



**NOTE: OUR BREADS COME OUT OF THE OVEN FROM 9AM – 3PM (ARTISAN BREADS ~1PM); CALL FOR AVAILABILITY**

**100% WHOLE GRAIN UNDERLINED**

**Fall / Winter Menu – Sept 9<sup>th</sup>, 2018**

**ARTISAN HEARTH**

**SUNDAY**  
 French Bread,  
 Green Chile Piñon -  
 Sourdough,  
 New York Caraway Rye,  
 Parisienne Baguette,  
 San Francisco Sourdough

**MONDAY**  
 French Bread,  
 New York Caraway Rye,  
 Parisienne Baguette,  
 San Francisco Sourdough,  
Whole Grains & Flax

**TUESDAY**  
 French Bread,  
 New York Caraway Rye,  
 Parisienne Baguette,  
 Pumpernickel Rye,  
 San Francisco Sourdough

**WEDNESDAY**  
 French Bread,  
 Farmhouse,  
 New York Caraway Rye,  
 Parisienne Baguette,  
 San Francisco Sourdough

**THURSDAY**  
 French Bread,  
 New York Caraway Rye,  
 Marble Rye,  
 Parisienne Baguette,  
 Pumpernickel Rye,  
 San Francisco Sourdough

**FRIDAY**  
 French Bread,  
 Cranberry Pecan,  
 Farmhouse,  
 New York Caraway Rye,  
 Parisienne Baguette,  
 San Francisco Sourdough

**SATURDAY**  
 French Bread,  
 Farmhouse,  
 New York Caraway Rye,  
 Parisienne Baguette,  
 Rosemary Olive Oil,  
 San Francisco Sourdough

**HOME STYLE BREADS**

Challah  
 Cinnamon Twister,  
 Gluten Free Rice Breads,  
 Green Chile Cheese,  
Honey Whole Wheat,  
Nine Grain Whole Wheat,  
 Premium Honey White,  
Sonoma County,  
Woodstock

Apple Cinnamon Swirl,  
 Green Chile Cheese,  
Honey Whole Wheat,  
Montana Crunch,  
Nine Grain Whole Wheat,  
 Premium Honey White,  
Quinoa Spelt,  
Sourdough Whole Wheat

Apricot Almond,  
 Cinnamon Chip,  
 Cinnamon Twister,  
High Five Fiber,  
Honey Whole Wheat,  
Nine Grain Whole Wheat,  
 Premium Honey White,  
Raisin Cinnamon Walnut,  
 Spinach Asiago,  
Whole Grain Goodness

Brioche,  
 Butter Pecan Brioche,  
 Cranberry Orange,  
 Green Chile Cheese,  
Honey Whole Wheat,  
Montana Crunch,  
Nine Grain Whole Wheat,  
 Premium Honey White,  
Tramway Trail Crunch

Pumpkin Nut Swirl,  
 Gluten Free Rice Breads,  
 Garlic Parmesan -  
 Breadsticks,  
 Green Chile Cornbread,  
Honey Whole Wheat,  
Montana Crunch,  
Nine Grain Whole Wheat,  
 Premium Honey White,  
Raisin Cinnamon Whole  
Wheat,  
 Spinach Feta

Baker's Choice,  
 Challah,  
 Cherry Apple Pecan  
 Cinnamon Twister,  
Cranberry High 5,  
 Green Chile Cheese,  
Honey Whole Wheat,  
Montana Crunch,  
Nine Grain Whole Wheat,  
 Premium Honey White

Baker's Choice,  
 Cranberry Orange,  
 Dakota Seed,  
 Garlic Parmesan -  
 Breadsticks,  
 Green Chile Cheese,  
Honey Whole Wheat,  
Montana Crunch,  
Nine Grain Whole Wheat,  
 Pecan Swirl,  
 Premium Honey White,  
Raisin Cinnamon Walnut,  
Tramway Trail Crunch

**ROLLS & BUNS**

**ARTISAN**  
 French,  
 San Francisco Sourdough  
**HOME STYLE**  
 Green Chile Cheese Rolls,  
Honey Whole Wheat,  
Nine Grain,  
 Premium White  
Woodstock

**ARTISAN**  
 French,  
 San Francisco Sourdough  
**HOME STYLE**  
 Green Chile Cheese,  
Honey Whole Wheat,  
Montana Crunch,  
Nine Grain,  
 Premium White

**ARTISAN**  
 French,  
 San Francisco Sourdough  
**HOME STYLE**  
Honey Whole Wheat,  
Nine Grain,  
 Premium White,  
Whole Grain Goodness

**ARTISAN**  
 French,  
 San Francisco Sourdough  
**HOME STYLE**  
 Green Chile Cheese,  
Honey Whole Wheat,  
Nine Grain,  
Montana Crunch  
 Premium White

**ARTISAN**  
 French,  
 San Francisco Sourdough  
**HOME STYLE**  
Honey Whole Wheat,  
Montana Crunch,  
Nine Grain,  
 Premium White

**ARTISAN**  
 French,  
 San Francisco Sourdough  
**HOME STYLE**  
 Green Chile Cheese,  
Honey Whole Wheat,  
Montana Crunch,  
Nine Grain,  
 Premium White

**ARTISAN**  
 French,  
 San Francisco Sourdough  
**HOME STYLE**  
 Dakota Seed,  
 Green Chile Cheese,  
Honey Whole Wheat,  
Montana Crunch,  
Nine Grain,  
 Premium White



