

BREAD SCHEDULE

Honey Whole Wheat - Daily

A perfect blend of five pure ingredients - freshly ground, flavor-rich wheat, pure honey, filtered water, salt, and yeast.

Beehive White - Daily

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!

Cinnamon Burst - Daily

Enjoy all the sweet goodness of cinnamon chips. Makes a heavenly French toast.

Dakota - Daily

Sunflower, pumpkin, millet, and sesame seeds in our whole wheat bread.

9 Grain - Mondays

Red and white cracked wheat, rye, barley, corn, millet, oats, flax, and buckwheat kernels.

Popeye - Wednesday

Whole wheat and white flour blend, spinach, Parmesan cheese, honey, red peppers, onion, and garlic.

Light Cracked Wheat (Harvest Blend) -

Mondays and Thursdays

The perfect blend of whole wheat flour and white flour.

Cinnamon Raisin Bread - Tuesdays and Fridays

Juicy raisins and cinnamon in a whole wheat and white blended dough.

Low Carb - Wednesday

Whole wheat taste and texture with half the carbs!

High 5 Fiber - Thursday

Whole wheat flour, honey, flax seeds, oat bran, millet, sunflower seeds, and wheat bran.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



BAKERY CAFE
Bread. The way it *ought* to be.



HANDCRAFTED Breads & Goodies BAKE SCHEDULE

Spring/Summer



456 E. State Road
American Fork, Utah 84003
(385)498-3401
www.GreatHarvestAmericanFork.com
M - S: 6:30a.m.-6:30 p.m.

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BREAD

Cheddar Garlic - Friday

Cheddar cheese, garlic, jalapeños, onion, sesame seeds, and parsley.

Banana Bread - Tues, Thurs, Saturday

Blueberry/Raspberry Bread - Mon, Wed, Fri

Pumpkin Bread - Daily

Sourdough - Tues-Saturday

Blueberry/Raspberry Muffins

SWEET TREATS

Cinnamon Rolls, Scones, Muffins and More

Cinnamon Rolls - Daily

A Utah household must have. Fluffy, delicious and drizzled in our delicious cream cheese frosting.

Orange Rolls, Orange Brioche Bread -

Tues, Thurs

Caramel Pecan Cinnamon Rolls - Tues,

Thurs

Caramel Pecan Muffins - Mon, Wed, Fri

Raspberry and Blueberry Cream Cheese

Scones - Daily

Lemon Poppy Seed Muffins - Tues, Thur,

Saturday