



# OCTOBER 2018

Great Harvest Bread Co  
 1701 Allied Ln,  
 Charlottesville, VA 22903  
 434-202-7813

Mon-Fri 7a-6p  
 Sat 7a-5p  
 Sun closed

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREADS</b>	Honey Whole Wheat	Honey Whole Wheat	Honey Whole Wheat	Honey Whole Wheat	Honey Whole Wheat	Honey Whole Wheat
	Dakota	Dakota	Dakota	Dakota	Dakota	Dakota
	High Five!	Cville Crunch	Rosemary Garlic	Potato Sourdough	Cville Crunch	Autumn Apple
	Cinnamon Chip	Tuscan Sourdough	**Cinnamon Chip**	Pumpernickel Rye	Cinnamon Chip	Cinnamon Swirl & Pecan Swirl
	High Five with Blueberries	Pumpkin Swirl	Farmhouse White	Apple Scrapple	<b>Baguettes</b>	Bakers Choice Swirl
	Popeye	Cheddar garlic		Pepperoni Rolls	Spinach Feta	Cracked pepper Jack
	<b>GLUTEN EXCLUSION</b>	Farmhouse White			Challah	
<b>ROLLS</b>	GlutenX Goodies		<u>Gluten Exclusion</u>			
	Popeye	Cheddar garlic		Honey W/wheat	Spinach Feta	
<b>COOKIES</b>	GH Original	Snickerdoodle	GH Original	Snickerdoodle	GH Original	Sugar Smiley
	Salted Caramel	Turtle Cookies	Salted Caramel	Turtle Cookies	Oatmeal Raisin	Turtle Cookies
<b>BARS</b>	Ginger	Oatmeal Raisin	Ginger	Salted Caramel	Ginger	Salted Caramel
	Savannah Bars	Incredible Brownie	Bread Pudding	Savannah Bars	Incredible Brownie	Saturday strata
<b>MUFFINS</b>	Pumpkin Chocolate Chip	Caramel Apple	Pumpkin Chocolate Chip	Apple Streusel	Pumpkin Chocolate Chip	Banana Nut Crumble
<b>SCUFFINS</b>	Berry Cream Cheese	WW Cinnamon Chip/ Savory	Apple Cider cinnamon	The Great Pumpkin	<u>Berry Cream / Turmeric Black Pepper</u>	Cranberry Orange

**GLUTEN EXCLUSION BREAD VARIETIES INCLUDE:**

- Honey Flax
- Dakota
- Cinnamon Chip

**NOW BAKING KETO PALEO BREADS & MUFFINS & COOKIES**

**\*\*FIRST WEDNESDAY OF EACH MONTH : WHOLE WHEAT CINNAMON CHIP BREAD.** This bread freezes well. October 3 we will be baking Whole Wheat Cinnamon Chip.

Missing the Pumpkin Oh's Returning NOW – check in store! Granolas and Harvest bars make the healthiest after school treats treats. See you Saturdays at City Market– Aileen & Michael Magnotto

# SANDWICH MENU

## OMNIVORE SANDWICHES

*These sandwiches are made on your choice of bread with lettuce, tomato, cucumber, mayo, dijon mustard, and a sprinkle of salt and pepper.*

### **TURKEY\* & CHEESE**

*Your choice of Swiss or Sharp Cheddar cheese with roasted turkey*

### **HAM\* & CHEESE**

*Your choice of Swiss or Sharp Cheddar cheese with smoked ham*

### **CURRIED TUNA SALAD**

*Albacore tuna salad made with a special blend of curry spices*

### **CHICKEN SALAD**

*Cubes of chicken mixed with our irresistible Sweet & Spicy pecans*

### **PIMENTO CHEESE**

*Roasted red peppers, Sweet & Spicy pecans, and plum chutney make a unique pimento cheese like you've never had before!*

### **ROAST BEEF\***

*Special blend Horseradish sauce on roast beef with cheese and red onions*

### **ITALIAN\***

*Shaved Genoa salami and smoked ham topped with a roasted red pepper black olive tapenade*

**\*BOARS HEAD BRAND MEATS**

## HERBIVORE SANDWICHES

*Our herbivore sandwiches feature exciting toppings and spreads! Food grown near Charlottesville tastes best, and our sandwiches feature local ingredients when in season!*

### **MONTICELLO GARDEN**

*House made lemony hummus, kalamata olives, sliced bell pepper, lettuce, tomato, and cucumber.*

### **TWIN OAKS TOFU AND PESTO**

*The best tofu ever, and it's locally produced in Louisa! Herby tofu roasted to crispness combined with pesto, lettuce, tomato, and cucumber.*

### **ALMOND BUTTER BANANA CRUNCH**

*Not just for kids, this is one hearty sandwich! Smashed banana, Naturally Nutty vanilla almond butter, a sprinkle of Groovy Granola, and a drizzle of honey.*



## SALADS



*All of our sandwiches can also be ordered as salads! They will be served as a bed of mixed greens, topped with tomato and cucumber, and the sandwich's "toppings." Don't forget a big slice of bread from the breadboard!*

## BREAD CARE

*Once your bread is cool to your wrist (usually 2 hours after you leave the store), just place it into the plastic bag we give you, press out extra air, twist the top of the bag a few times and tie off with a twist tie. Never put your bread in the fridge. This causes the honey to crystallize and dries out your bread. Our breads stay fresh for 7-10 days when properly stored on your counter. If your bread contains cheese, it does need to be refrigerated within 48 hours of purchase.*

## FREEZING BREAD

*Our bread freezes very nicely! Double bagging helps to prevent freezer burn. It is best to wait 24 hours after purchasing before freezing it. Be sure to thaw the*



*bread in its bag.*