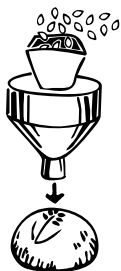
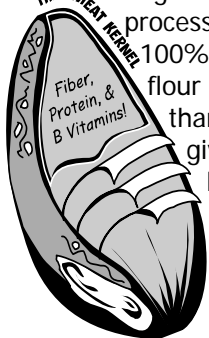


WE GRIND OUR OWN WHEAT!

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,



THE WHEAT KERNEL



losing essential nutrients in the process. Freshly ground 100% whole-wheat flour that's never more than 48-hours old gives Great Harvest bread its EXCEPTIONALLY FRESH taste & nutritional value!

**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 sweets are made with 100% whole wheat (with no white flour):

CHOCOLATE CHIP OATMEAL WALNUT COOKIE: Brown sugar, Fresh Ground 100% Whole Wheat, butter, rolled oats, chocolate chips, walnuts, eggs, water, salt, baking soda, baking powder

CINNAMON CHIP SCONE: Fresh Ground 100% Whole Wheat, cinnamon chips, brown sugar, butter, buttermilk, eggs, baking powder, vanilla extract, baking soda, salt

GOLDEN BERRY SCONE: Fresh Ground 100% Whole Wheat, brown sugar, berries, butter, buttermilk, eggs, baking powder, vanilla extract, baking soda, salt

OATMEAL RAISIN COOKIE: Fresh Ground 100% Whole Wheat, rolled oats, brown sugar, butter, eggs, water, raisins, salt, baking powder, baking soda

100% WHOLE-WHEAT SWEETS (CONT'D)

OATMEAL FRUIT LOAF / MUFFIN: Fruit, brown sugar, Fresh Ground 100% Whole Wheat, milk, rolled oats, sour cream, eggs, canola oil, baking powder, cinnamon, salt, nutmeg

PEANUT BUTTER COOKIE: Brown sugar, peanut butter, Fresh Ground 100% Whole Wheat, butter, eggs, baking soda, baking powder, salt (this cookie may also include chocolate chips)

SAVANNAH BAR: Brown sugar, Fresh Ground 100% Whole Wheat, berries, butter, rolled oats, eggs, coconut, water, salt, baking powder, baking soda

SNICKERDOODLE COOKIE: Fresh Ground 100% Whole Wheat, sugar, butter, milk, eggs, cream of tartar, baking soda, cinnamon, salt

The following sweets contain white flour:

APPLE SPICE CAKE LOAF / MUFFIN: Apples, sugar, unbleached-unbromated white flour, butter, buttermilk, brown sugar, eggs, pecans, cinnamon, baking powder, baking soda, salt

CHOCOLATE BROWNIE LOAF / MUFFIN: Water, unbleached-unbromated white flour, sugar, chocolate chips, canola oil, cocoa, distilled vinegar, vanilla extract, baking soda, salt

CHOCOLATE MINT COOKIE: Unbleached-unbromated white flour, butter, brown sugar, sugar, chocolate chips, white chocolate chips, eggs, cocoa, mint extract, vanilla extract, baking soda, salt

CRANBERRY ORANGE MUFFIN OR LOAF: Fresh Ground 100% Whole Wheat, unbleached-unbromated white flour, brown sugar, eggs, cranberries, oranges, water, walnuts, butter, canola oil, baking soda, salt, baking powder, vanilla extract, rum flavoring

PUMPKIN CHOCOLATE CHIP LOAF / MUFFIN: Pumpkin, unbleached-unbromated white flour, sugar, canola oil, eggs, chocolate chips, salt, baking soda, cinnamon, vanilla extract, baking powder, allspice

ENERGY BAR: Peanut Butter, honey, rolled oats, chocolate chips, dried cranberries, wheat germ, oat bran, millet, flax seeds, sunflower seeds, sesame seeds, vanilla flavoring, cinnamon



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 out)

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.

SWEETS	♥ = 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
Apple Spice Cake Muffin		20	10	0	65	370	54	2	31	5	400	170
Apple Spice Cake Loaf (1/17)		7	3.5	0	25	120	18	1	11	2	130	60
Chocolate Brownie Muffin		20	5	0	0	440	88	4	54	6	540	180
Chocolate Brownie Loaf (1/16)		5	1.5	0	0	110	22	1	13	1	130	45
Chocolate Chip Oatmeal Walnut Cookie	♥	21	9	0	35	370	70	6	37	8	480	190
Cinnamon Chip Scone	♥	27	13	6	85	720	107	11	45	12	720	240
Cranberry Orange Nut Muffin		28	7	0	120	640	96	6	52	10	660	240
Cranberry Orange Nut Loaf (1/18)		6	1.5	0	25	140	21	1	12	2	150	50
Energy Bar (1/2 Bar)	♥	11	2	0	0	55	33	4	19	7	250	100
Golden Berry Scone	♥	15	9	0	65	610	84	9	33	10	510	140
Oatmeal Raisin Cookie	♥	16	10	0	55	330	56	3	40	3	370	140
Oatmeal Fruit Muffin	♥	16	4	0	70	440	80	8	44	10	500	160
Oatmeal Fruit Loaf (1/16)	♥	3.5	0.5	0	15	85	15	1	8	2	100	30
Peanut Butter Cookie	♥	27	10	0	65	470	49	4	29	9	460	240
Peanut Butter Chocolate Chip Cookie	♥	27	12	0	50	370	52	5	35	8	470	240
Pumpkin Chocolate Chip Muffin		30	5	0	80	420	90	4	52	8	640	260
Pumpkin Chocolate Chip Loaf (1/18)		6	1	0	15	90	19	1	11	2	140	60
Savannah Bar	♥	18	12	0	55	210	81	6	50	7	500	180
Snickerdoodle Cookie	♥	22	13	0.5	90	360	73	6	38	7	510	190