



The Freshest Whole Grain Breads

BE loose and have FUN! Bake *phenomenal* bread.
Run fast to serve others. & GIVE generously. — *Our Mission*



JANUARY IS ABOUT NEW BEGINNINGS!



IT'S SOUP SEASON!

Chase away the January chill with a hearty bowl of fresh, hot soup and a slice of toasted bread!

Whether you stop by after a quick ski down the slopes, or an afternoon running errands, stop by and enjoy this comforting, nutritious, simple yet delicious, classic combo for lunch!

AVAILABLE DAILY MONDAY - SATURDAY

BREADS: Honey Whole Wheat, Harvest White, Cinnamon Swirl, Baguette
SWEETS: Cinnamon Chip Scones, Chocolate Chip Scones, Cinnamon Rolls

MONDAY

BREADS: 3 Cheese Pesto, Asiago Sourdough, Sourdough, **Dakota**, Cinnamon Chip, Blueberry Coffee Cake
SWEETS: Raspberry Scones, Snickerdoodle Cookies, Oatmeal Choc. Chip Cookies,

TUESDAY

BREADS: Cheddar Garlic, Cranberry Orange, **Quinoa Bread**, Multi-Grain Sourdough
SWEETS: Blueberry Cream Cheese Scones, Salted Caramel Cookies, Oatmeal Choc. Chip Walnut Cookies

WEDNESDAY

BREADS: **Whole Grain Goodness**, Cinnamon Chip, Sourdough, Asiago Sourdough, Pumpernickel Rye, Baker's Choice Savory Bread
SWEETS: Ginger Cookies, Oatmeal Choc. Chip Cookies, Baker's Choice Fruit Scones, Scotheroos

THURSDAY

BREADS: Pumpkin Chocolate Chip, Loaded Baked Potato, **High 5 Fiber**, Breakfast Blast, Multi-Grain Sourdough
SWEETS: Raspberry Cream Cheese Scones, Oatmeal Choc. Chip Cookies, Pumpkin Choc. Chip Muffins, Oatmeal Raisin Cookies

FRIDAY

BREADS: **Whole Grain Goodness**, Challah, Cinnamon Chip, Popeye, Sourdough, Asiago Sourdough, Cranberry Wild Rice
SWEETS: Blueberry Scones, Salted Caramel Cookies, Oatmeal Choc. Chip Cookies

SATURDAY

BREADS: Oregon Herb, Cinnamon Chip, Dakota
SWEETS: Oatmeal Choc. Chip Cookies, Baker's Choice Scones

LEARN MORE

about our breads, nutritional information, recipes and more at:

WWW.GREATHARVESTDULUTH.COM

FOLLOW US ON  

HANDCRAFTED EVERY DAY AT

**3 South 13th Ave E
Duluth, MN 55802**

(218) 728-9510

M-F: 6:30am-5pm

SAT: 7am-2:30pm



Health Benefits of Whole Grains

- *Naturally delicious and nutrient dense!*
- *Whole grains provide you with antioxidants and phytochemicals which are protective against cancer, chronic disease, and cellular damage.*
- *Whole grains are not only linked to a healthy body weight but also maintaining that weight.*
- *Whole grains help to control appetite as a result of their filling fiber content.*
- *Whole grains consumption is linked to reduced risk factors for many chronic diseases including some big name killers like heart disease, obesity, diabetes, and some cancers.*
- *The phytosterols found in whole grains may reduce absorption of dietary cholesterol. These stanols and sterols are also linked to lower LDL numbers.*
- *Refining depletes fiber, vitamins, minerals, phytosterols, and antioxidants which are naturally found in the whole grain.*
- *Diets rich in whole grains and other plant foods, low in total fat, saturated fat, and cholesterol may reduce the risk for heart disease and certain cancers.*
- *Whole grains are better sources of fiber as well as the important nutrients selenium, potassium, and magnesium.*
- *Although enriched grains have some of the vitamins and minerals added back that were stripped during the refining process, the fiber remains lost.*
- *Whole grains are easy to implement into any diet, including low carb or diabetic diets if you control your intake.*
- *Switching to whole grains is one of the easiest diet changes you can make in your diet and you get big results in health status.*