

Johns Creek Alpharetta 10305 Medlock Br Rd 4915 Windward Pkwy t770-622-0222 t678-209-2229 www.getfreshbread.com

Baker's weekly choices are sent by email or scan QR code

#### SHAPED WHEAT BREAD

- Pumpkin - small or large -Turkey

**PIES** Dutch Apple Pie & Pumpkin Pie. Gluten-free & Vegan versions available.

#### DAILY BAKES

- Honey Whole Wheat 5 ingredients! Farmhouse White
- Dakota nutritious seed mix for texture **Cinnamon Swirl -** customer favorite! **Tootie Frootie Swirl-** berries & white choc **Brolls -** Virginia /Honey Wheat / savory
- Calzone Pepperoni Pesto Parm (n) ÓR Veg Cinnamon Roll (w/ frosting)
- Pumpkin Choc Chip teacake/ muffin
- Low-Fat Fruit Explosion Muffin Cinnamon Chip Cream Cheese Scone **i Dillon Cookie -** oatmeal choc chip
- **Frosted Sugar Cookie**
- 🔋 Savannah Bar fruit n' oat cobbler Energy Bar (n) / Harvest Bar Biscotti & Shortbread - various flavors Pumpkin Cream Cheese Log

GFGluten Free-Bread, Muffin, Scone, Cookie

## MONDAY

- # High5 Fiber fibrous flax filled w/ seeds Sourdough - European style, 21yr starter Sourdough - Savory 👻
- **i Living Lite -** Low calorie, low carb
- **B** Autumn Apple seeds, maple, nutmeg & oats Chocolate Scone 🗑
- Vegan Muffin Cran Orange OR Lemon Blue
- Oatmeal Raisin Cookie Pumpkin Spice bar Almond Joy teacake **GF GLUTEN FREE - Plain Bread**
- Made with freshly milled whole grain flour for best nutrition, flavor & texture

## GFGluten Free ingredients- not recommended for severe gluten intolerance.

#### **TUESDAY**

Baguette - just like they make in Paris! Italian (Country French)

- Spelt (Organic) lower in gluten Spinach Feta
- 🕴 Seeded Bran Muffin (low-fat) 🗑 Cinnamon Bread Pudding bar
- Lemon Blueberry teacake Cinnamon Chip bread Fudge Brownie bar
- Sweet Potato Casserole cookie
- GFGLUTEN FREE Cinnamon Chip scone

#### WEDNESDAY

- **<u>is</u> Living Lite -** Low calorie, low carb Sourdough - European style, 21yr starter
- Wholegrain Sourdough **Sprouted Wheat (Ezekiel)** - 5day sprout
- **Morning Glory** carrot, raisin, walnut, coconut Pecan Pie bar

#### Scone 👻 Ginger Bop cookie Cornbread - w/ cheddar - fluffy 'n moist! GFGLUTEN FREE - Pumpkin Choc cake/muffins

# THURSDAY

- Sourdough Sage & Thyme "Stuffing" bread 🛔 Season Sweet Swirl bread 🗑 **Rye (ON DEMAND)** -marble/savory Vegan Muffin - Carrot OR Apple
- Chocolate Bliss cookie Blueberry Cream Cheese scone GFCranberry Orange walnut teacake **GLUTEN FREE - Almond cookie**

## FRIDAY

- Sourdough European style, 21yr starter Sourdough - Chunky Cheese Medley **<u>is</u> Living Lite -** Low calorie, low carb Challah - brioche-like braided bread **Apple Scrapple -** dates w/ cookie topping **Sonoma** - citrus, seeds, raisins & craisins **Seasonal Teacake** Pecan Pie bar
- Scone Pumpkin (8<sup>th</sup>/22<sup>nd</sup>)/Apple Pie (15<sup>th</sup>) 🕯 Oatmeal Raisin Cookie
- Dakota Seed Date low-fat muffin
- Cornbread Fiesta onion/peppers/cheese

## SATURDAY

- Savory Roll
- Monkey Bread w/ cream cheese frosting Sourdough & Cheese Sourdough Almond Joy teacake & mufifns
- Pretzels Bavarian-style soft 'n salty



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-Turkey

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- **Bakota -** nutritious seed mix for texture Cinnamon Swirl - customer favorite! Tootie Frootie Swirl- berries & white choc
- **Bolls -** Virginia /Honey Wheat / savory Calzone - Pepperoni Pesto Parm (n) ÓR Veg
- É Cinnamon Roll (w/ frosting) Pumpkin Choc Chip - teacake/ muffin
- Low-Fat Fruit Explosion Muffin Cinnamon Chip Cream Cheese Scone
- **i** Dillon Cookie oatmeal choc chip **Frosted Sugar Cookie**
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- Vegan Muffin Cran Orange OR Lemon Blue
- Oatmeal Raisin Cookie Pumpkin Spice bar Almond Joy teacake
- **GF GLUTEN FREE Plain Bread**
- Made with freshly milled whole grain
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## **GLUTEN FREE - Almond cookie**

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