



©2020 BLF Enterprises Inc.

Great Harvest Bread Co.®

445 S. State Street, Westerville, OH 899-6100

www.greatharvestwesterville.com



AUGUST BREADS



EVERYDAY

Honey Whole Wheat ☺
 Farmhouse White
 Snickerdoodle Bread
 Pepperoni Rolls
 Cinnamon Swirl
 Assorted Babkas
 Cinnamon Rolls
 Cinni-Minis(Plain & Pecan)

One free cup of Crimson Cup coffee with the purchase of one breakfast or sweet item, **Thursday** from 7-10 a.m.

Don't forget to follow us on Facebook!

TUESDAY

Ten Grain ☺
 Cinnamon Chip
 Pumpernickel Rye ☺ 8/4, 8/18
 Cheddar Garlic
 Jalapeno Cheddar Garlic
 Sourdough

WEDNESDAY

Dakota ☺
 Cinnamon Raisin ☺
 Red, White and Blueberry

THURSDAY

High 5 Fiber ☺
 Cinnamon Chip
 Extreme Cinnamon Swirl
 Garlic Herb

FRIDAY

Whole Grain Goodness ☺
 Apple Cinnamon Chip ☺
 Challah
 Sourdough
 Buckeye Bread

SATURDAY

Woodstock ☺
 Cheddar Garlic
 Jalapeno Cheddar Garlic
 Pecan Swirl ☺

☺ = 100% Whole Grain



MORNING TREATS



EVERYDAY: Cinnamon Rolls, Raspberry Cream Cheese Scones, Oatmeal Walnut Chocolate Chip Cookies



FRIDAY & SATURDAY: Iced Sugar Cookies, Smickerdoodles, Pecan Rolls, Classic Chocolate Chip Cookies, Baker's Choice

*Please take into consideration that most of our sweets are made in very small batches. If you would like to place an order for sweets please try to do so at least a day before you need to pick up! Thank you!

THE HORSTMAN FAMILY BREAD STORE Store Hours: Tues. - Sat. 7:00 AM - 5:00 PM

Hot bread begins coming out of our oven each day at 9:30 AM with a full selection by 1:00 PM.

Most breads cannot be sliced until after 3:30 pm each day. Hot coffee and breakfast items available at 7:00AM.



BUCKEYE BREAD IS BACK!



We will be baking rich and tasty Buckeye Bread every Friday this month. This decadent loaf is loaded with creamy peanut butter and chocolate chips. It's the perfect snack to cheer the home team to victory!



A TAILGATE TREAT!



Our Party-Roni Rolls are back for Buckeye games. 3 pounds of the Pepperoni Roll that you love! Perfect for any get together. Call ahead to place an order.

WHY ARE WHOLE GRAINS IMPORTANT?

We should include more whole grains in our diet to help reduce the risks of some chronic diseases such as coronary heart disease, diabetes and high blood pressure.

Our freshly milled flour retains more of the following :

Fiber - important for proper bowel function and helps to provide a feeling of fullness with fewer calories.

B vitamins - play a key role in metabolism by helping the body to release energy from protein, fat and carbohydrates.

Folate (Folic Acid) - another B vitamin; helps the body to form red blood cells. This reduces the risk of several neural tube defects during fetal development.

Magnesium - is a mineral used for building bones.

Selenium - protects cells from oxidation for a healthy immune system (**antioxidants!**)

HOW DO I GET MY KIDS TO EAT MORE WHOLE GRAINS?

- ~ Start them eating whole grains early in childhood.*
- ~ Make grilled cheese sandwiches on Honey Whole Wheat.*
- ~ Apple Cinnamon Chip makes tasty French Toast.*
- ~ Our granola makes a great topping on yogurt or ice cream!*
- ~ For a special treat, our Cinnamon Rolls are delicious and they are baked with golden white wheat flour.*

TRY OUR ENERGY BARS!

Oats, raisins, honey, cranberries, peanut butter, oat bran, sesame seeds, ground flax seed, nutmeg, salt, vanilla extract and almond extract. A great "on the go" snack!