

The freshly milled whole grains in Great Harvest bread have up to 5 times the vitamins and minerals found in refined grains. We bake whole grain bread & sweets every day with freshly milled wheat (we know it's fresh because we mill it ourselves)! *Eating right should always taste amazing!*

## It's King Cake Season!



Baking on Thursdays and daily from Feb. 5th -Feb 9th. Enjoy yummy fun with this Mardi Gras tradition! Now's the time to bring it to your school or office. Learn more at greatharvestburke.com.

### SPECIAL BAKE DAYS

**SUPER BOWL – FEB 5TH-7TH:** Super Football, Pepper Jack Salsa, and Gouda & Stout Bread

**VALENTINE'S DAY – 11TH-14TH:** Chocolate Brownie Heart, Snickerdoodles

**PRESIDENT'S DAY – 15TH:** Red, White, & Blue Swirl

**MARDI GRAS – King Cakes**

### Breakfast & Lunch Served Right



*Nutritious & Delicious:  
what more can we say?*

Stop by either store for a fresh Panini or cold sandwich. Choose from such favorites as Tuscan Chicken, Harvest Veggie, Caprese, and more. We cater, too!

# Great Harvest Bread Co.

6030-G Burke Commons Road, Burke  
9000-S Lorton Station Blvd, Lorton  
[www.greatharvestburke.com](http://www.greatharvestburke.com)  
[facebook.com/BurkeGreatHarvest](https://facebook.com/BurkeGreatHarvest)

703-249-0044  
703-372-2339



Lorton  
Join Our E-mail List!  
Text GHBREAD to 42828



BURKE: Mon-Sat 6am-7pm, 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.)



## February Breads 2016

= 100% whole grain using wheat from family farms, ground daily in the Burke bakery.

### BAKED

### EVERY DAY

Honey Whole Wheat • Old Fashioned White

Honey Wheat Rolls • White Rolls

Cinnamon Chip • Xtreme Cinnamon Chip • Cheddar Garlic • Apple Crunch

### MONDAY

Dakota

### TUESDAY

Woodstock

### WEDNESDAY

Dakota • Popeye

### THURSDAY

King Cakes (Through 2/9) • Challah

Cinnamon Raisin

### FRIDAY

Apple Scrapple • Challah • Dakota  
Cranberry White Chocolate Swirl

### SATURDAY

Asiago Pesto • Baker's Choice



Chocolate Brownie Hearts &  
Loaves, Cookies, Scones, Brownie  
Mixes, Chocolate-Dipped Almond  
Shortbread Cookies & More!

Ship a  
Valentine's Gift!

Learn more  
online



## SWEET SPOT

### COOKIES

Daily: Chocolate Chip  
Wed: Oatmeal Raisin  
Fri: White Chocolate Cherry  
Chocolate Bliss

### SCONES

Daily: Cinnamon Chip: Red, White, & Blue  
Thur: White Chocolate Raspberry  
Fri: Triple Chocolate Scone  
Sat: Maple Oatmeal

### MUFFINS

Mon: Pumpkin & Pumpkin Chocolate Chip  
Tues: Chocolate Brownie  
Thurs: Pumpkin & Pumpkin Chocolate Chip  
Fri: Chocolate Brownie  
Peach Raspberry  
Morning Glory

### DESSERT BREAD

Mon: Pumpkin & Pumpkin Chocolate Chip  
Tues: Chocolate Brownie  
Thurs: Pumpkin & Pumpkin Chocolate Chip  
Fri: Chocolate Brownie  
...Plus Cinnamon Rolls, Rice Crispy Treats, & More!

See back for bread care instructions!





# Great Harvest Bread Co.<sup>®</sup>

## OUR SANDWICH BREADS

HONEY WHOLE WHEAT	DAKOTA
OLD FASHIONED WHITE	CHEDDAR GARLIC

## COLD CLASSIC SANDWICHES

HAM & SWISS	\$8.30
TURKEY & SWISS	\$8.30
ROAST BEEF & PROVOLONE	\$8.30
CORNED BEEF & SWISS	\$9.25
PASTRAMI & SWISS	\$9.25

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

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 albacore 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.

**LAURA'S EGG SALAD** \$7.50

Chopped hard boiled eggs mixed with our seasoned mayonnaise and pickle relish, topped with romaine lettuce, tomato, sliced red onion, and salt & pepper.

**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

**CALIFORNIA COBB** \$8.50

Smoked turkey, bacon, avocado, lettuce, tomato, onion, and bleu cheese spread.

## SOUP & SIDES

### OUR SOUP OF THE DAY (LORTON LOCATION)

Small	\$4.50
Large	\$5.75
<b>MISS VICKI'S CHIPS</b>	\$1.25
<b>COOKIE</b>	\$1.95
<b>FRUIT</b>	\$1.00

## HOT BREAKFAST PANINIS

<b>EGG AND CHEESE</b>	\$5.00
<b>BACON, EGG, AND CHEESE</b>	\$6.25
<b>HAM OR TURKEY, EGG, AND CHEESE</b>	\$6.50

\*All are prepared with our Garlic Herb Spread.

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

## 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, Tomato, and mayo.

**CHEDDAR TUNA MELT** \$8.00

Albacore Tuna Salad with Cheddar cheese, tomatoes, and our sundried tomato spread on your choice of bread.

**SOUTHWESTERN CHIPOTLE TURKEY** \$8.50

Turkey with pepper-jack cheese, bell peppers, onions, tomatoes, lettuce, and Chipotle Mayo on your choice of bread.

