



REAP THE BENEFITS OF FRESH GROUND

Fresh ground whole wheat contains the full nutrition from the bran, endosperm and germ of the wheat kernels. The essential nutrients include B-vitamins, folate, iron, zinc and magnesium.

**Featured Sandwich
Tuscan Chicken**



Provolone cheese melted over hot chicken breast, with lettuce, tomato, red onion, and a basil pesto. Yummm!

Soups are here also! Stay warm with a different flavor soup everyday!

Ingredients for a Super Event



View our new catering menu at www.greatharvestburke.com

It's Pumpkin Month at Great Harvest!



We've got pumpkin swirls, cookies, muffins, dessert breads, scones, oh's, & pumpkin spice bars!



Great Harvest Bread Co.®

6030-G Burke Commons Road, Burke
9000-S Lorton Station Blvd, Lorton
www.greatharvestburke.com
facebook.com/BurkeGreatHarvest
facebook.com/GreatHarvestLorton

703-249-0044
703-372-2339



Lorton

Burke

BURKE: Mon—Sat 6am-7 pm; Sun 7am-3pm LORTON: Mon—Sat 7am—6pm; Sun 10am-3pm
(The first bread comes out of the oven around 9 am and gets to Lorton around 10am.)

October Breads 2015

= 100% whole grain using hand-selected wheat, stone-ground daily in the Burke bakery.

BAKED EVERYDAY SUN-SAT

- ☿ Honey Whole Wheat • Old Fashioned White
- ☿ Honey Wheat Rolls • White Rolls • ☿ Dakota Apple Scrapple • Cheddar Garlic (Hamburger Buns) • Cinnamon Chip • Xtreme Cinnamon Chip

TUESDAY

- ☿ Woodstock • ☿ Pumpkin Swirl

WEDNESDAY

- Popeye

THURSDAY

- ☿ Cinnamon Raisin Walnut (Vegan) • ☿ Whole Wheat Cinnamon Chip • ☿ Whole Wheat Xtreme Cinnamon Chip

FRIDAY

- Challah • ☿ Pumpkin Swirl • Jalapeño Cheddar Garlic ☿ Spooky Spider

SATURDAY

- Asiago Pesto • ☿ Cranberry Orange

SWEET SPOT

COOKIES

- Daily: ☿ Chocolate Chip ☿ Oatmeal Raisin
- Tue: Snickerdoodle
- Thurs: Pumpkin

SCONES

- Daily: Cinnamon Chip; Red, White, & Blue
- Wed: Raspberry White Chocolate Scones
- Fri: Pumpkin Scones
- Sat: Maple Oatmeal Scones

MUFFINS

- Mon: Pumpkin & Pumpkin Chocolate Chip
- Tue: Sweet Potato Pecan
- Thurs: Pumpkin & Pumpkin Chocolate Chip
- Fri: Coconut ☿ Peach Raspberry ☿ Morning Glory

DESSERT BREAD

- Mon: Pumpkin & Pumpkin Chocolate Chip
- Tue: Sweet Potato Pecan
- Thurs: Pumpkin & Pumpkin Chocolate Chip
- Fri: Coconut
- Sat: Chocolate Brownie

...Plus Cinnamon Rolls, Pumpkin Oh's, & more!



"Jack-o-Lanterns," Spiders, & Pumpkin Bowls



Spooky Spider will be made Fridays all month & Jack-o-Lanterns and Orange Soup Bowls October 28-31—order today!

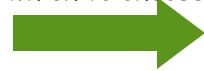
Send the Perfect Gift



Send your thanks, comfort, & congratulations in a fresh way!

Check out our custom gifting option online, where you can custom create a shipping box of goodies to send. You pick the items & pay only for what you put inside, plus the cost of the box & shipping! There's lots from which to choose.

[See Sandwich Menu on Back!](#)





Great Harvest Bread Co.®

OUR SANDWICH BREADS

HONEY WHOLE WHEAT	DAKOTA
OLD FASHIONED WHITE	CHEDDAR GARLIC

COLD CLASSIC SANDWICHES

All served with romaine lettuce, tomato, sliced red onion, mayonnaise, Dijon mustard, and salt & pepper.

HAM & SWISS	\$8.30
TURKEY & SWISS	\$8.30
ROAST BEEF & PROVOLONE	\$8.30
Try any sandwich with Bacon!	\$2.25
ALMOND BUTTER & JELLY	\$4.00
Creamy almond butter and Virginia Traffic Jam.	

COLD SIGNATURE SANDWICHES

TUNA SALAD	\$7.50
Creamy tuna mixed with our seasoned mayonnaise with romaine lettuce, tomato, sliced red onion, and salt & pepper.	
LORTON CHICKEN SALAD	\$7.50
Diced white chicken breast mixed with our seasoned mayonnaise and spicy pecans, topped with romaine lettuce, tomato, sliced red onion, and salt & pepper.	
CALIFORNIA COBB	\$8.50
Smoked turkey, bacon, avocado, lettuce, tomato, onion, and bleu cheese spread.	
HARVEST VEGGIE	\$8.00
Bell pepper rings, cucumber slices, lettuce, tomato, onion, provolone and cheddar cheese with a sundried tomato spread.	
MEDITERRANEAN	\$8.50
Bell peppers, cucumber, spinach, tomato, onion, provolone & cheddar cheese with hummus & avocado.	
CAPRESE	\$8.00
Fresh Mozzarella, Basil, Tomatoes, and Balsamic.	

SIDES

MISS VICKI'S CHIPS	\$1.25
COOKIE	\$1.95

HOT BREAKFAST PANINIS

All are prepared with our Garlic Herb Spread.

EGG & CHEESE	\$5.00
BACON, EGG, & CHEESE	\$6.25
HAM OR TURKEY, EGG, & CHEESE	\$6.50

Try with Tomatoes, Onions, or Bell Peppers! 50¢

HOT PANINI SANDWICHES

GROOVY GRILLED CHEESE	\$5.25
Cheddar and Provolone cheeses with Garlic Herb Spread on your choice of bread.	

Try with Tomato! 50¢

Add Ham, Turkey, or Bacon. \$2.25

BLAT	\$8.00
Bacon, Lettuce, Avocado, Mayo and Tomato.	

SOUTHWESTERN CHIPOTLE TURKEY	\$8.50
Turkey, pepper-jack cheese, bell peppers, onions, tomatoes, lettuce, and Chipotle Mayo.	

CHEDDAR TUNA MELT	\$8.00
Albacore Tuna Salad with Cheddar cheese, tomatoes, and our sundried tomato spread.	

TUSCAN CHICKEN	\$9.25
Grilled chicken breast, with lettuce, tomato, red onion, provolone, and a basil pesto.	

EXTRAS

SPREADS	50¢
VEGGIES	50¢
CHEESE	\$1.00
AVOCADO	\$1.50
EXTRA MEAT OR CHICKEN	\$2.25

MEAL DEALS

SANDWICH MEAL DEAL	\$2.95
---------------------------	---------------

Grab a drink & your choice of a giant cookie or chips.