

# JULY-AUGUST



## Monday

Muffins: Blue Berry Ultra-Healthy & Berry Paleo (Made With Almond Flour)...  
 Scones: Whole Wheat Apple Cinnamon, Raspberry Almond...  
 Cookies: Oatmeal Chocolate Chip Walnut & Snickerdoodle...  
 Fruit Bars: Marionberry...  
 PLUS: Banana or Pumpkin Bread (Gluten Free, Dairy free)...

## Tuesday

Muffins: Apple Cinnamon & Raspberry Ultra-Healthy...  
 Scones: Cranberry Walnut & Berry...  
 Cookies: Oatmeal Chocolate Chip Walnut & Salted Caramel...  
 Bars: Raspberry Fruit Bar, Brownies...  
 Quick Bread: Lemon Blueberry



## Wednesday

Muffins: Cranberry Apple UH & Lemon Blueberry Ginger Almond...  
 Scones: Date & Raisin Nut (aka Earth) & Berry Cream Cheese...  
 Cookies: Oatmeal Chocolate Chip Walnut & Peanut Butter Chocolate Chip...  
 Fruit Bars: Peach & Mango...  
 PLUS: Bread Pudding

## Thursday

Muffins: Carrot Raisin Walnut & Blueberry Paleo (Made With Almond Flour)...  
 Scones: Apple Cinnamon & Blueberry...  
 Cookies: Oatmeal Chocolate Chip Walnut & SnickerDoodle...  
 Fruit Bars: Mixed Berry...  
 Quick Bread: Pinapple Coconut...  
 PLUS: Kahuna Bars

## Friday

Cinnamon Rolls with applesauce...  
 Muffins: Apple Cinnamon & Mixed Berry Ultra-Healthy...  
 Scones: Berry Cream Cheese & Poppy Seed Almond...  
 Cookies: Oatmeal Chocolate Chip Walnut & Salted Caramel Cookies...  
 Fruit Bars: Blueberry

## Saturday

Frosted Cinnamon Rolls..  
 Muffins: Peach/Mango...  
 Scones: Apple Cinnamon & Berry...  
 Cookies: Oatmeal Chocolate Chip Walnut  
& Snicker Doodle



Great Harvest Bread Co.  
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7 a.m. to 5 p.m. Monday – Friday  
 Saturday 8 a.m. to 3 p.m.

# JULY-AUGUST



Hot bread comes out daily  
 between 10am to 1pm

## Daily

\*Honey Whole Wheat, Cinnamon Chip, \*5-Seed Dakota

## Monday

\*Honey Whole Wheat, Harvest White, Cinnamon Chip, \*5-Seed Dakota,  
 Basil Parmesan, Monkey Bread, Cranberry Orange

## Tuesday

\*SuperFood, Oregon Cherry Walnut, Sourdough, Multi-Grain Sourdough

## Wednesday

Sourdough, Multi-Grain Sourdough, 3-Cheese Garlic Sourdough,  
 \*Pacific Crest Crunch, \*Wheat Cinnamon Chip

## Thursday

Sourdough, Multi-Grain Sourdough, Cranberry Pear Walnut, Swiss Dill,  
 Pumpernickel Rye, Gluten Less Dakota

## Friday & Saturday

Sourdough, Multi-Grain Sourdough, Challah, \*Breakfast Blast,  
 Popeye (spinach, parmesan, & roasted red peppers)

Breads with a star \* indicate 100% Whole Grain.

## Salads:

**Mexicali Salad: \$8.50** - Mixed greens, smoked turkey breast, fresh avocado, shaved cabbage, cherry tomatoes, red onion, black beans, tortilla chips, cilantro, and our delicious house-made chipotle honey lime yogurt dressing.

**The Greek: \$7.99** - Fresh greens, artichoke hearts, Kalamata olives, roasted red peppers, cucumbers, cherry tomatoes, and feta cheese, topped with our house-made red wine & olive oil vinaigrette.

