



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! Available EVERY DAY in July!

Everyday Breads and Goodies:

Honey Whole Wheat
Farmhouse White
Dakota

Extreme Cinnamon Swirl
Golden Wheat Cinnamon Chip
Pumpkin Chocolate Chip
Whole Grain Cinnamon Rolls

Gluten-less Energy Bars



Hot Fresh Bread Handcrafted Every Day!

July Bread and Goodies Menu - Closed July 4th

MONDAY BREADS AND GOODIES

Star Spangled Swirl · Cheddar Garlic with or w/o Jalapenos · Cheddar Garlic Burger Buns · Whole Grain Spelt · High Protein/Lo Carb Country Crunch · GlutenX Bread · Blueberry Vegan Muffin · Chocolate Chip Cream Cheese Scone · Blackberry Peach Savannah Bar · Salted Caramel Cookie · Oatmeal Chocolate Chip Cookie

TUESDAY BREADS AND GOODIES

Star Spangled Swirl · Morning Glory Teacake · Sun-Dried Tomato Swirl · Gourmet Sandwich Buns (Vegan) · Cranberry Orange Pecan · Apple Cinnamon Vegan Muffin · Cranberry Orange Scone · Lemon Bar · Oatmeal Raisin Cookie · Chocolate Bliss Cookie

WEDNESDAY BREADS AND GOODIES

Star Spangled Swirl · Strawberry Lemonade Teacake (Vegan) · Hi Protein/LoCarb Country Crunch · Pepperoni or Spinach Roll · Pizza or Spinach Pinwheels · Blackberry Apple Vegan Muffin · Almond Poppysseed Scone · S'Mores Bar · Oatmeal Chocolate Chip Cookie

THURSDAY BREADS AND GOODIES

Star Spangled Swirl · Sun-Dried Tomato Swirl · GlutenX Bread · Cranberry Orange Pecan · Savory Herb Muffin (not vegan) · Peach Cobbler Scone · Lemon Bar · Peanut Butter Chocolate Chip Cookie · Snickerdoodle · GlutenX Almond Cookie

FRIDAY BREADS AND GOODIES

Star Spangled Swirl · Almond Cinnamon Crescent · Cheddar Garlic w or w/o Jalapenos · Cheddar Garlic Burger Buns · Pepperoni or Spinach Roll · Pizza or Spinach Pinwheels · Challah · Blueberry Vegan Muffin · Cinnamon Chip Scone · S'Mores Bar · Monkey Bread · Salted Caramel Cookie · Dillon Cookie

SATURDAY BREADS AND GOODIES

Star Spangled Swirl · Key Lime Teacake · Sun-Dried Tomato Swirl · High 5 Fiber with or w/out Apricot · Baker's Surprise Muffin · Blueberry Cream Cheese Scone · Bread Pudding · Oatmeal Chocolate Chip Cookie

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(919)460-8158
www.GreatHarvestCary.com

Hours: M - F: 7 a.m. to 6 p.m. and Sat: 7 a.m. to 5 p.m.
Closed Sundays for Loafin'!

NICE BUNS!

We have have some NICE BUNS to add to your 4th of July picnics! We bake Cheddar Garlic Buns on Mondays and Fridays and Gourmet Vegan Sandwich Buns on Tuesday. Both are made with our soft white dough and flavored just right to complement your burger or sandwich.

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!

RED WHITE AND BLUE LUNCH

This fresh green salad is the perfect lunch on a hot July day. Made with fresh greens, toasted quinoa, plump blueberries, red ripe strawberries, savory feta cheese, slivered almonds, sunflower seeds and topped with our house made balsamic dressing.



Bread. The way it ought to be.



Try these Cheddar Garlic Buns with burgers, pulled pork, black bean veggie burgers, or Sloppy Joes!



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



Fresh. Crisp. Seasonal. Try our Red, White & Blue Salad!



We are having a great time this summer at 2 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

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