

**GREAT FOR SUMMER:**  
**GRANOLA & YOGURT PARFAITS**  
**STRAWBERRY & SPINACH SALAD**  
**LEMON BREAD**  
**BLUEBERRY SOUR CREAM**

*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**  
**PIMENTO CHEESE BLT**

*Scratch-made from blocks of sharp  
cheddar, crispy bacon, lettuce & fresh  
local tomatoes toasted on your  
favorite 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**  
**SNICKERDOODLE BREAD**

Woodstock ♥  
Harvest Blend \*  
Pumpnickel Rye\*

**TUESDAY**

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

Health Nut ♥  
Spinach Feta

**WEDNESDAY**

**Savannah Bars**  
**HUMMINGBIRD BREAD**

Harvest Blend \*  
Dakota ♥

**THURSDAY**

**Kahuna Bars**  
**CHOCOLATE BROWNIE BREAD**

Pumpnickel Rye\*  
"Wild Card" Bread

**FRIDAY**

**Cinnamon Rolls**  
**RED VELVET BREAD**

**LEMON BREAD**  
Harvest Bend \*

Dakota ♥  
Cinnamon Chip  
Mini Cini's

**SATURDAY**

**Cinnamon Rolls**  
"Bread Man's Choices"