

- 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
★ Marble Rye	4.45
Mediterranean Herb	4.90
★ Norwegian Rye	4.90
★ Onion Rye	4.90
Peppercorn Swiss	6.05
Pesto Bread	4.90
Potato Cheddar Chive	6.05
Pumpkin Raisin Walnut	6.05
Rosemary Garlic Ciabatta	4.55
Russian Rye	4.90
★ 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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