

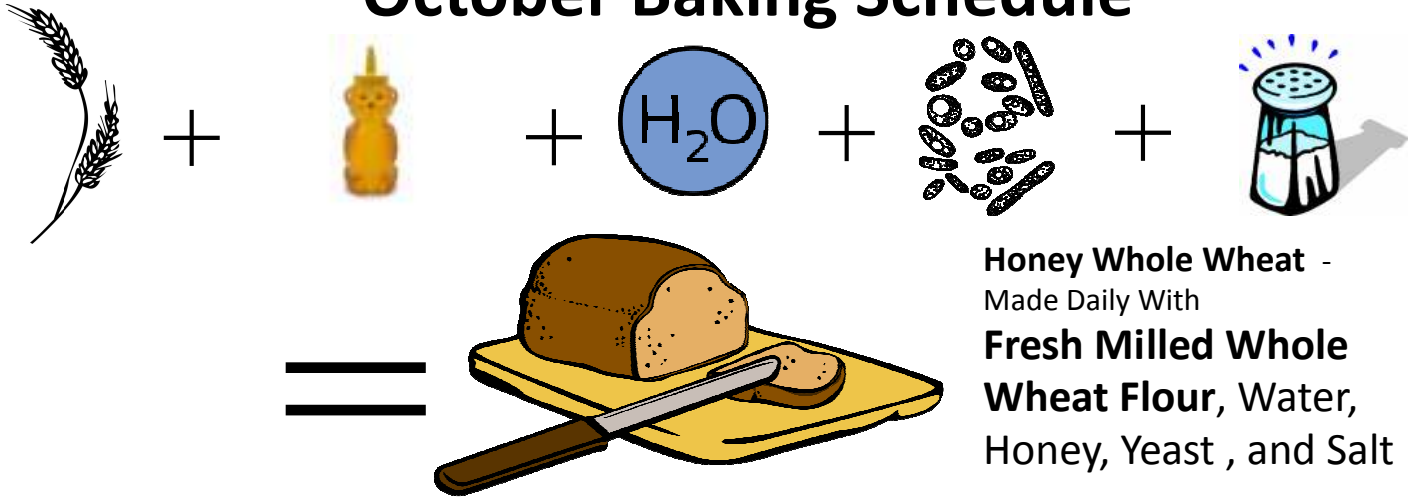


**Downtown**  
 339 Court Street NE  
 Salem, OR 97301  
 503-363-4697  
Hours:  
 Mon - Fri 6:30 am - 6 pm  
 Sat 8 am - 5 pm  
 Closed Sunday

**South**  
 3405 Commercial Street SE  
 Salem, OR 97302  
 503-363-3215  
Hours:  
 Mon - Fri 6:30 am - 6 pm  
 Sat 7 am - 5 pm  
 Sunday 9 am - 3 pm

**West**  
 525 Taggart Dr. NW  
 Salem, OR 97304  
 503-363-7555  
Hours:  
 Mon - Fri 6:30 am - 6 pm  
 Sat 7 am - 5 pm  
 Sunday 9 am - 3 pm

## October Baking Schedule



**Honey Whole Wheat** -  
 Made Daily With  
**Fresh Milled Whole  
 Wheat Flour, Water,  
 Honey, Yeast , and Salt**

**100% Whole Grain Breads Baked Daily**

**Honey Whole Wheat** - Whole Wheat Flour, Water, Honey, Yeast , and Salt

**Superfood!** - Whole Wheat Flour, Water, Honey, Quinoa, Oat Bran, Flax Meal, Flax Seed, Chia Seed, Olive Oil, Yeast, and Salt

**Dakota** - Whole Wheat Flour, Water, Honey, Pumpkin Seeds, Sunflower Seed, Millet Grain, Yeast and Salt

**Cinnamon Raisin Walnut** - Whole Wheat Flour, Water, Molasses, Raisin, Walnut, Yeast , Cinnamon, Salt

**Other Breads Baked Daily**

**Cinnamon Chip** - An all-time favorite bread no matter how you slice it! Enjoy the sweet goodness of cinnamon chips in every bite. Makes a heavenly French toast.

**Apple Crunch** - Apples, cinnamon, and brown sugar mixed with white flour. It's awesome toasted with butter, topped with peanut butter for lunch, or straight out of the bag for an after school snack.

**Harvest White** - The heavenly smell and fresh out-of-the-oven taste of this old-fashioned loaf will make you want to eat it on the drive home! Makes the perfect peanut butter & jelly or grilled cheese sammy.

**Monkey Bread** - Our famous Cinnamon Chip bread dough dipped in butter and rolled in Cinnamon & Brown sugar....does it get any better??!!

**Specialty Breads**

- | <b>MONDAY</b>                                                                               | <b>WEDNESDAY</b>                                                                                                                                           | <b>THURSDAY</b>                                                                                                                                                                                    | <b>FRIDAY</b>                                                                                                                                                                             | <b>SATURDAY</b>                                                                                                                                 |
|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• 3-Cheese Garlic</li> <li>• Popeye Bread</li> </ul> | <ul style="list-style-type: none"> <li>• 3-Cheese Garlic</li> <li>• Sourdough</li> <li>• Mediterranean Sourdough</li> <li>• Caramel Apple Swirl</li> </ul> | <ul style="list-style-type: none"> <li>• 3-Cheese Garlic</li> <li>• Sourdough</li> <li>• Jalapeño Cheddar Sourdough</li> <li>• <b>Special Bake! (see back)</b></li> <li>• Pumpkin Swirl</li> </ul> | <ul style="list-style-type: none"> <li>• Sourdough</li> <li>• 3-Cheese Garlic Sourdough</li> <li>• Challah</li> <li>• Caramel Pecan Pull-Aparts</li> <li>• Caramel Apple Swirl</li> </ul> | <ul style="list-style-type: none"> <li>• 3-Cheese Garlic Sourdough</li> <li>• Bacon Cheddar Chive Sourdough</li> <li>• Pumpkin Swirl</li> </ul> |

**Please note:** Breads are out of the oven between 8:30 am and 11:00 on the day listed...a little earlier @ South location  
 Breads must be completely cool before putting in plastic bag...stone-cold or colder, if in doubt LEAVE IT OUT!

