



STAR SPANGLED SWIRL

A summer favorite! This decadent whole grain bread is full of blueberries, tart cherries, apples, and cranberries. With a swirl of brown sugar and cinnamon, this bread is an explosion of flavors for your palette!

Everyday Breads and Goodies:

Honey Whole Wheat

Farmhouse White

Dakota

Extreme Cinnamon Swirl

Golden Wheat Cinnamon Chip

Pumpkin Chocolate Chip

Whole Grain Cinnamon Rolls

Savory Breakfast Roll (Egg & Bacon)

Gluten-less Energy Bars

GlutenX breads and cookies
made on Tuesdays and
Thursdays!



Hot Fresh Bread Handcrafted Every Day!

July Bread and Goodies Menu

MONDAY BREADS AND GOODIES

Star Spangled Swirl · Rosemary Garlic · Whole Grain Spelt · High Protein/Lo Carb Country Crunch · Blueberry Vegan Muffin · Maple Pecan Scone · Blackberry Peach Savannah Bar · Savory Breakfast Roll · Salted Caramel Cookie · Oatmeal Chocolate Chip Cookie

TUESDAY BREADS AND GOODIES

Lemon Blueberry · Gourmet Burger Buns · Cheddar Garlic with or w/out Jalapenos · Cranberry Orange Pecan · Cherry Chocolate Vegan Muffin · Cranberry Orange Scone · Savory Breakfast Roll · Peach Savannah Bar · Hopscotch Brownie · Ginger Snap Cookie · Chocolate Bliss Cookie

WEDNESDAY BREADS AND GOODIES

Star Spangled Swirl · Hi Protein/Lo Carb Country Crunch · Pepperoni or Spinach Roll · Pizza or Spinach Pinwheel · Apple Cinnamon Vegan Muffin · Lemon Blueberry Scone · Savory Breakfast Roll · S'Mores Bar · Old Fashioned Chocolate Chip Cookie

THURSDAY BREADS AND GOODIES

Mexican Chocolate Teacake · Cranberry Orange Pecan · Spinach Feta · Savory Herb Muffin · Peach Cobbler Scone · Blueberry Savannah Bar · Savory Breakfast Roll · Peanut Butter Chocolate Chip Cookie · Snickerdoodle

FRIDAY BREADS AND GOODIES

Star Spangled Swirl · Cheddar Garlic w or w/o Jalapenos · Gourmet Burger Buns · Pepperoni or Spinach Roll · Pizza or Spinach Pinwheels · Challah · Blueberry Vegan Muffin · Cinnamon Chip Scone · S'Mores Bar · Savory Breakfast Roll · Cini-Minis · Salted Caramel Cookie

SATURDAY BREADS AND GOODIES

Star Spangled Swirl · Rosemary Garlic · High 5 Fiber with or w/out Apricot · Baker's Surprise Muffin · Blueberry Cream Cheese Scone · Cini-Minis · Savory Breakfast Roll · Oatmeal Chocolate Chip Cookie

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www.GreatHarvestCary.com

COMING SOON...ONLINE LUNCH ORDERING!

Hours: M - F: 7 a.m. to 6 p.m. and Sat: 7 a.m. to 5 p.m.

BACON, EGG & CHEESE ROLL

Introducing a new savory breakfast option. Our Savory Breakfast Roll, is a whole grain roll loaded with tender seasoned potatoes, crisp bacon, cheese, and egg. Available everyday from 7am-1030am for your morning commute!



Whole grains, protein, and a lot of flavor! A great breakfast option for an "on-the-go" morning.

GRILLING BREAD

Four Easy Steps:

1. Cut your favorite Great Harvest Bread 1 inch thick.
2. Brush both sides with olive oil.
3. Adjust grill to low or medium heat.
4. Grill each side lightly - for best results just long enough to get toasty!

Dakota, Spinach Feta, and Cheddar Garlic are some of our favorites for grilling!



Grilled Cheddar Garlic Bread. Great with a fresh salad and grilled steak/ chicken for a quick summer meal!

A TREAT FOR THE HEAT!

What's better than a cool ice cream sandwich on a hot July day? Our bakery favorite Old Fashioned Chocolate Chip cookie is now paired with vanilla bean ice cream for a summer treat that everyone can enjoy!



Bread. The way it ought to be.



Introducing Great Harvest Ice Cream Sandwiches this month. Made from our famous cheny Old Fashioned Chocolate Chip Cookies.



We are having a great time this summer at 3 local Farmers' Markets! It is great to be a part of the local food movement. Join us Saturday mornings at the following locations:

Downtown Apex Farmers' Market
Holly Spring Farmers' Market
Western Wake Farmers' Market.

Eat Fresh, Buy Local!

BAG IT, STORE IT, WARM IT

Our bread will stay fresh!
Great Harvest bread will stay fresh at least 7 - 10 days, if stored properly. Once it is cool to your wrist (about 2 hours), place in a plastic bag, press out the extra air, twist, and tie with a twist tie. Bagging the bread before it cools down impacts the texture negatively!

Don't put bread in the fridge.
This will cause the honey to crystallize and dry out your bread. However, if your bread contains cheese or meat, it will need to be refrigerated within 24 hours of purchase.

Our bread freezes nicely!
Double bagging helps to prevent freezer burn, but it's best to wait 24 hours after purchasing to freeze. To thaw, set bagged bread on the counter for 24 hours.

Want a warm slice of bread?
Simply toast or re-heat in the oven! Wrap it in foil, and place it in the oven at 350° for 15 minutes. You should never put our bread in the microwave; it will become hard and gummy.

Want a warm slice of bread?



BE loose and
have FUN!

Bake *phenomenal*
bread.

Run fast
to serve others.

&GIVE
generously.

— Our Mission