

Great Harvest Bread Co.®

Tulsa, Ok / 918-878-7878 / www.tulsaok.greatharvestbread.com

**WITCH'S
FINGERS AND
SPIDERS**

Trick or Treat!
Give them
something good
to eat! Perfect
for Halloween
parties or
events!



OCTOBER BREADS



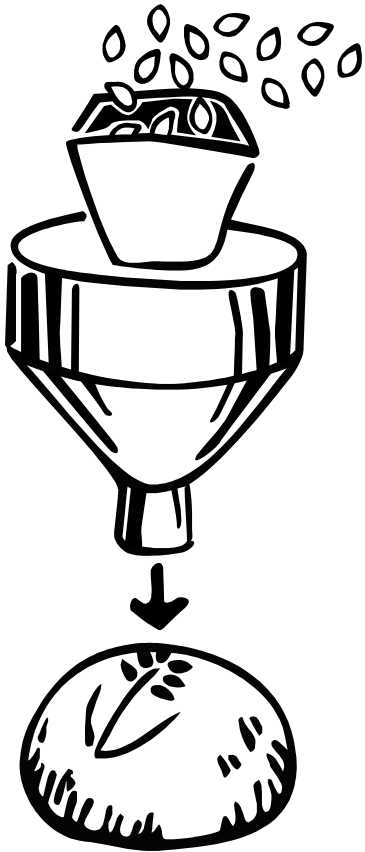
- EVERYDAY** • Honey Whole Wheat • Dakota • Cinnamon Chip • Harvest White • Pumpkin Chocolate Chip • Pumpkin Walnut
- TUESDAY** • Low Carb Country Crunch • Green Chili Cheese • Cranberry Orange Teacake • Autumn Apple
- WEDNESDAY** • Extreme Cinnamon Swirl • Jewish Apple Cake • High 5 Fiber • Gouda Stout
- THURSDAY** • Cheddar Garlic Variety • Morning Glory
- FRIDAY** • Gluten X • Caraway Rye • High 5 Fiber • Banana Nut • Cranberry Walnut Flax
- SATURDAY** • Ezekiel

SWEET SPOT

- EVERYDAY** Savannah Bars • Trek, Chia and Power Bars • Pumpkin Chocolate Chip Muffins • Shortbread Cookies • Cashew or Pecan Pie Bars
- TUESDAY** Cinnamon Chip Cream Cheese Scones • Cranberry Orange Muffin • Carrot Cake bars • Monster Cookies • S'mores Bar
- WEDNESDAY** Ginger Cookies • Berry Cream Cheese Scone Variety • Brownie • Kahuna Bar • Keto-friendly savory cookie • Sugar Cookies • Jewish Apple Cake
- THURSDAY** Maple Scone • Morning Glory Muffins • Low fat Cran-Blue Yogurt Muffins • Lemon Bars • Pumpkin Cake • Snickerdoodle cookie
- FRIDAY** Cinnamon Rolls • Blondie Bar • Berry Cream Cheese Scone Variety • Dillon Variety Cookie • Low fat yum-yum brownie muffin • Banana Nut Muffin
- SATURDAY** Cinnamon Rolls • Blueberry Bran Muffin • Chocolate Chip Scone • Dillon Variety Cookie • Savory Biscuit

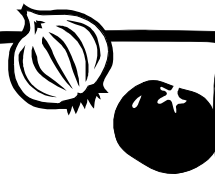
Store Hours: Tuesday - Friday 7am to 6pm, Saturday 7am to 4pm
Closed Sunday and Monday for a Little Loafin'

FRESH GROUND FLOUR MAKES ALL THE DIFFERENCE



Every wonder why Great Harvest bread tastes so great? It starts with a very special type of high plains grain called Hard Red Spring Wheat. Moisture affects a wheat's protein content. The arid climate of the high plains produces wheat with a higher protein content. At Great Harvest, we grind Spring Wheat kernels fresh everyday to make our whole wheat flour. When we say "whole wheat" we mean it! We keep all three parts of the wheat kernel: the endosperm, the bran & the wheat germ. All flour starts to lose its nutritional content soon after grinding, so we use our flour within 48 hours. We then bake it to seal in freshness. This is why Great Harvest bread has **SUPERIOR NUTRITIONAL VALUE.**

SUPER DUPER SALAD SANDWICH



Honey Whole Wheat Bread	Thinly Sliced Cucumber
Spicy Brown or Honey Mustard	Sprouts
Avocado, Thinly Sliced	3-4 Leaves Red Leaf Lettuce
Sliced Tomato	Toasted Sesame Seeds
Sliced Onion	Salt & Pepper

Spread mustard on both sides of honey wheat bread. Layer avocado, onions, tomato, sprouts & cucumber (holds together best in that order.) Add a sprinkle of toasted sesame seeds, and salt & pepper to taste. Top with lettuce, serve with your favorite chilled fruits, and ENJOY!

KIDS CORNER

Hey Kids! Remember to grab a coloring page this month! Bring it back into the bakery to receive your **FREE** giant cookie!