

HANDCRAFTED BREADS

Baked fresh, available day of, & day after baking

Cinnamon Chip - Every Day
..... \$6.21-\$9.79

Sourdough (Regular & Rye) - Regular Every Day, Rye Tues & Thurs
..... \$5.25-\$8.60

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

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

Cheddar Garlic - Wed
..... \$6.21-\$10.03

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

Tuscan Herb - Mon
..... \$10.03

Specialty Whole Wheat Breads - Tues, Thurs, Sat
..... \$10.98-\$12-18

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

April 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

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