# GREAT HARVEST BREAD CO.

11200 Montgomery Blvd. N.E. at Juan Tabo

Phone: 505-293-8277

## HOURS:

Weekdays 7:30 am to 7:00 pm

Saturdays 7:30 am to 6:00 pm

Sundays 8:00 am to 5:00 pm

Fall / Winter Menu –  
Sept 9<sup>th</sup>, 2018



See us at: [www.greatharvestalbuquerque.com](http://www.greatharvestalbuquerque.com)

## BREADCARE!

[www.facebook.com/GreatHarvestBreadAlbuquerqueNM](http://www.facebook.com/GreatHarvestBreadAlbuquerqueNM)

### Don't put the bread in the refrigerator

The best way to store bread is on the kitchen counter. Refrigerators make bread taste stale. It's ok to freeze loaves. Just ask us for an extra bag and double bag your loaves to protect them. (Many people will freeze half a loaf and leave the other half on the counter.)

### Home Style Breads

Most of our breads will stay fresh for a week. The cheese breads should be eaten within five days or frozen.

### European Hearth Loaves

Put our European Hearth Loaves in a plastic bag after the first day. The whole wheat hearth loaves will stay fresh for about five days. The other hearth breads should be eaten within three days or frozen. Baguettes are one day breads.

**NOTE: OUR BREADS COME OUT OF THE OVEN FROM 9AM – 3PM (ARTISAN BREADS ~ 1PM); CALL FOR AVAILABILITY**

### EVERYDAY

#### Bars

Apple Cinnamon Cobbler (900 cal.)  
Big Kahuna (1120 cal.)  
Brownies (1160-1240 cal.)  
Ginger Bars (170 cal. each)  
La Luz Trail (830 cal.)  
Pumpkin Cream Cheese (644 cal.)  
Trekker Bars (280 cal.)

#### Petite Cakes

Pumpkin Chocolate Chip (1095-1480 cal.)  
Sour Cream Blueberry (1060-1445 cal.)  
Cookies (360-370 cal.)  
Oatmeal Raisin, Oatmeal Chocolate Chip, Sugar

Cinnamon Rolls (820-1205 cal.)  
Biscotti

**LOW CARB BREADS**

### SUNDAY

#### Muffins

Cappuccino Chocolate Chip (610 cal.)  
Cinnamon Bites (530 cal.)

#### Scones

Strawberry Peach (820 cal.)  
Vanilla Almond (960 cal.)

#### Dessert Loaf

Banana Pecan Streusel  
Pastry Cinnamon Rolls (700 cal.)

Bonnie's Whole Grains & Flax  
Total Carbs—12g  
Fiber—2g

### MONDAY

#### Muffins

Hummingbird (530 cal.)  
Cinnamon Bites (530 cal.)

#### Scones

Apple Cinnamon-Cream Cheese (840 cal.)  
Raspberry White -

Chocolate Chip (900 cal.)

#### Dessert Loaf

Pumpkin Chocolate Chip

Bonnie's Whole Grain Cinnamon Chip  
Total Carbs—12g  
Fiber—2g

### TUESDAY

#### Muffins

Blueberry (370 cal.)  
Cinnamon Bites (530 cal.)

#### Scones

Strawberry Blueberry (820 cal.)  
Pumpkin Chocolate Chip (860 cal.)

#### Dessert Loaf

Sour Cream Blueberry  
Pastry Cinnamon Rolls (700 cal.)

Bonnie's Whole Grains & Flax  
Total Carbs—12g  
Fiber—2g

### WEDNESDAY

#### Muffins

Cappuccino Chocolate Chip (610 cal.)  
Pumpkin Pecan-Streusel (450 cal.)  
Cinnamon Bites (530 cal.)

#### Scones

Caramel Maccchiato (1120 cal.)  
Cranberry Cream-Cheese (880 cal.)

#### Dessert Loaf

Pumpkin Pecan-

Bonnie's High Country Crunch  
Total Carbs—10g

### THURSDAY

#### Muffins

Berry Berry Bran (340 cal.)  
Cinnamon Bites (530 cal.)

#### Scones

Cranberry Orange (820 cal.)  
Vanilla Pecan (960 cal.)

#### Dessert Loaf

Apple Streusel  
Pastry Cinnamon Rolls (700 cal.)

Bonnie's Whole Grains & Flax  
Total Carbs—12g  
Fiber—2g

### FRIDAY

#### Muffins

German Chocolate (480 cal.)  
Cinnamon Bites (530 cal.)

#### Scones

Cinnamon Cream Cheese (960 cal.)  
Lemon Blueberry (980 cal.)

#### Dessert Loaf

Lemon Poundcake  
Pastry Cinnamon Rolls (700 cal.)

#### Braids:

(Cherry or Cinnamon Almond-Cream Cheese)

Bonnie's Whole Grain Dakota Seed  
Total Carbs—10g  
Fiber—2g

### SATURDAY

#### Muffins

Cappuccino Choc. Chip (610 cal.)  
Cinnamon Bites (530 cal.)

#### Scones

Pumpkin Cream Cheese (600 cal.)  
Caramel Apple (1000 cal.)

#### Dessert Loaves

Cranberry Orange  
Apple Streusel  
Pastry Cinnamon Rolls (700 cal.)

Alabama Slammer - Cinnamon Rolls (900 cal.)

Bonnie's Whole Grains & Flax  
Total Carbs—12g  
Fiber—2g

**NOTE: 2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY**