

JANUARY



Monday

Muffins: Whole Grain Berry...
 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, Carrot Raisin Walnut...
 Scones: Cranberry Walnut & Berry...
 Cookies: Oatmeal Chocolate Chip Walnut, Oatmeal Salted Caramel
 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 & Ginger Snap...
 Fruit Bars: Peach...

Thursday

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

Friday

Cinnamon Rolls with applesauce...
 Muffins: Peachy Keen, Apple Cinnamon...
 Scones: Poppy Seed Almond & Berry Cream Cheese...
 Cookies: Oatmeal Chocolate Chip Walnut & Salted Caramel Cookies...
 Fruit Bars: Blueberry...

Saturday

Frosted Cinnamon Rolls...
 Muffins: Berry Bran...
 Scones: Apple Cinnamon...
 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 3 p.m.

JANUARY



Hot bread comes out daily
 between 10am to 1pm

Daily

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

Monday

Harvest White, Pumpernickle Rye, Banana or Pumpkin, (made without Dairy or
 Gluten), Basil Parmesan

Tuesday

Sourdough, Multi-Grain Sourdough, Popeye with Swiss, Light Wheat,
 Superfood

Wednesday

Multi-Grain Sourdough, Sourdough, Gluten Less Dakota, Asiago Sourdough,
 Apple Walnut Swirl, Cinnamon Swirl

Thursday

Cranberry Pear Walnut, Swiss Dill, Sourdough, Multi-Grain Sourdough,
 Lemon Blueberry Quick Bread

Friday & Saturday

Challah, Sourdough, Savory Sourdough

Spelt Bread First Wednesday of the Month

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:

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| 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