

## APRIL

### Monday

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

### Tuesday

Muffins: Apple Cinnamon & Raspberry Ultra-Healthy...  
Scones: Cranberry Walnut & Berry...  
Cookies: Oatmeal Chocolate Chip Walnut & Salted Caramel...  
Quick Bread: Apricot Pear...  
PLUS: Brownie Bread

### Wednesday

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

### Thursday

Muffins: Carrot Raisin Walnut & Blueberry Paleo (Made With Almond Flour)...  
Scones: Apple Cinnamon & Blackberry Almond...  
Cookies: Oatmeal Chocolate Chip Walnut & Snicker Doodles...  
Bars: Mixed Berry and Blondies  
Quick Bread: Lemon Blueberry...

### Friday

Cinnamon Rolls with applesauce...  
Muffins: Pineapple/Banana/Pecan & Mixed Berry Ultra-Healthy...  
Scones: Strawberry Peach & Poppy Seed Almond...  
Cookies: Oatmeal Chocolate Chip Walnut & Salted Caramel Cookies...  
Fruit Bars: Blueberry...

### Saturday

Frosted Cinnamon Rolls...  
Muffins: Low Fat Raspberry...  
Scones: Apple Cinnamon & Berry...  
Cookies: Oatmeal Chocolate Chip Walnut



Great Harvest Bread Co.  
Fresh Bread & Sweets,  
Fresh Sandwiches,  
Soup & Fresh Coffee

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visit us on facebook!



7 a.m. to 5 p.m. Monday – Friday  
Saturday 8 a.m. to 4 p.m.

## APRIL

Hot bread comes out daily  
between 10am to 1pm



### Daily

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

### Monday

\*Honey Whole Wheat, Harvest White, Cinnamon Chip, \*5-Seed Dakota,  
Spinach Feta, Cranberry Orange

### Tuesday

\*SuperFood, Sourdough, Multi-Grain Sourdough, Apple Crunch,  
\*Whole Wheat Cinnamon Raisin, Brownie Bread Plain or with Cream  
Cheese Frosting

### Wednesday

Sourdough, Multi-Grain Sourdough, Mediterranean Olive, \*Whole Wheat  
Cinnamon Burst

### Thursday

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

### Friday & Saturday

Sourdough, Multi-Grain Sourdough, Challah, \*Breakfast Blast, Cheddar  
Garlic OR Bakers Choice

## Salads:

**Mexicali Salad: \$8.50** - Mixed greens, smoked turkey breast, fresh avocado, shaved cabbage, cherry tomatoes, red onion, black beans, tortilla chips, 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, raisins, crasins 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, avocado) \$2.00



## Classic Sandwiches: Mon-Sat until 4pm

Most sandwiches include sliced tomato, 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 \$5.50**  
**\$1.00 extra for gluten free bread**  
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 Provolone cheese

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

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

**Breakfast Sandwich: \$7.50** - 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 \$2.00

**Spicy Apple Bacon grilled Cheese: \$7.75** - 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.

**Turkey Cranberry: Full \$7.95, Half \$5.75** - Smoked turkey, provolone cheese, cranberry orange horseradish sauce, lettuce, mayo and onions.

**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 \$7.25, Half \$5.50** - Fresh bell pepper rings, cucumber slices, provolone & cheddar cheeses with our sweet red pepper spread.

**Tuna Salad Sandwich: Full \$7.25, Half \$5.50**  
Solid white albacore tuna with celery, lettuce, sliced tomato and red onion

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

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

**Turkey Goddess sandwich: Full \$8.95, Half \$5.95** - Turkey, Havarti cheese, red onion, tomato, 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.

**Vegan Veggie: Full \$7.75** - Fresh avocado, hummus, cucumbers, bell peppers, onion, tomato, green leaf lettuce and spinach