

**GREAT FOR SUMMER:**  
**GRANOLA & YOGURT PARFAITS**  
**STRAWBERRY & SPINACH SALAD**  
**PEACHES 'N CREAM BREAD**  
**BLUEBERRY SOURCREAM**

*Local Tomatoes from  
Cecil Farm's are back!!*

***Are tomatoes a  
vegetable or a fruit?***

*Botanist say a tomato plant is a vine  
that produces a berry—hence, FRUIT.  
I'm old school and will always consider  
them a vegetable.*

*Either way, this time of the year they  
can't be beat. Simply Delicious!!*

**SANDWICH OF THE MONTH**  
**GOURMET BLT**

*Fresh, Local Tomatoes, Lettuce, Bacon,  
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 - 7:30p / 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**  
**SNICKERDODLE BREAD**

*Woodstock ♥  
Harvest Blend \*  
Pumpernickel Rye\**

**TUESDAY**

*Kahuna Bars*  
**STRAWBERRY SHORTCAKE BREAD**  
*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"*