



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.



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

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.®

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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 2019

= 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
- Tues: Raspberry White Chocolate Scones
- Wed: Pumpkin Cream Cheese 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!



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!](#)

