



TEACHER APPRECIATION TIME!

May is teacher appreciation time! Handcrafted breads and sweets are a great way to say, "thanks for all that you do for my child!" Ask about our special teacher gift tag that includes a certificate for a FREE loaf of Honey Whole Wheat OR a FREE Lunch (Sandwich/Salad)

Everyday Breads and Goodies:

Dakota

Honey Whole Wheat

Farmhouse White

Golden Wheat Cinnamon Chip

Extreme Cinnamon Swirl

Lemon Blueberry Teacake

Pumpkin Chocolate Chip

Whole Grain Cinnamon Rolls

Gluten-less Energy Bars



Hot Fresh Bread Handcrafted Every Day!

May Bread and Goodies Menu

MONDAY BREADS AND GOODIES

Spinach Feta · Whole Grain Spelt · High Protein/Lo Carb Country Crunch · Apple Cinnamon Vegan Muffin · Lemon Poppy Seed Scone · Strawberry Rhubarb Savannah Bar · Salted Caramel Cookie · Oatmeal Chocolate Chip Cookie

TUESDAY BREADS AND GOODIES

GlutenX Bread · Cranberry Orange Pecan · Cheddar Garlic with or w/out Jalapenos · Savory Burger Buns · Blueberry Vegan Muffin · Cranberry Orange Scone · Hopscotch Brownie · Ginger Snap Cookie · Chocolate Bliss Cookie · GlutenX Cookie

WEDNESDAY BREADS AND GOODIES

Mexican Chocolate Teacake · Spinach Feta · Hi Protein/LoCarb Country Crunch · Pepperoni or Spinach Roll · Pizza Pinwheels · Strawberry Vegan Muffin · Cinnamon Chip Cream Cheese Scone · Blueberry Peach Savannah Bar · CranFlax Cookie · Old Fashioned Chocolate Chip Cookie

THURSDAY BREADS AND GOODIES

GlutenX Bread · Breakfast Blast · Cheddar Garlic with or w/out Jalapenos · Savory Burger Buns · Raspberry Vegan Muffin · Blueberry Cream Cheese Scone · Turtle Bar · Peanut Butter Chocolate Chip Cookie · Snickerdoodle Cookie · GlutenX Cookie

FRIDAY BREADS AND GOODIES

Mexican Chocolate Teacake · Spinach Feta · Pepperoni or Spinach Roll · Pizza Pinwheels · Challah · Blueberry Vegan Muffin · Chocolate Chip Cream Cheese Scone · Ham and Cheese Biscuit · Mixed Fruit Savannah Bar · Cini-Minis · Salted Caramel Cookie · Dillon Cookie

SATURDAY BREADS AND GOODIES

Monkey Bread · Asiago Pesto Swirl · High 5 Fiber with or w/out Apricot · Baker's Surprise Muffin · Lemon Blueberry Scone · Cini-Minis · Oatmeal Chocolate Chip Cookie

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www.GreatHarvestCary.com

Try our online ordering for catering and get \$25 off your 1st order

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

SPINACH FETA

This savory favorite makes any pasta dinner special! It is particularly good for soaking up that last bit of marinara sauce.

Grilling it is our favorite way to serve it!

1. Slice it thick
2. Brush both sides with olive oil
3. Grill on low heat

A perfect complement to your grilled steak or chicken!

WE CATER...

We cater events of all sizes! We offer breakfast and lunch catering made with the best bread in town! This month we are offering a special PTA discount if you would like to cater a breakfast or lunch for your teachers/staff. Ask for a flyer about the promotion!

SEE YA AT THE MARKET!

Support your local food growers, artisan food makers, and local bakers at your area Farmers' Markets.

Here is where we will be this summer:
Western Wake Farmers' Market -
Opens 4/7

Apex Farmers' Market - Opens 4/21

Holly Springs Farmers' Market -
Opens 5/5



Bread. The way it ought to be.



A favorite savory bread returns this spring! Made with fresh baby leaf spinach and savory feta cheese.



A nutritious breakfast bread that is good enough for lunch! Try it with a classic ham and cheese sandwich or PB&J!



Join the local food movement and support your local growers and food makers at your local Farmer's Market!



Happy Spring!

We look forward to seeing you out and about this spring! We will be at the local Farmers' Markets this spring and sponsoring several 5k races around town. Get out and get active and we will see you there!

Paige and Tom

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.

Enjoy it!

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.

Enjoy it!



BE loose and
have FUN!

Bake *phenomenal*
bread.

Run fast
to serve others.

&GIVE
generously.

— Our Mission