



BACK TO SCHOOL WITH GREAT HARVEST

Start your kids off right this school year. Our bread is a tremendous source of "Brain Food". We grind our flour fresh each day so our bread has more nutrients & complex carbohydrates that feed energy to the brain and body all day long!

Enjoy the health & flavor benefits of fresh stone-milled wheat!

Feature Items:

- Yogurt Parfaits-w/ Strawberries & Granola
- Energy Bars
- No-Bake Cookies

SANDWICH SPECIAL

Gourmet BLT

Fresh, Local Tomatoes, Lettuce, Bacon, Mayo, Feta Cheese & Herbs
-Try it on Toasted Sourdough or Sundried Tomato Swiss Bread.

54 - Location / Hours

4431 Springhill Dr. (out Hwy 54)

(270) 240-5554

M - F 6a - 8p / Sat 7a - 6p

3211 Frederica Street

(270) 691-0093

M - F 6:30a-6:30p / Sat 7a - 5p

HOT BREADS OUT OF OVEN 10AM- NOON

♥ denotes 100% whole wheat

*more than 50% whole wheat

EVERYDAY BREADS:

Honey Whole Wheat ♥
Farmhouse White
Cinnamon & Pecan Swirls
San Francisco Sourdough
Cranberry Orange
Sundried Tomato Swiss
Herb Focaccia

EVERYDAY SWEETS:

Scones, Muffins, Cookies
Brownies, No-Bake Cookies

MONDAY

BUTTER PECAN BREAD

SNICKERDOODLE BREAD

Woodstock ♥

Harvest Blend *

Pumpernickel Rye*

TUESDAY

Kahuna Bars

STRAWBERRY SHORTCAKE BREAD

RASPBERRY SOUR CREAM BREAD

Health Nut

Spinach Feta

WEDNESDAY

Savannah Bars

HUMMINGBIRD BREAD

Harvest Blend *

Dakota ♥

THURSDAY

Kahuna Bars

CHOCOLATE BROWNIE BREAD

LEMON BREAD

Pumpernickel Rye*

"Wild Card" Bread

FRIDAY

Cinnamon Rolls

Lemon Bars

RED VELVET BREAD

PEACHES 'N CREAM BREAD

Harvest Bend *

Dakota ♥

Cinnamon Chip

SATURDAY

Cinnamon Rolls

"Bread Man's Choices"