



Great Harvest Bread Co.

5203 S. Sheridan Rd. @ "The Farm" (918) 622-1115 www.tulsagreatharvest.com

TULSA, OKLAHOMA

VOL. 8 ISSUE 8



DID YOU KNOW.....

FIBER CAN HELP IN WEIGHT LOSS!

Fiber helps slow down digestion and helps keeps you feeling full longer, resulting in you eating fewer calories!

Introducing... Sugar-Free Sweets!

We've taken out the sugar, but not the taste! We're sweetening some of our products with stevia, an all-natural sweetener that's good for you! Stevia is a simple, sweet-tasting herb that contains **no calories**, causes **no cavities**, is **safe for children**, is **great for diabetics**, and is a **wonderful alternative to artificial sweeteners**. Try our Carrot Flax, Reduced-Fat Very Berry, or Morning Glory muffins... they're all sugar-free! We'll have more sugar-free products as we develop them. Be sure to ask!



Grilling Breads



Next time you've got the grill going, grab a few slices of Cheddar Garlic, Jalapeño Cheddar Garlic, or Spinach Feta. Brush olive oil on one side of each slice, then grill face-down until well browned. You've just created a great tasting bread to savor! Enhance it by dipping into your favorite olive oils, dressings or salsa, or top with sliced meats, cheeses, and vegetable spreads for a quick, delicious summer grilled meal.

By the way...

We have 5 different flavors of dipping oils that you can choose from: Garlic Gusto, Rosamarino Rustico, Sicilian Orange, Pomodoro Basilico, or Tuscan Herb. Be sure to pick some up today!

Serving Lunch 11:00 AM to 2:00 PM

Tuesday - Saturday

A delicious sandwich on our freshly baked breads with baby carrots & cookie.



Did You Know.....

You can have improved glucose control when your diet is high in fiber and rich in whole grains!

HEY KIDS! Come in and grab one of our coloring pages, decorate it and bring it back in for a **FREE GIANT COOKIE!** (one per month please)





































Open Tuesday-Friday 7am-6pm; Saturday 7am-4pm

Closed Sunday and Monday (cuz we're loafin'!)



JULY BREADS































<p>Hot bread will start coming out of the oven after 10:30 a.m. daily!</p>  <p>Hamburger/Hot Dog Buns Available by Order!</p> 	<p>THURSDAY</p> <p>Honey Whole Wheat  Ezekiel  Cheddar Garlic also made with Jalapeños  Cranberry Orange  Burly Bread  Pizza Rolls - Veggie, Pepperoni, or </p> <p><i>Great For Grilling!</i> </p>
<p>TUESDAY</p> <p>Honey Whole Wheat  Farmhouse White Dakota  Nine Grain  Raisin </p> 	<p>FRIDAY</p> <p>Honey Whole Wheat  High 5 Fiber  Challah  Spinach Feta  Dakota </p> <p><i>Great For Grilling!</i> </p> 
<p>WEDNESDAY</p> <p>Honey Whole Wheat  Spelt  Low Carb Dakota  Woodstock  Star Spangled Swirl </p>    <p>Breads listed in <i>color</i> are featured breads of the day!</p>	<p>SATURDAY</p> <p>Honey Whole Wheat  Cinnamon Swirl  Low Carb Dakota  Flax Oatbran </p>  <p> Indicates 100% whole grain</p> <p> These breads are great for grilling!</p>

JULY SWEETS



Bobby the bee is buzzing by honey-sweetened goodies!

EVERYDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY:
<p>Cookies - Oatmeal Chocolate Chip, Oatmeal Raisin, Cranberry Oatmeal </p> <p>Scones - Chocolate Chip, Cinnamon Chip, Blueberry, and Raspberry </p> <p>Power Brownies</p> <p>Trek Bars </p>	<p>Low Fat Cherry Muffins   </p> <p>Low Fat Blueberry Muffins   </p> <p>Savannah Fruit Bars </p> <p>Oaty Nut Scones </p>	<p>Carrot Flax Muffins  </p> <p>Carrot Cake </p> <p>Peanut Butter Cookies </p> <p>Double Fudge Brownies </p>	<p>Reduced Fat Very Berry Muffins  </p> <p>Cranberry Orange Muffins </p> <p>Kahuna Bars </p> <p>Ginger Pop Cookies </p>	<p>Morning Glory Muffins  </p> <p>Blueberry Lemon Poppy Seed Muffins </p> <p>Cinnamon Rolls Plain, Pecan, Pecan & Raisin </p>	<p>Cappuccino Chocolate Muffins </p> <p>Cinnamon Rolls Plain, Pecan, Pecan & Raisin </p>

 Indicates sugar-free!