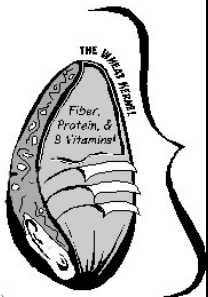


It's Whole Grain Time!

Start your new year off with freshly ground whole wheat bread & sweets!



We bake whole grain bread & sweets every day!

See back for more Whole Grain Info!

It's King Cake Season!



Baking on Thursdays!

King Cake season begins January 6th, through Mardi Gras Tuesday February 28th

Enjoy a delicious King Cake complete with beads, coins and a baby to hide! The person who finds the baby gets to bring in the King Cake next time! Yummy fun! Preview starting January 19th!

1/2 Dozen FREE Rolls with Soup Mix Purchase

Now that's one warm special!

During the cold winter months, is there anything quite like a hot bowl of soup and a fresh, made-from-scratch roll?



Granolas & Whole Grain Mixes



Who said eating right had to be hard? Check out our delicious granolas, oatmeal, & whole grain mixes.

Great Harvest Bread Co.®

6030-G Burke Commons Road, Burke 703-249-0044
9000-S Lorton Station Blvd, Lorton 703-372-2339
www.greatharvestburke.com
facebook.com/BurkeGreatHarvest



Lorton Burke

Join Our E-mail List!
Text GHBREAD to 42828

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

January Breads 2017

= 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 • Apple Crunch
Cinnamon Chip • Xtreme Cinnamon Chip

MONDAY Cheddar Garlic

TUESDAY Dakota

WEDNESDAY Cheddar Garlic • Woodstock

THURSDAY Dakota • Challah • Cinnamon Raisin Walnut
Whole Wheat Cinnamon Chip & Xtreme Cinnamon Chip
King Cakes (Starting the 6th)

FRIDAY Cheddar Garlic • Challah • Apricot High 5 Fiber

SATURDAY Dakota • Asiago Pesto



Amazing Whole Grains

- Whole grains have 3-5 times the vitamins and minerals found in refined grains.
- Most of the fat in our whole grain breads is healthy unsaturated fats from the germ of the kernel. Honey Whole Wheat has 0.5 gram per slice.
- Carb for carb, whole grain breads are low in calories, low in fat, a good source of fiber, and have tons of vitamins and minerals compared to other carb choices.

Whole grains make for delicious bread & sweets!

SWEET SPOT

COOKIES

Daily: Chocolate Chip Oatmeal Raisin
Wed: Lemon Lavender
Fri: Cranberry Flax
Sat: Salted Caramel

SCONES

Daily: Cinnamon Chip; Red, White, & Blue
Thurs: Raspberry White Chocolate
Fri: Maple Oatmeal

MUFFINS

Mon: Pumpkin & Pumpkin Chocolate Chip
Thurs: Pumpkin & Pumpkin Chocolate Chip
Fri: Peach Raspberry, Morning Glory
Fri: Coconut

DESSERT BREAD

Mon: Pumpkin & Pumpkin Chocolate Chip
Thurs: Pumpkin & Pumpkin Chocolate Chip
Fri: Coconut

...Plus Cinnamon Rolls!

Bakin' Up a Review

Please take a moment to review us on your favorite review site!

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!

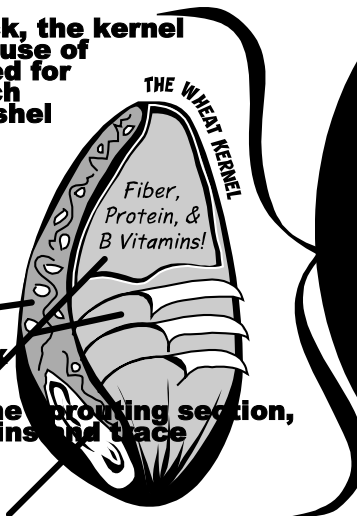
At Great Harvest Bread Co., we understand the magic of whole grains. That's why we're here. We have been the whole-grain headquarters for nearly 30 years. Whole grains are our niche, our specialty – they're what we do. We mill whole grains in our store every day, so they're always fresh.

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.



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, 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 \$8.00

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.



Great Harvest Bread Co.®

Salads Served Only at Our Lorton Location

GREAT HARVEST SIGNATURE SALADS

GREAT HARVEST HOUSE SALAD

Spring Mix topped with tomato, cucumber, and oranges.

SIDE: \$3.95 LARGE: \$5.95

CHICKEN CAESAR

Grilled chicken fillet, hardboiled egg, anchovies, dried cranberries and croutons served on romaine, topped with parmesan cheese.

\$6.75

LORTON CHICKEN SALAD SALAD

Our signature Chicken Salad topped with sweet and spicy pecans, tomato, cucumber, and croutons. Served on a spring mix.

\$6.75

TUNA SALAD SALAD

Our Tuna Salad topped with sweet and spicy pecans, tomato, cucumber, and croutons.

\$6.75

MOROCCAN SALAD

Roasted sweet potatoes, grilled eggplant, sliced tomatoes, oranges, roasted pine nut hummus, and house-made croutons on a spring mix.

\$8.95

COBB SALAD

Turkey, bacon, sliced avocado, hardboiled egg, red onion and croutons, on a spring mix.

\$7.75

MEDITERRANEAN

Grilled eggplant, Kalamata olives, marinated artichokes, bell peppers, red onion, feta cheese. Topped with croutons, dried figs, and fresh mint leaves.

\$7.95

and

served with your choice of bread and dressing

BREADS:

HONEY WHOLE WHEAT

OLD FASHIONED WHITE

DAKOTA

CHEDDAR GARLIC

DRESSINGS:

BUTTERMILK RANCH

RASPBERRY VINAIGRETTE

CEASAR

BALSALMIC VINAIGRETTE

BLEU CHEESE

OIL AND VINEGAR

**Add Bacon, Turkey, Ham, or Chicken for \$2.25*

Served only at our Lorton Location