	320	21	1	3	4	110	10
Rosemary Garlic	♥	0.5	0	0	0	290	23	3	6	4	110	5
Sun-Dried Tomato Spinach		0	0	0	0	350	23	2	5	4	110	5
Woodstock	♥	3.5	0	0	0	290	25	4	5	5	140	30