

Great Harvest Bread Co.®

4400 Kalaniana'ole Hwy #7, Hon. 96821 ph: (808) 735-8810

GET BACK TO WHOLE GRAINS!

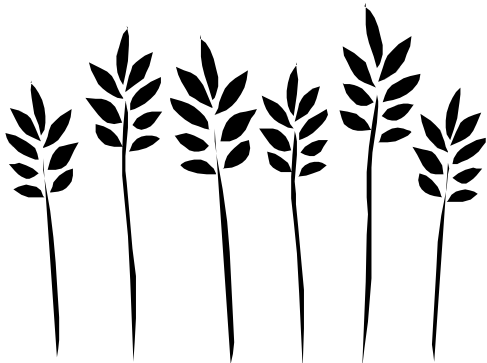
Our whole grain breads are your chance for high fiber, protein, antioxidant nutrients, vitamins and minerals, and essential plant oils in one delicious slice.

Stop by Great Harvest where you'll find whole grains in our **Whole Grain Goodness bread**. It's a nutty, flavorful mix of our 100% whole wheat bread, sunflower and flax seeds, whole grain millet, high-fiber oat bran, barley, whole almonds, and pecans.

Our **Flax Oatbran bread** is also hitting the breadboard this month. Made from 100% fresh milled whole wheat flour, rolled oats, oat bran, flax meal, flax-seed, and pecans, this bread has a subtle but stunning flavor with a little crunch.

We've also got our **High 5 Fiber bread**, loaded with sunflower seeds, flax seeds, millet, oat bran, wheat bran, and 100% whole grain wheat flour.

Don't forget, our signature **Honey Whole Wheat** and many other breads fit the whole grain bill, too.



SEPTEMBER BREADS

MONDAY	Honey Whole Wheat* • Harvest White • Pesto Sundried Tomato • Blueberry Cinnamon Chip • White Choc. Cherry • High 5 Fiber*
TUESDAY	Honey Whole Wheat* • Low Carb Whole Wheat* • 3 Cheese Garlic • Cinnamon Chip • Flax Oatbran* • Oregano Basil Virginia Rolls
WEDNESDAY	Honey Whole Wheat* • Lemon Sunburst • Pizza • Whole Grain Goodness* • Onion Dill Rye • Cinnamon Raisin Walnut
THURSDAY	Honey Whole Wheat* • Harvest White • Low Carb Cinnamon Raisin* • Dakota* • Peanut Butter Choc. Chip • Potato Cheddar Chive
FRIDAY	Honey Whole Wheat* • 3 Cheese Garlic • Cinnamon Chip • White Choc. Blueberry • Flax Oatbran* • Cranberry Orange*
SATURDAY	Honey Whole Wheat* • White Choc. Cranberry • Low Carb Kauai Crunch* • Pizza • Asiago Olive • Apple Crunch

* = 100% whole grain

SWEETS CORNER

EVERYDAY:	BLUEBERRY SCONE, FRUIT BAR, CINNAMON ROLL, GH COOKIE
MONDAY	Cin. Chip Scone • Lemon Poppyseed Muffin & Quickbread • Pumpkin Spice Bar • Low Fat Blueberry Muffin • Snickerdoodle
TUESDAY	Mango Scone • Pump. Choc Chip Muffin & Quickbread • Lemon Bar • Low Fat Straw. Muffin • Peanut butter Cookie
WEDNESDAY	Cran. Scone • Strawberry shortcake muffin & Quickbread • Pumpkin Spice Bar • Low Fat Mango • Mint Choc. Chip Cookie
THURSDAY	White Choc. Cherry Scone • Banana Muffin & Quickbread • Lemon Bar • Low Fat Peach • Oatmeal Raisin Cookie
FRIDAY	Mango Scone • Choc. Brownie Muffin & Quickbread • Pumpkin Spice Bar • Low Fat Straw. Peach • White Choc Cherry cookie
SATURDAY	Straw. Scone • Pumpkin Choc. Chip Muffin & Quickbread • Turtle Bar • Low Fat Blueberry • Peanut Butter Cookie

Store Hours: Monday-Saturday 6:30am - 6:00 pm
<http://www.greatharvesthawaii.com>