**The Yardbird: \$8.95** - Mixed greens, chicken, spiced seeds & nuts, roasted chickpeas, golden raisins, cranberries and Parmesan cheese topped with house-made avocado goddess dressing.

**Side Kick: \$4.00** - A simple mix of spring greens, grape tomatoes, cucumbers and croutons

**Dressings:** - Ranch, Italian, Baja Chipotle Lime Yogurt and Avocado Goddess

## New Sides:

Chips \$1.50, Meat sides (ham, bacon, turkey, tuna, egg) \$2.00



## Classic Sandwiches: Mon-Sat until 4pm

Most sandwiches include sliced tomato, romaine lettuce, thinly sliced red onion & salt & pepper. Some have mayonnaise & Dijon mustard and others have a spread. All include your choice of fresh made bread.

**Full sandwich \$7.95 Half \$5.25**  
prices subject to change :)

**Ham & Swiss:** Tender slices of honey smoked ham & Swiss Cheese

**Table Rock Turkey:** Smoked Turkey Breast & Swiss Cheese

**Roast Beef:** Pepper roasted thinly sliced roast beef with your choice of cheese

**Peanut Butter & Jelly:** Full \$4, Half \$2.50

## Hot Signature Sandwiches: Mon-Sat until 4pm

**Breakfast Sandwich: \$7.25** - Ham or Bacon or Avocado, Eggs, Cheddar, Swiss or Pepper Jack Cheese, garlic spread on fresh made bread. Eggs with spinach add, \$0.75

**BLAT: \$7.95** - Our version of the bacon lettuce tomato with fresh mashed avocados served on your choice of fresh bread with mayo then grilled.

**Groovy Grilled Cheese: \$5.65** - A twist on the traditional sandwich served with a garlic and herb spread, sharp cheddar & Swiss cheese. With tomato add \$0.50, • with ham or crisp bacon add \$1.50

**Spicy Apple Bacon grilled Cheese: \$7.50** - Melted sharp cheddar cheese & provolone, thinly sliced apples, bacon, and pepper jelly.

## Signature Sandwiches: Mon-Sat until 4pm

**Cowboy Cobb: Full \$8.95, Half \$5.95** - Fresh avocado, smoked turkey breast, crispy bacon, with bleu cheese spread.

**Pepper Bleu Roast Beef: Full \$7.85, Half \$5.50** - Roast beef with bleu cheese spread.

**Sweet-Spicy Chicken Salad Sandwich: Full \$7.95, Half \$5.50** - Chunks of white and dark meat chicken in a seasoned mayonnaise dressing with our homemade sweet and spicy pecans.

**Harvest Grand Veggie: Full \$6.95, Half \$5.50** - Fresh bell pepper rings, cucumber slices, provolone & cheddar cheeses with our sweet red pepper spread.

**Tuna Salad Sandwich: Full \$6.95, Half \$5.50**

Solid white albacore tuna with celery, crisp romaine lettuce, sliced tomato and red onion

**Chimichurri Roast Beef: Full \$8.95 Half \$5.95** Roast Beef, Swiss Cheese, Chimichurri Sauce, red onion, romaine lettuce, tomato, salt & pepper

**Baja Chipotle Turkey: Full \$8.95, Half \$5.95** - Smoked turkey, pepper jack cheese, avocado, pickled red onion, tomato, green cabbage and sandwich salt.

**Turkey Goddess sandwich: Full \$8.95, Half \$5.95** - Turkey, Havarti cheese, red onion, tomato, romaine lettuce, Goddess Spread (avocado, mayo, sourcream, lemon, garlic, anchovy paste, scallions, parsley, basil, tarragon, kosher salt, black pepper).

**The Italian: Full \$8.25** - Shaved Genoa salami and smoked ham topped with a roasted red pepper black olive tapenade and provolone cheese drizzed with red wine vinaigrette. Best served on Harvest White or Sourdough with lettuce, tomato, onion, and salt & pepper mix.