

Freshly Ground 100% Whole Grains

Start the New Year off right with
"REAL" Food made with 100% Fresh
Milled Whole Grains.

Some of our 100%
Whole Grain products -
Honey Whole Wheat, Woodstock,
Healthnut & Dakota Breads;
Morning Glory Muffins;
Savannah Bars;
Oatmeal Chocolate Chip Cookies &
Oatmeal Cranberry Cookies

54 LOCATION/HOURS

4431 Springhill Drive (on Hwy 54)
(270) 240-5554
M - F 6am - 7:30pm
Sat. 7am - 6pm

3211 FREDERICA ST. - LOCATION/HOURS

(270) 691-0093
M - F 6:30am - 6:30pm
Sat. 7am - 5pm

Resolution Special KY Cobb Salad

Mixed Greens, Diced Chicken,
Bacon, Bleu Cheese Crumbles,
Avocado, Sliced Egg, Croutons &
Lemon Roasted Garlic Vinaigrette

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

EVERYDAY SWEETS:

Scones, Muffins, Cookies
Brownies, No-Bake Cookies

MONDAY

BUTTER PECAN BREAD

Woodstock ♥
Harvest Blend *
Pumpnickel Rye*

TUESDAY

KAHUNA BARS **SNICKERDOODLE BREAD**

Healthnut ♥
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**

Harvest Bend *
Dakota ♥
Cinnamon Chip

SATURDAY

Cinnamon Rolls
"Bread Man's Choices"