

## TASTE RULES!

*If it doesn't taste phenomenal, we don't bake it. Many of our first-time customers bite into a slice of Great Harvest bread and say they never really knew how awesome whole wheat bread could taste. Kids love our whole-grain Honey Whole Wheat! That says a lot.*



For nearly 20 years now, we have hand-crafted amazing-tasting breads & treats made from freshly ground, premium whole wheat. We grind high-protein whole wheat daily in the bakery because we know you can taste the difference.

We also love to offer you something you'll never find on a grocery shelf—warm, fresh, flavorful and nutritious bread made without additives, preservatives, or dough conditioners.

We hope you enjoy the awesome flavor of our fresh breads - wishing you health, vitality, and joy!



*Laurie & Jack  
and your GFBC crew*

### The following breads are 100% whole wheat (with NO white flour):

- HONEY WHOLE WHEAT:** fresh-ground 100% whole wheat, filtered water, honey, yeast, salt
- APPLE SCRAPPLE:** (on certain days, Apple Scrapple is 100% whole wheat) 100% whole wheat, brown sugar, applesauce, fresh apples, corn sweetener, butter, eggs, dates, yeast, vanilla, salt, cinnamon
- BREAKFAST BLAST:** fresh-ground 100% whole wheat, honey, dates, cinnamon chips (*cinnamon chips contain sugar, palm oil, cinnamon, non-fat dry milk, and soy lecithin*) rolled oats, yeast, salt, cinnamon.
- DAKOTA:** 100% whole wheat, honey, sunflower seeds, millet, pumpkin seeds, poppy seeds, sesame seeds, yeast, salt.
- FLAX OATBRAN:** fresh-ground 100% whole wheat, honey, flaxseed meal, flax, oat bran, pecans, yeast, rolled oats, salt.
- "HIGH 5" FIBER:** fresh-ground 100% whole wheat, honey, flax seeds, millet, oat bran, sunflower seeds, wheat bran, yeast, salt
- 9-GRAIN:** fresh-ground 100% whole wheat, 9-grain mix (assorted grains may include barley, rye, corn, oats, millet, buckwheat, and flaxseed, red wheat, and white wheat), honey, yeast, salt.

### 100% whole-wheat breads (cont'd)

- NORTHERN CHERRY:** 100% whole wheat, dried cherries, honey, cherries, almonds, yeast, salt, almond flavoring.
- ORANGE CRANBERRY:** fresh-ground 100% whole wheat, dried cranberries, whole orange pulp, honey, yeast, salt.
- RAISIN CINNAMON CHIP:** fresh-ground 100% whole wheat, raisins, honey, cinnamon chips (*contain sugar, palm oil, cinnamon, non-fat dry milk, and soy lecithin*) yeast, salt.
- RAISIN CINNAMON WALNUT:** fresh-ground 100% whole wheat, raisins, molasses, walnuts, yeast, salt, cinnamon.
- STAR-SPANGLED SWIRL:** fresh-ground 100% whole wheat, blueberries, honey, white choc chips (*contain sugar, palm oil, cocoa butter, nonfat dry milk, cream, whey, mono & diglyceride, soy lecithin emulsifiers, and pure vanilla*) brown sugar, butter (milk), dried cranberries, dried cherries, yeast, salt, natural & artificial vanilla
- SUNFLOWER CRUNCH:** fresh-ground 100% whole wheat, honey, millet, sunflower seeds, yeast, salt
- WOODSTOCK:** fresh-ground 100% whole wheat, honey, sunflower seeds, yeast, walnuts, pecans, flaxseed, salt.
- XTRME CINNAMON SWIRL:** fresh-ground 100% whole wheat, brown sugar, honey, cinnamon chips (*contain sugar, palm oil, cinnamon, non-fat dry milk, and soy lecithin*), yeast, salt, cinnamon.

### The following breads contain some white flour or a mix of flours:

- OLD-FASHIONED WHITE:** Unbleached-unbromated white flour (wheat), corn sweetener, yeast, salt.
- APPLE SCRAPPLE:** unbleached-unbromated white flour (wheat), brown sugar, applesauce, fresh apples, corn sweetener, butter, eggs, dates, yeast, vanilla, salt, cinnamon.
- CHALLAH:** Unbleached-unbromated white flour (contains wheat), egg yolks, corn sweetener, yeast, eggs, salt.
- GUINNESS & GOUDA** unbleached-unbromated white flour, stout beer, fresh-ground 100% whole wheat, smoked gouda cheese, corn sweetener, yeast, kosher salt, and salt.
- ONION DILL RYE:** fresh-ground 100% whole wheat, corn sweetener, rye flour, unbleached-unbromated white flour, yeast, salt, onions, dillweed. Topping: onions, sesame, poppy.
- SPINACH FETA:** unbleached-unbromated flour, fresh-ground 100% whole wheat, feta cheese, corn sweetener, spinach, yeast, salt, garlic, oregano, black pepper.
- SWEDISH RYE** unbleached-unbromated flour (wheat), corn sweetener, fresh-ground 100% whole wheat, rye flour, whole orange pulp, yeast, salt, caraway seeds, anise seed.
- WHITE CHEDDAR GARLIC:** unbleached-unbromated flour (wheat), cheddar cheese (milk), corn sweetener, yeast, garlic, salt, onion, and sesame seeds. Egg wash on top.
- WHITE CHOCOLATE (FRUIT) SWIRL:** Unbleached-unbromated white flour (wheat), corn sweetener, white choc chips (*contain sugar, palm oil, cocoa butter, nonfat dry milk, cream, whey, mono & diglyceride and soy lecithin emulsifiers, and pure vanilla*), frozen fruits, brown sugar, yeast, butter, salt, vanilla



