

- ♥ 100% whole grain
a good source of fiber
- ★ Made with whole grains



BREADSMITH®
HAND MADE. HEARTH BAKED.™

Daily Breads

French Baguette	\$3.30
French Boule	3.50
* French Peasant	4.20
* Honey Wheat	4.15
Honey White	4.05
Rustic Italian	3.95
Sourdough	4.05
Rolls	.45-.65

Monday

Cheddar Sourdough	4.90
* Honey Oat Bran	4.15
♥ Multigrain Whole Wheat	4.70
* Raisin Walnut	5.60

Tuesday

♥ 100% Whole Wheat	4.80
* Cranberry Oat Bran	5.30
* Farmer's Wheat	4.90

Wednesday

♥ Austrian Pumpernickel	4.45
Cheddar Sourdough	4.90
* Honey Oat Bran	4.15
Raisin Orange	5.10

Thursday

Ciabatta	4.55
English Muffin Bread	4.45
* Multigrain	4.45
♥ Raisin Cinnamon Whole Wheat	5.10

Friday

Challah	4.90
Cinnamon Swirl	5.30
Country Buttertop	4.90
* Honey Oat Bran	4.15
* Raisin Walnut	5.60
♥ Sourdough Whole Grain	4.45
* Traditional Rye	4.45
Tuscan Herb Formaggio	5.10

Saturday

Cheddar Sourdough	\$4.90
* Farmer's Wheat	4.90
Focaccia	6.15
Garlic Parmesan	4.90
* Honey Oat Bran	4.15
♥ Sunflower Whole Wheat	4.90

Monthly Breads

Check calendar for availability.

Apple Pie Bread	6.05
Banana Walnut Chocolate Chip	6.05
Cherry Pie Bread	6.05
Cherry Walnut	6.05
Chocolate & Cherries	6.05
Cinnamon Apple Pecan	6.05
Cranberry Orange	6.05
* Dark Rye	4.45
* Dark Caraway Rye	4.45
Flax Seed	4.90
Freedom Bread	6.05
* Frontier Bread	4.90
* Granola Bread	5.20
Lemon Blueberry	6.05
Mediterranean Herb	4.90
* Norwegian Rye	4.90
* Onion Rye	4.90
Peppercorn Swiss	7.00
Pesto Bread	4.90
Portugese Sweet Bread	6.05
Potato Cheddar Chive	6.05
Pumpkin Raisin Walnut	6.05
Rosemary Garlic Ciabatta	4.55
Russian Rye	4.90
Spinach Feta Bread	7.00
* Swedish Limpa Rye	4.90
Tomato Basil	4.90
* Wheat Flax Seed	4.90

♥ **Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol may help reduce the risk of heart disease.**

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