



## AUTUMN APPLE BREAD IS BACK!

It's Apple season! This month we are featuring apple goodness in our breads, muffins, bars, and scones. Try our Autumn Apple Bread full of apples, golden raisins, sunflower seeds, real maple syrup, and nutmeg. We promise, you'll fall for this wholesome, delicious bread. Try it with our Applewood Smoked Ham for a tasty lunch sandwich!

### 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, Cheese & Bacon)

*GlutenX breads and cookies made on Tuesdays and Thursdays!*



# Hot Fresh Bread Handcrafted Every Day!

## September Bread and Goodies Menu

### MONDAY BREADS AND GOODIES

Autumn Apple · Cheddar Garlic with or w/o Jalapenos · Whole Grain Spelt · High Protein/Lo Carb Country Crunch · Blueberry Vegan Muffin · Caramel Apple Scone · Raspberry Peach Savannah Bar · Salted Caramel Cookie · Oatmeal Chocolate Chip Cookie

### TUESDAY BREADS AND GOODIES

Apple Spice Teacake · Asiago Pesto Swirl · Cranberry Orange Pecan · Apple Cinnamon Vegan Muffin · Cranberry Orange Scone · Pumpkin Spice Bar · Oatmeal Raisin Cookie · Chocolate Bliss Cookie

### WEDNESDAY BREADS AND GOODIES

Autumn Apple · Asiago Pesto Swirl · Hi Protein/LoCarb Country Crunch · Pepperoni or Spinach Roll · Pizza or Spinach Pinwheel · Cherry Almond Vegan Muffin · Cinnamon Chip Scone · Hopscotch Brownie · Ginger Snap Cookie · Old Fashioned Chocolate Chip Cookie

### THURSDAY BREADS AND GOODIES

Apple Scrapple · Cheddar Garlic with or w/o Jalapenos · Cranberry Orange Pecan · Harvest Berry Vegan Muffin · Apple Cobbler Scone · Turtle Bar · Peanut Butter Chocolate Chip Cookie · Snickerdoodle Cookie

### FRIDAY BREADS AND GOODIES

Autumn Apple · Asiago Pesto Swirl · Pepperoni or Spinach Roll · Challah · Apple Cinnamon Vegan Muffin · Cinnamon Chip Cream Cheese Scone · Pumpkin Spice Bar · Salted Caramel Cookie · Oatmeal Raisin Cookie

### SATURDAY BREADS AND GOODIES

Apple Spice Teacake · Rosemary Garlic · High 5 Fiber with or w/out Apricot · Baker's Surprise Muffin · Maple Pumpkin Scone · Cini-Minis · Old Fashioned Chocolate Chip Cookie

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[www.GreatHarvestCary.com](http://www.GreatHarvestCary.com)  
ORDER LUNCH ONLINE and GET A FREE COOKIE!

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

## WE CATER!

Announcing a full menu of fresh breakfast and lunch catering options for your next team meeting or client lunch! Ask for a catering menu in our store or go to [greatharvestcary.com](http://greatharvestcary.com) to see our catering options.

## APPLE SPICE TEACAKE

The perfect bread to take to the office! A slice of this teacake and a warm cup of coffee is the perfect start to your morning. It also makes a great autumn dessert!

## FREE COOKIE FOR YOU!

We have made ordering lunch even easier! Just go to our website and point and click. Order your sandwich just the way you like it-Ready in 15 minutes! (one cookie per order)



*Bread. The way it ought to be.*



*Try our boxed lunches for your next catered event. We even deliver!*



*Apple Spice Teacake is back! Full of apples, pecans, and just the right amount of cinnamon and spice!*



*Treat Yourself!*



We enjoy being a part of farmers' markets, at community events, and sponsoring fitness activities.

You can also find us Saturday mornings at the following farmers' markets:

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