



# Great Harvest Bread Co.®

4400 Kalaniana'ole Hwy., #7 Honolulu, HI 96821 Ph:735-8810

## JANUARY BREADS

### GOOD CARBS BETTER THAN NO CARBS!

#### HERE ARE SOME OF THE BENEFITS OF WHOLE GRAINS!

##### REDUCED RISK OF HEART ATTACKS

A study of nearly 44,000 men found a reduced risk of heart attacks among those who ate the most whole-grain bread and cereal.

##### REDUCED RISK OF DIABETES

The Nurses' Health Study of 90,000 women and 44,000 men found that those who consumed the most fiber from whole grains had about a 30 percent lower risk of developing Type 2 diabetes.

##### REDUCED RISK OF CANCER.

It was reported in The Journal of the American Dietetic Association that whole grains are rich sources of a wide range of phytochemicals with anticarcinogenic properties. Some block DNA damage and suppress cancer-cell growth.

### STOP IN AND TRY ANY ONE OF OUR WHOLE GRAIN BREADS

#### MONDAY

Honey Whole Wheat\*  
Low Carb Kauai Crunch\*  
White Choc. Cranberry  
Asiago Olive  
Harvest White

#### TUESDAY

Low Carb Whole Wheat\*  
High 5 Fiber\*  
3 Cheese Garlic  
Cranberry Orange\*  
Cinnamon Chip

#### WEDNESDAY

Pizza  
Honey Whole Wheat\*  
Lemon Sunburst  
Cherry Almond\*  
Flax Oatbran\*  
Peanut Butter Choc Chip

#### THURSDAY

Low Carb Cinnamon Raisin\*  
Dakota\*  
Pesto Sundried Tomato  
Harvest White  
Cinnamon Chip

#### FRIDAY

3 Cheese Garlic  
White Choc. Cranberry  
Cranberry Crunch\*  
High 5 Fiber\*  
Honey Whole Wheat\*

#### SATURDAY

Cinnamon Chip  
Pizza  
Low Carb Kauai Crunch\*  
Cinnamon Raisin Walnut\*  
Pumpkin Swirl

\* = Whole Grain Bread

## SWEETS CORNER



	EVERYDAY	BLUEBERRY SCONE	C- ROLL	GH COOKIE	FBAR
<b>MON</b>	<i>Scone:</i> Cinn, Chip Cream Cheese <i>Reg. Muffin:</i> Lemon Poppyseed <i>Lowfat Muffin:</i> Blueberry			<i>Quick Bread:</i> Lemon Poppyseed <i>Cookie:</i> Snickerdoodles <i>Bar:</i> Pumpkin Spice	
<b>TUE</b>	<i>Scone:</i> Choc. Chip Cream Cheese <i>Reg. Muffin:</i> Pump. Choc Chip <i>Lowfat Muffin:</i> Mango			<i>Quick Bread:</i> Pump. Choc Chip <i>Cookie:</i> Oatmeal Raisin <i>Bar:</i> Lemon Bar	
<b>WED.</b>	<i>Scone:</i> Cranberry Cream Cheese <i>Reg. Muffin:</i> Choc Cherry <i>Lowfat Muffin:</i> Blueberry			<i>Quick Bread:</i> Choc. Cherry <i>Cookie:</i> Mint Choc Chip <i>Bar:</i> Pumpkin Spice	
<b>THU</b>	<i>Scone:</i> Pumpkin Spice Cream Cheese <i>Reg. Muffin:</i> Pump. Choc Chip <i>Lowfat Muffin:</i> Peach			<i>Quick Bread:</i> Pump. Choc Chip <i>Cookie:</i> Peanut Butter Choc Chip <i>Bar:</i> Lemon Bar	
<b>FRI</b>	<i>Scone:</i> Mango Cream Cheese <i>Reg. Muffin:</i> Chocolate Brownie <i>Lowfat Muffin:</i> Blueberry			<i>Quick Bread:</i> Chocolate Brownie <i>Cookie:</i> Oatmeal Raisin <i>Bar:</i> Pumpkin Spice	
<b>SAT</b>	<i>Scone:</i> Cin Chip Cream Cheese <i>Reg. Muffin:</i> Pump. Choc Chip <i>Lowfat Muffin:</i> Blueberry			<i>Quick Bread:</i> Pump. Choc Chip <i>Cookie:</i> Peanut Butter Choc Chip <i>Bar:</i> Pumpkin Spice	

Store Hours: Monday - Saturday 6:30am - 6:00 pm

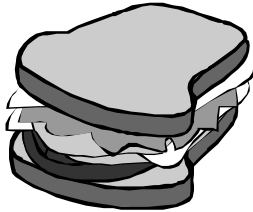
[www.greatharvesthawaii.com](http://www.greatharvesthawaii.com)

# NOW SERVING SANDWICHES!

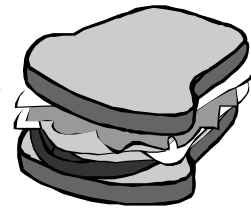


## Great Harvest of Kahala

is now serving Sandwiches and Paninis!  
(Monday - Saturday 10:00am - 2:00pm)



What makes a great sandwich? ... It's the bread, of course. Stop in to Great Harvest Kahala and taste the difference our bread makes. It's anything but ordinary!



Turkey and Cheese - includes lettuce, tomato, and onion. \$5.95

Roast Beef and Cheese - includes lettuce, tomato, and onion. \$5.95

Cali Cobb - an amazing twist on a turkey sandwich. Includes bacon, avocado, and our signature blue cheese spread with lettuce, tomato, and onion. \$6.95

Chicken Salad - our most popular sandwich is made with our signature seasoned mayo, diced chicken, and flavored spicy pecans with lettuce, tomato and onion. \$6.95

Tuna Salad - our tuna salad is made with our signature seasoned mayo, albacore tuna, and potato flakes with lettuce, tomato, and onion \$5.95

BLT - a classic sandwich...simple and to the point. Bacon, lettuce, and tomato with mayo \$5.50

Old Fashioned Grill Cheese - reminisce about the old days when all you craved was a good grilled cheese sandwich! This classic includes provolone and cheddar cheese with our signature garlic and herb spread. \$4.25

Mom's PB & J - this classic goes great with kids. Choose from smooth or chunky peanut butter and grape or strawberry jelly. \$3.95



## **GREAT HARVEST KAHALA**

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