

HANDCRAFTED BREADS

Baked fresh, available day of, & day after baking

Cinnamon Chip - Every Day
.....\$5.97-\$9.79

Sourdough - Every Day
.....\$8.60

Honey Whole Wheat - Mon, Wed, Fri
.....\$9.55

Rosemary Garlic - Tues, Thurs, Sat
.....\$5.73-\$8.83

Cheddar Garlic - Wed, Fri
.....\$5.97-\$9.79

Apple Crunch Swirl - Mon, Wed, Sat
.....\$11.94

Red, White & Blue - Thursday
.....\$6.92-\$10.74
Cranberries, blueberries and white
chocolate. Deliciously sweet.

Tuscan Herb - Mon
.....\$9.79

Challah Bread - Friday
.....\$8.83

**Specialty Whole Wheat Breads - Tues,
Thurs, Sat**
.....\$10.98-\$11.70

Our specialty whole wheat breads all
start with fresh milled flour, honey, water,
yeast, salt.

High 5 Fiber (Tues): flax seeds, sunflower
seeds, oat bran and wheat bran

Dakota (Thurs) pumpkin, sesame &
sunflower seeds

Kauai Crunch (Sat): pecans, sunflower
seeds, flax seeds, eggs, tofu, olive oil,
wheat bran, oat bran & vital wheat gluten

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

June/July Bake Schedule



Honolulu
4400 Kalaniana'ole Highway
Honolulu, Hawaii
(808) 735-8810
www.GreatHarvestHonolulu.com
Kailua
131 Hekili Street
Kailua, Hawaii
(808) 312-3615
www.GreatHarvestHonolulu.com

2,000 calories a day is used for general nutrition
advice, but calorie needs vary. Additional
nutrition information is available upon request.