



HANDCRAFTED EVERY DAY AT:

9010 N Allen Road
Peoria, IL 61615
Phone: (309) 589-0900
www.greatharvestpeoria.com

TUESDAY-FRIDAY 7AM - 6PM & SATURDAY 7AM - 5PM



Soup's On!



January is the perfect time of year to enjoy a hot bowl of soup with a freshly baked, made from scratch roll from Great Harvest! That's why we are featuring our frontier soups all month long.

This month anytime you buy one of our packages of frontier soup, we'll give you a 6-pack of our freshly baked, whole wheat or white rolls for free! What more could you ask for on a cold winter evening?

These soups are quick & easy to prepare and they taste great too! In addition, many are very low in sodium and some are even sodium free. What a healthy combination for your start to 2009!

JANUARY BREADS *Eat More Whole Grains in 2009!*

EVERYDAY (Soups 10:30 to 2:30)
Honey Whole Wheat · Harvest White · Bread Pockets · Salads

TUESDAY
High 5 Fiber · Oregon Herb · Cinnamon Chip · Pumpkin Chocolate Chip Batter Bread

WEDNESDAY
Dakota · Cheddar Garlic · Apricot Almond · Tyler's Rye · Banana Nut & Banana Chocolate Chip Batter Bread

THURSDAY
High 5 Fiber · Asiago Pesto · Iced Cinnamon Raisin · Cinnamon Raisin · Strawberry Shortcake Batter Bread

FRIDAY
Low Carb Country Crunch · Flax Oatbran · Cheddar Garlic · Breakfast Blast · Lemon Blueberry Batter Bread

SATURDAY
High 5 Fiber · Jalapeno Corn Bread · Cinnamon Crunch · Pumpkin Chocolate Chip Batter Bread

JANUARY SWEETS *Take a Box of your Favorite Sweets to Work!*

EVERYDAY
Savannah Bars · Trek Bars · Brownies

TUESDAY
Peanut Butter Cookies · Cinnamon Chip Cream Cheese Scones · Low-Fat Berry & Low-Fat Orange Burst Muffins · Pumpkin Chocolate Chip Muffins · Lemon Bars

WEDNESDAY
Monster Cookies · Oatmeal Maple Scones · Ultra Healthy Low-Fat Berry Muffins · Banana Chocolate Chip Muffins

THURSDAY
Ginger & Snickerdoodle Cookies · Cranberry Orange Scones · Low-Fat Berry Muffins & Low-Fat Morning Glory Muffins

FRIDAY (Cinnamon Rolls & Cinnamon Twist Muffins)
Dillon & Oatmeal Raisin Cookies · Berry Cream Cheese Scones · Low-Fat Berry Muffins · Cappuccino Muffins · Mud Bars

SATURDAY (Cinnamon Rolls & Cinnamon Twist Muffins)
Rock Island Trail Cookies · Chocolate Chip Hazelnut Scones · Low-Fat Berry Muffins · Pumpkin Chocolate Chip Muffins