

Great Harvest Bread Co.®

2092-H Newbury Rd. Thousand Oaks, CA 91320 www.realgoodbread.com 805-376-0111



It's our 6th Anniversary!
And we're giving double stamps on our bread card every day during the week of September 13-18!

SEPTEMBER BREADS



Ever wonder why Great Harvest bread tastes so great? It starts with a very special type of high plains grain called Hard Red Spring Wheat. Moisture affects a wheat's protein content, and the arid climate of the high plains produces wheat with a higher protein content. The wheat we use is grown on family farms in Montana with no pesticides.

At Great Harvest, we grind **Spring Wheat** kernels fresh every day right here in our store to make our whole wheat flour. When we say "whole wheat" we mean it! We keep all three parts of the wheat kernel: the endosperm, the bran & the wheat germ.

All flour starts to lose its flavor and nutritional content soon after grinding, so we use our flour **within 48 hours**. We then bake it to seal in freshness. This is why Great Harvest bread has **SUPERIOR NUTRITIONAL VALUE.**



- EVERYDAY** Honey Whole Wheat* • Harvest White • Italian Herb Focaccia • Caraway Rye* • Cinnamon Swirl
- MONDAY** Nine Grain* • California Herb* • Conejo Crunch^ • Dakota*
- TUESDAY** Black Forest Rye^ • Cheddar Garlic • Jalapeño Cheddar • Lo Carb Wheat^ • Whole Grain Goodness* • Cinnamon Burst Wheat*
- WEDNESDAY** Popeye^ (Spinach & Swiss) • Cinnamon Pull-a-part • High 5 fiber* • Asiago (1st, 15th, 29th) OR Cheddar (8th, 22nd) Sourdough^ • Squaw Bread*
- THURSDAY** Sundried Tomato Pesto Swirl • Raisin Cinnamon Burst* • Dakota* • Spelt* • Cranberry Hi-5*
- FRIDAY** White Chocolate Cherry Swirl • Whole Grain Goodness* • Spinach Feta^ • Sourdough^ • Challah • Cinnamon Burst White
- SATURDAY** Apple Crumble^ • Nine Grain* • Cheddar Garlic • Jalapeño Cheddar • Conejo Crunch^ • Cinnamon Burst Wheat* • Whole Grain Goodness* • California Herb*
* 100% Whole Grain ^ Made with Whole Grains

SWEET SPOT



- MONDAY** Cookies, Blueberry Cream Cheese Scone • Cinnamon Chip Scone • Piña-Colada Scone • Caramel Apple Muffin • Cranberry Orange Walnut loaf
- TUESDAY** Cookies, White Chocolate Raspberry Scone • Maple Pecan Scone • Raspberry Oatmeal Muffin • Fat-Free Cinnamon Rolls • Pumpkin Cinnamon Chip Loaf
- WEDNESDAY** Cookies, Blueberry Cream Cheese Scone • Peach Scone • Banana Nut Muffin • Cinnamon Rolls • Piña Colada Loaf • Banana Nut Loaf
- THURSDAY** Cookies • Maple Pecan Scone • Strawberry Cream Cheese Scone • Blueberry Almond Scone • Carrot Flax Muffin • Cinnamon Rolls • Chocolate Brownie Bread
- FRIDAY** Cookies • Raspberry Cream Cheese Scone • Cinnamon Chip Scone • Blueberry Muffin • Fat-free Cinnamon Rolls • Pumpkin Chocolate Chip Loaf • Pumpkin Muffins
- SATURDAY** Cookies • Cinnamon Apple Scone • Strawberry Cream Cheese Scone • Morning Glory Muffin • Cinnamon Rolls • Pumpkin Chocolate Chip Loaf

Store Hours: Monday - Friday 7 am - 6:30 pm, Saturday 8 am - 5 pm
Sandwiches Served 11am - 3pm Daily

TOP 10 REASONS WHY GREAT HARVEST IS A GREAT VALUE!

- 10 Because in price-by-ounce comparisons with leading grocery brand whole grain breads, our scratch-made breads are typically less expensive!
- 9 Because your dollars go toward a fresher, more flavorful and satisfying product!
- 8 Because you value breads and sweets that feature pure-and-simple ingredients!
- 7 Because azodicarbonamide (a common additive in commercial breads) doesn't belong in your body!
- 6 Because we genuinely value you and appreciate that we are your bakery of choice!
- 5 Because knowing where your food comes from is smart – our premium, high-protein whole grains come from family-owned farms!
- 4 Because you value supporting a local small business that supports the community it serves!
- 3 Because you value a shopping experience that is fun, family-friendly and a great place to visit!
- 2 Because products made with whole grains milled in the bakery everyday retain vital nutrients like chromium, magnesium, have a lower glycemic index, and more fiber!
- 1 Because authentic scratch-made breads made with the finest, purest, freshest ingredients taste outrageously good!



On September 17, 2004 we opened the doors of our bakery for the wonderful residents of the Conejo Valley and beyond.

We have regular customers from as far North as San Luis Obispo, and as far South as San Diego, and all points in-between. We've shipped our breads all over the country, and customers have taken our bread to share with loved ones in such far-off locales as Japan, Germany, Hawaii, Australia, Indonesia and Kathmandu!

We are honored that you have chosen us as your source for this most basic food, bread, the common nourishment among virtually every culture on earth.

*As a token of our gratitude for the faith you have placed in us, we will be offering **DOUBLE STAMPS ON YOUR BREAD CARD** the entire week of September 13 - 18!*

*Try our **NEW GLUTEN-FREE bread!** Usually available on Mondays & Fridays—call ahead. More details will be announced soon!*

Hey Kids!
Remember to grab a coloring page this month! Bring it back into the bakery to receive your **FREE** giant cookie!



WHAT'S NEW FOR SEPTEMBER?

White Chocolate Cherry Swirl is one of our most requested specialty breads. We typically make it for Christmas, Valentines Day, and Mother's Day, but customers tell us they can't go all summer without this bread. So, for a limited time only, we're making our delicious White Chocolate Cherry Swirl bread every Friday in September.



*Rosh Hashanah begins on September 8 at sundown. To celebrate, we'll be making our delicious **APPLE HONEY CAKE**, as well as **Round Challah Bread**, plain or with Golden Raisins.*

"L'Shanah Tovah"

BE SURE TO ORDER EARLY!