



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.

Tuscan Chicken



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

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
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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 1 pm.)

October Breads 2017

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

BAKED EVERYDAY

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

TUESDAY

- Gouda and Stout • Pumpkin Swirl

WEDNESDAY

- Popeye

THURSDAY

- Cinnamon Raisin Walnut (Vegan) • Challah

FRIDAY

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

SATURDAY

- Asiago Pesto • Cranberry Orange

SWEET SPOT

COOKIES

- Daily: Chocolate Chip Oatmeal Raisin
- Tue: Snickerdoodle
- Wed: Molasses
- Thurs: Pumpkin

SCONES

- Daily: Cinnamon Chip; Red, White, & Blue
- Wed: Raspberry White Chocolate Scones
- Thurs: Pumpkin Scones
- Fri: 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!



Spooky Spider will be made Fridays all month & Jack-o-Lanterns and Orange Soup Breads October 27-31—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
OLD FASHIONED WHITE

DAKOTA
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**

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, tomato, onion, provolone & cheddar cheese with hummus & avocado.

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 **\$8.75**

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.

CUBANO **\$9.75**

Turkey, Ham, Pickles, Pickled Onions, Swiss Cheese and Spicy Mustard

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.

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