

# 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** - Mondays, Fridays

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.

## **Cranberry Orange** - Tuesdays

Whole wheat flour, dried cranberries, honey, and fresh pressed oranges.

## **High 5 Fiber** - Wednesday

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

Winter Schedule



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

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# BREAD

## **Cheddar Garlic** - Thursday

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

## **Low Carb** - Wednesday, Friday

All the delicious flavor and texture with half the carbs!

## **Tuscan Herb** - Wednesday

Wheat based bread with tomatoes and rosemary! Amazing for avocado toast, cheese sandwiches, and so much more!

## **Sourdough** - Tues-Friday

## **King Cakes** - Friday, Saturday

(Jan 5th-Mardi Gras)

## **Cherry Chocolate Swirl** - Tuesdays,

Thursdays in February

Delicious White bread swirled with Cherries, Sweet Cinnamon, and White Chocolate! Melt in your Mouth Good!!!

# SWEET TREATS

*Cake Breads, Scones, Muffins and More*

## **Pumpkin Chocolate Chip Bread** - Monday,

Wednesday, Friday

A Utah household must have. Fluffy, delicious pumpkin bread with sweet chocolate chips!

## **Banana Bread** - Tuesdays, Thursday

Scrumptious Banana goodness in every bite!

## **Chocolate Cake Bread** - Wednesday

If you love rich chocolate this bread is definitely for you!!

## **Raspberry and Blueberry Cream Cheese**

**Scones** - Daily

**Almond Poppy Seed** - Daily

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