



Great Harvest Bread Co.®

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



A DELICIOUS BLEND OF WHITE AND WHEAT FLOUR WITH GREEN CHILIES, CHEDDAR CHEESE, CUMIN AND PAPRIKA!

SEPTEMBER BREADS



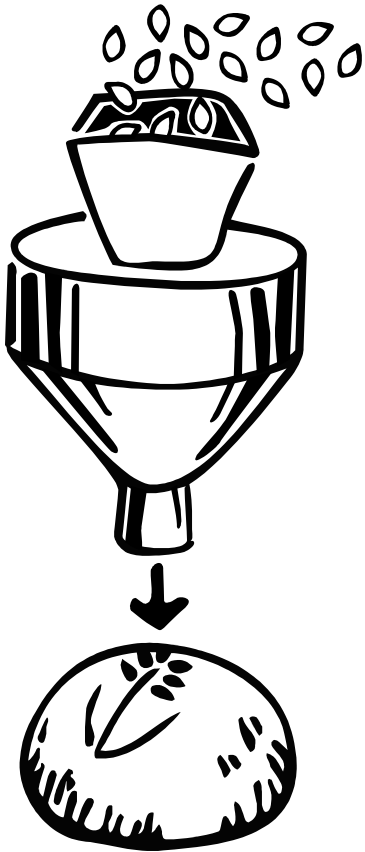
- EVERYDAY** • Honey Whole Wheat • Dakota • Cinnamon Chip • Harvest White • Pumpkin Chocolate Chip •
- TUESDAY** • Low Carb Country Crunch • Green Chili Cheese • Lemon Blueberry Teacake •
- WEDNESDAY** • Extreme Cinnamon Swirl • Chocolate Brownie Bread • High 5 Fiber • Parmesan Black Pepper
- THURSDAY** • Cheddar Garlic Variety • Morning Glory Bread • Gluten X •
- FRIDAY** • High 5 Fiber • Banana Nut
- SATURDAY** • Ezekiel

SWEET SPOT

- EVERYDAY** Savannah Bars • Trek , Chia and Power Bars • Pumpkin Chocolate Chip Muffins • Shortbread • Cashew Crunch Bars •
- TUESDAY** Cinnamon Chip Cream Cheese Scones • Lemon Blueberry Muffin • Carrot Cake bars • Monster Cookies
- WEDNESDAY** Ginger Cookies • Berry Cream Cheese Scone Variety • Brownie • Kahuna Bar • Keto/Gluten -sensitive Savory Cookie
- THURSDAY** Cranberry Orange Scone • Morning Glory Muffins • Cran-Blue Yogurt Muffins • Lemon Bars • Chocolate Chip Cookie • Keto/Gluten-sensitive Blueberry Muffin
- FRIDAY** Cinnamon Rolls • Blondie Bar • Berry Cream Cheese Scone Variety • Dillon Variety Cookie • Low-fat brownie muffin • Banana Nut Muffin
- SATURDAY** Cinnamon Rolls • Blueberry Bran Muffin • Chocolate Chip Cream Cheese 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'

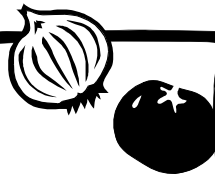
FRESH GROUND FLOUR MAKES ALL THE DIFFERENCE



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!