

# OCTOBER



## Monday

Muffins: Blackberry Oat...  
Scones: Whole Wheat Apple Cinnamon, Raspberry Almond...  
Cookies: Oatmeal Chocolate Chip Walnut & Oatmeal Salted Caramel...  
Fruit Bars: Marionberry...  
PLUS: Banana or Pumpkin (Gluten Free, Dairy Free)...

## Tuesday

Muffins: Apple Cinnamon...  
Scones: Cranberry Walnut & Berry...  
Cookies: Oatmeal Chocolate Chip Walnut, Oatmeal Salted Caramel & Chocolate Chip Cookies (Made Without Gluten)...  
Quick Bread: Lemon Blueberry...  
PLUS: Brownies...



## Wednesday

Muffins: Cranberry Apple UH, Lemon Blueberry Ginger Almond...  
Scones: Date & Raisin Nut (aka Earth) & Berry Cream Cheese...  
Cookies: Oatmeal Chocolate Chip Walnut, Oatmeal Salted Caramel & Ginger Snap...  
Fruit Bars: Peach...  
PLUS: Kahuna Bars...

## Thursday

Muffins: Carrot Raisin Walnut & Blueberry Paleo (Made With Almond Flour)...  
Scones: Apple Cinnamon & Blackberry Almond...  
Cookies: Oatmeal Chocolate Chip Walnut & Snicker Doodles...  
(Chocolate Chip Cookies made without Gluten)...  
Bars: Pecan Blondies & Mixed Berry Fruit...  
Quick Bread: Pumpkin Chocolate Chip...

## Friday

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

## Saturday

Frosted Cinnamon Rolls...  
Muffins: Blueberry Oat...  
Scones: Apple Cinnamon...  
Cookies: Oatmeal Chocolate Chip Walnut



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

203 Genessee Street  
Medford OR 97504  
(541) 245-3310  
www.greatharvestmedford.com  
visit us on facebook!

7 a.m. to 5 p.m. Monday – Friday  
Saturday 8 a.m. to 3 p.m.



# OCTOBER

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,  
Pumpnickel Rye, Banana Bread (made without Dairy or Gluten), Cranberry  
Orange

## Tuesday

\*SuperFood, Sourdough, Multi-Grain Sourdough, Basil Parmesan,  
Lemon Blueberry Quick Bread

## Wednesday

Asiago Sourdough, Sourdough, Gluten Less Dakota, \*Pacific Crest Crunch

## Thursday

Sourdough, Cranberry Pear Walnut, Swiss Dill, Multi Grain Sourdough,  
Pumpkin Chocolate Chip

## Friday & Saturday

Sourdough, Challah, \*Breakfast Blast, Savory Sourdough, Popeye

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

We will make Wheat Cinnamon Chip the 2nd  
Wednesday of each month

**Salads:**

**Chicken Cobb Salad: \$8.50** - Chicken, mixed greens, egg, bacon, grape tomatoes, avocado, bleu cheese crumbles & croutons; choice of dressings.

**Mexicali Salad: \$8.50** - Mixed greens, turkey breast, fresh avocado, shaved cabbage, cherry tomatoes, red onion, black beans, tortilla chips, 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: \$4.50** - A simple mix of spring greens, grape tomatoes, cucumbers and croutons

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

**New Sides:** - Chips \$1.75, Meat sides (ham, bacon, turkey, tuna, egg, avocado \$2.50, Vegan egg substitute \$1.50

**Classic Sandwiches: Mon-Fri until 4pm / Saturday until 3pm**

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**  
**\$1.50 extra for gluten free bread**  
prices subject to change :)

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

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

**Roast Beef:** Pepper roasted thinly sliced roast beef with Provolone cheese

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

**Drinks:**

Fresh Squeezed Lemonade .....	\$3.75
Fresh Brewed Organic Green and Black Iced Tea .....	\$2.95
Noble Espresso Coffee: ...Latte \$3.75 Americano \$2.75 Cappaccino	\$3.50
Cold Brew .....	\$3.50
Assorted Loose Leaf Teas .....	\$2.75
Italian Soda .....	\$3.00
<i>Orange, Peach, Strawberry, Raspberry, Coconut, Blackberry</i>	
Assorted Sodas .....	\$2.00
<i>Coke, Diet Coke, Sprite, Root Beer</i>	

**Hot Signature Sandwiches: Mon-Fri until 4pm / Saturday until 3pm**

**Breakfast Sandwich: \$8.25** - Meat choice of Ham, Bacon, Avocado or Turkey, Eggs, choice of cheese (cheddar, swiss, provolone or pepper jack), garlic spread on fresh made bread. Add spinach \$0.75

**BLAT: \$8.25** - Our version of the bacon lettuce tomato with fresh mashed avocado on your choice of toasted fresh bread and mayo.

**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: \$8.25** - 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, turkey breast, crispy bacon, with bleu cheese spread.

**Turkey Cranberry: Full \$7.95, Half \$5.75** - 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 \$7.75, Half \$5.50** - Fresh bell pepper rings, cucumber slices, provolone & cheddar cheeses with our sweet red pepper spread.

**Tuna Salad Sandwich: Full \$7.95, Half \$5.50**  
Solid white albacore tuna with celery, lettuce, sliced tomato and red onion

**Baja Chipotle Turkey: Full \$8.95, Half \$5.95** - 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).

**Vegan Veggie: Full \$7.95** - Fresh avocado, hummus, cucumbers, bell peppers, onion, tomato, green leaf lettuce and spinach