



## GLUTEN FREE HAS ARRIVED!

We have heard your requests! We are now able to make products free of gluten, using our old baking facility.

We will prepare, bake, and package our new GLUTEN X Bread and Goodies in our old bakery and bring them to you in our new Bakery Cafe.

Products will be available in our Bakery Cafe on Tuesday, Thursday, Friday, and Saturday--and at the Apex, Holly Springs, and Western Wake Farmers' Markets.

### Everyday Breads and Sweets:

Dakota

Honey Whole Wheat

Farmhouse White

Golden Wheat Cinnamon Chip

Extreme Cinnamon Swirl

Lemon Blueberry

Pumpkin Chocolate Chip

Whole Grain Cinnamon Rolls



# Hot Fresh Bread Handcrafted Every Day!

## *May Breads and Goodies*

### 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 · Blueberry Vegan Muffin · Cranberry Orange Scone · Lemon Bar · Ginger Snap Cookie · Chocolate Bliss Cookie · GlutenX Blueberry Muffin · GlutenX Almond Cookie

### WEDNESDAY BREADS AND GOODIES

Spinach Feta · Hi Protein/LoCarb Country Crunch · Pepperoni or Spinach Roll · Vegan Strawberry Muffin · Mocha Almond Scone · Blueberry Peach Savannah Bar · CranFlax Cookie · Old Fashioned Chocolate Chip Cookie

### THURSDAY BREADS AND GOODIES

GlutenX Bread · Cranberry Orange Pecan · Asiago Pesto · Raspberry Vegan Muffin · Blueberry Cream Cheese Scone · Turtle Bar · Peanut Butter Chocolate Chip Cookie · Snickerdoodle · GlutenX Blueberry Muffin · GlutenX Chocolate Chip Cookie

### FRIDAY BREADS AND GOODIES

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

### SATURDAY BREADS AND GOODIES

GlutenX Bread · Cheddar Garlic with or w/out Jalapenos · High 5 Fiber with or w/out Apricot · Baker's Surprise Muffin · Lemon Blueberry Scone · Cini-Minis · Oatmeal Chocolate Chip Cookie · GlutenX Blueberry Muffin · GlutenX Chocolate Chip Cookie

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919-460-8158

[www.GreatHarvestCary.com](http://www.GreatHarvestCary.com)

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

Sandwiches served from 11am-6pm

## GLUTEN X

Our newest product line is missing the gluten but is full of flavor! These products are made with the highest quality GLUTEN FREE ingredients and produced in our gluten free baking facility. As with many gluten free breads, we do recommend freezing the GlutenX bread, to maintain freshness.



*Gluten X - our newest product line!  
Taste has arrived without the gluten!*

## LEMON OH!

A delightful lemony dessert! This lemon swirl spongecake is filled with sweet cream cheese and is great served for your Mother's Day gathering or for a special teacher for Teacher Appreciation Week! Call and reserve yours for your special occasion. Available through May 13th. Be sure to get one during this limited time!



*Lemony goodness here for a limited time!  
Keep one in your freezer for a special birthday  
or graduation party!*

## MOTHER'S DAY SPECIAL

Sandwich or Loaf of the Week Club! Your special Mom can choose a sandwich, salad, or loaf of bread for 6 weeks. Go to [greatharvest.com/mom](http://greatharvest.com/mom) and enter our store code 204 to purchase this special gift.



*Bread. The way it ought to be.*



*A unique and special gift for that special Mom! Available to purchase from May 1st - May 14th ONLY!*



We are excited to bring you new products free of gluten called GLUTEN X! Full of taste minus the gluten! The bread has a great fluffy texture flecked with flax, sunflower, and sesame seeds that lend lovely nutty tone. It looks and feels almost like traditional bread when sliced, and it toasts up beautifully!

You may even order one of our amazing sandwiches of our Gluten X Bread!

Enjoy!  
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