**TUSCAN CHICKEN** \$9.25

Grilled chicken breast with lettuce, tomato, red onion, provolone, and a basil pesto on your choice of bread.

**HOT PASTRAMI** \$9.25

Nitrate-free Pastrami with Swiss cheese, lettuce, tomatoes, onions and sundried tomato spread on your choice of bread.

**REUBEN** \$9.25

Corned beef with sauerkraut and our house-made thousand island dressing on your choice of bread.

## EXTRAS

<b>SPREADS</b>	50¢
<b>VEGGIES</b>	50¢
<b>CHEESE</b>	\$1.00
<b>AVOCADO</b>	\$1.50
<b>EXTRA MEAT OR CHICKEN</b>	\$2.25

## MEAL DEALS

**SANDWICH MEAL DEAL** \$2.95

Grab a drink & your choice of a giant cookie, chips, or fruit with purchase of any of our Sandwiches.

Upgrade to Boylan Soda \$4.25

**SOUP MEAL DEAL (LORTON LOCATION ONLY)**

\$2.95

# GREAT HARVEST BREAD CARE INSTRUCTIONS

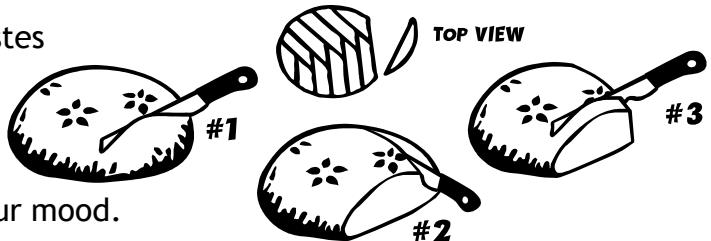
**COOL IT & BAG it!** Hot bread must cool completely before you bag it, or it will become soggy. Be sure bread is cool to your wrist before placing it in the bag (usually within two hours after purchasing). Place the bread in the plastic bag and press out any extra air. Twist the top of the bag tightly and secure with a twisty tie. A loose tie allows air to sneak in and dry out your bread. Leave the bag on your kitchen counter out of the sun (& never put bread in the fridge).

**WARM IT!** To reheat, wrap your bread in foil and place it in the oven for 15 minutes at 350° (8 to 10 minutes for rolls) . You can also toast it but never put it in the microwave.

**STORE IT!** Never put any bread in the fridge! The sweetener crystallizes and dries out the bread. The best thing about Great Harvest bread is that, unlike other breads, it will stay fresh at least 7-10 days when properly stored - on your counter, not in the fridge!

**FREEZE IT!** Our bread freezes great. Double bagging helps to prevent freezer burn. It's best if you wait 24 hours after baking before you freeze bread. Be sure to thaw the bread in its bag.

**SLICE IT!** A round loaf bakes better, so it tastes better and stays fresher longer. It's easy to slice using our 'patented' method: to get the highest yield from each loaf take a good serrated knife, and gently 'saw' the bread in a herringbone pattern. Slice it thick or thin, depending upon your mood.



**GIVE IT!** Brighten someone's day with the hearty taste of Great Harvest breads. Bread makes a wonderful gift - one size fits all.

## WHOLE GRAINS: THE POWER OF THREE!

At Great Harvest Bread Co., we understand the magic of whole grains.

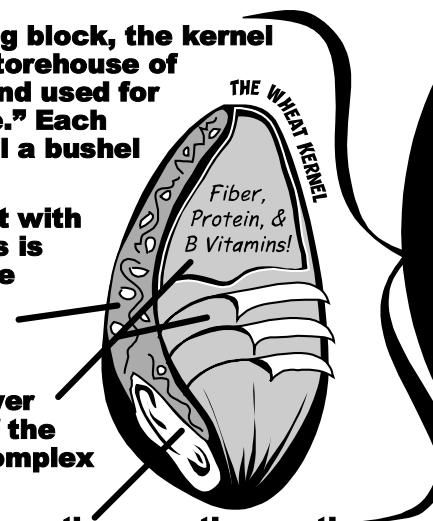
That's why we're here. We have been the whole-grain headquarters for nearly 30 years. Whole grains are our niche, our specialty – they're what we do. We mill whole grains in our store every day, so they're always fresh.

Let's take a look at our basic building block, the kernel of wheat. This natural miracle is a storehouse of nutrients that people have needed and used for thousands of years – the "staff of life." Each kernel (it takes about a million to fill a bushel basket) has three parts:

1) The endosperm is the largest part with 83 percent of the kernel's mass. This is where starch is stored and where the largest amount of flour comes from. It contains carbs, protein, iron and B-complex vitamins.

2) The Bran is the fiber-rich outer layer that makes up about 14.5 percent of the kernel and contains protein and B-complex vitamins.

3) The Germ is the nutrient-rich embryo, the sprouting section, that packs abundant E & B-complex vitamins and trace minerals.



In baking WHOLE-GRAIN BREADS, Great Harvest uses the ENTIRE KERNEL. Defined by the USDA: "Whole Grain = Whole Grains as well as foods made from them and consist of the entire grain seed, usually called the kernel." By contrast, many commercial bread makers, producing highly refined white breads and other breads that pose as "whole wheat" or "multi grain," strip away the bran and germ to make soft, airy breads with a longer shelf life. They bleach the flour, and then add vitamins and minerals to replace the lost nutrients. But many nutrients aren't added, and the lost fiber can't be replaced.