# GREAT HARVEST... GREAT NUTRITION!



## GREAT HARVEST BREAD CO.

HERNDON 703-471-4031  
VIENNA 703-938-0921

(also ALEXANDRIA, BURKE,  
ROCKVILLE, & ANNAPOLIS)

[www.darngoodbread.com](http://www.darngoodbread.com)



# Great Harvest Bread Co.®

## NUTRITION FACTS

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### WHY EAT WHOLE GRAINS?

✓ **WEIGH LESS.** Whole-grain foods are digested slowly, making us feel "fuller" longer, shutting down hunger sooner, reducing calorie intake.

✓ **BE HEALTHIER.** Whole grains are rich in fiber, trace minerals, vitamins, antioxidants, & phytochemicals proven to help fight heart disease and cancer.

✓ **LIVE LONGER.** Whole grains have been shown to significantly reduce the risks of cancer, heart disease, gastrointestinal disorders, & Type 2 diabetes.



### BREADS

Serving = 50 g  
= 1 1/4 oz. slice

	# serv-ings per loaf	100% whole grain	Saturated Fat	Trans Fats	Cholesterol	Sodium	Carb	Fiber	Sugars	Protein	Calories	Calories from Fat	Common Allergens
Apple Scrapple (white)	14	♥	2.5	0	15	160	26	1	10	3	130	20	wheat, eggs, milk (butter)
Apple Scrapple (whole wheat)	14	♥	2.5	0	15	160	25	2	10	4	130	20	wheat, eggs, milk (butter)
Breakfast Blast	18	♥	1.5	0	0	230	22	3	10	3	110	15	wheat, milk*, soy lecithin* (*in the cinnamon chips)
Challah	13		2	0.5	0	200	24	1	3	4	130	20	wheat, eggs
Dakota	21	♥	3.5	0	0	190	21	4	3	6	140	30	wheat
Flax Oatbran	21	♥	3.5	0	0	270	21	4	5	5	130	30	wheat, pecans
Guinness & Gouda	14		2.5	1.5	0	320	21	2	4	5	130	20	wheat, milk (cheese)
"High 5" Fiber (51g)	19	♥	2.5	0	0	210	21	5	4	5	130	25	wheat
Honey Whole Wheat	21	♥	0	0	0	280	22	3	5	4	110	5	wheat
9-Grain	21	♥	0.5	0	0	220	23	4	4	5	120	5	wheat
Northern Cherry	14	♥	1.5	0	0	160	25	2	11	4	130	15	wheat, almonds
Old-Fashioned White	18		0	0	0	290	25	1	4	3	120	5	wheat
Onion Dill Rye	21		0	0	0	280	23	3	5	4	110	5	wheat
Orange Cranberry	14	♥	0	0	0	180	25	3	10	4	120	5	wheat
Raisin Cinnamon Chip	21	♥	2	0	0	240	25	3	11	3	130	15	wheat, milk*, soy lecithin* (*in the cinnamon chips)
Raisin Cinnamon Walnut	21	♥	2	0	0	210	23	3	7	4	120	15	wheat, walnuts
Spinach Feta	15		2	1.5	0	380	19	2	4	4	120	20	wheat, milk (feta cheese)
Sunflower Crunch	21	♥	1.5	0	0	280	21	3	5	4	120	15	wheat
Swedish Rye	21		0	0	0	230	24	2	6	3	110	5	wheat
Virginia Rolls (1 roll)	1		6	4	0	430	36	3	7	6	220	60	wheat, milk (butter)
White Cheddar Garlic	16		3.5	2	0	280	20	1	3	5	140	35	wheat, milk (cheese), egg
White Choc (Fruit) Swirl	11		2	1	0	250	25	1	7	3	130	20	wheat, milk*, soy lecithin* (*in the white choc chips)
Woodstock	21	♥	3.5	0	0	260	21	4	5	5	130	30	wheat, walnuts, pecans
Xtreme Cinnamon Swirl	13	♥	1.5	0	0	240	27	2	12	3	130	15	wheat, milk*, soy lecithin* (*in the cinnamon chips)

**This chart contains most of our breads. Please visit our website: [www.darngoodbread.com](http://www.darngoodbread.com) or the Nutrition Corner in the bakery for nutritional information on other fresh-baked goodies, including Sweets, and Holiday breads.**

**Wishing you Health, Freshness, and Great Taste! Your Great Harvest Crew**

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All of our yummy products are made fresh from scratch in our bakery where wheat, milk, eggs, soy, tree nuts & peanuts (rarely) may be present.  
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