## Bread Prices

Sourdough.....6.50	Dakota.....7.95	Cranberry Walnut Sourdough.....7.95
Honey Wheat.....6.95	Superfood!.....7.95	Mediterranean Sourdough.....8.95
Harvest White.....6.95	Apple Crunch.....8.50	3-Cheese Garlic Sourdough.....8.95
Cinnamon Chip.....7.75	3-Cheese Garlic.....8.50	Jalapeño Cheddar Sourdough.....8.95
Popeye Bread.....7.95	Monkey Bread.....8.75	Bacon Cheddar Chive Sourdough..8.95
Challah.....7.95	Caramel Pecan Pull-Aparts.....8.95	Pumpkin Swirl.....8.95
Cinnamon Raisin Walnut....8.95	Caramel Apple Swirl.....8.95	Pumpkin Chocolate Cake Bread...9.95

Our sandwiches are made to order with premium ingredients on  
**FRESHLY BAKED GREAT HARVEST BREAD!**

*Lunch is served 10 am - 3 pm*

*(see full menu at store or at [www.greatharvestsalem.com](http://www.greatharvestsalem.com))*

## Sandwiches

### Cold Special

#### **Turkey Caesar**

Oven Roasted Turkey with Parmesan Cheese, Caesar Dressing, Red Onion, Roma Tomato, and Romaine lettuce.

**Served on our Honey Wheat Bread**

### Hot Monthly Special

#### **Mile High Rye**

Roast Beef and Oven Roasted Turkey with Swiss Cheese, Roma Tomato and Romaine Lettuce.

**Served on Great Harvest Caraway Rye Bread**

## Sweets!

### Scones

We bake 'drop' scones...moister and lighter than traditional scones...and better tasting!

3.00 ea. 16.75 1/2 doz. 30.00 doz

Marionberry - Daily

Whole Grain Fruit & Nut - Mon - Sat

Blueberry Almond - Thu

Raspberry Lemon Poppyseed - Wed

Pumpkin Chocolate - Mon, Fri, Sun

Pumpkin Cream Cheese - Tue, Sat

### Cookies

Grade-AA butter, top-quality vanilla and fresh-cracked eggs make 'em great!

2.35 ea. 12.75 6-pack

Chocolate Chip\* (No Nuts!) - Daily

Monster - Daily

Chocolate Chip Walnut\* - Daily

Salted Caramel Chocolate Chip\*- Daily

Molasses Ginger Cookie - Thu, Sat

\*cookies made with **Whole Wheat**

### October Features Pumpkin Bars & Other Goodies

Fruit Bars, Cinnamon Rolls, Shortbread Cookies,

Salted Caramel Chocolate Chip Brownie, Butter Toffee Chocolate Chip Brownie, Cookies & Cream Brownie, Vanilla Cinnamon Bread Pudding Bar, Biscotti, Granola, Breadsticks, Trek Bars & more!

### Muffins

3.00 ea. 16.95 1/2 doz. 30.00 doz.

#### **Pumpkin Hazelnut** - Daily

Fresh-roasted Oregon hazelnuts make this one of our all-time best selling muffins

#### **Superfood** - Daily

made with egg whites and less sugar

**100% Wheat Flour**, Apples, Carrots, Chia Seeds, Pineapple, Pumpkin Seeds, Sunflower Seeds, Oat Bran & Olive Oil

**Ultra Healthy Muffins** - NO eggs, oils or dairy products & very little sugar...0-3 grams of fat!

Blueberry Lemon- Mon, Thu

Marionberry - Tue, Fri, Sun

3 - Berry - Wed, Sat

**Paleo Muffins** - **100% Gluten-Free ingredients\***

made with almond flour.

(\*contains trace amounts of wheat flour)

3.95 ea. 22.00 1/2 doz.

Marionberry - Mon, Thu

Raspberry Lemon Poppyseed - Tue, Fri

Blueberry Lemon - Wed, Sat, Sun

### Thursday Special Bakes:

10/5 Cinnamon Roll Bread \$9.95  
A cinnamon roll made for your toaster

10/12 Loaded Baked Potato \$9.95  
Potato bread made with butter, chives, pepper, and bacon

10/19 Spelt \$9.95  
100% whole grain spelt flour,  
FRESHLY stone-milled

10/26 Corn Bread & \$7.50  
Jalapeno cheddar Corn Bread \$8.50  
A Great Harvest customer favorite. Goes great with a comforting bowl of chili

### WE PROUDLY BREW

  
**Peet's**  
COFFEE



Everything purchased at Great Harvest is guaranteed to be 100% satisfactory or we will cheerfully replace it or give you a full refund.

At Great Harvest Bread Company, we value our customers and we aim to please!

**Thank you for choosing Great Harvest!**

