

AUGUST



Monday

Muffins: Paleo, Banana made without dairy or gluten...
 Scones: Berry Almond & Whole Wheat Apple Cinnamon...
 Cookies: Oatmeal Chocolate Chip Walnut & Oatmeal Salted Caramel...
 Bars: Marionberry Fruit Bar...
 Quick Bread: Banana made without dairy or gluten,
 Lemon Blueberry Quick Bread...



Tuesday

Muffins: Apple Cinnamon, Blueberry Whole Grain...
 Scones: Cranberry Walnut...
 Cookies: Peanut Butter Chocolate Chip, Oatmeal Chocolate Chip Walnut,
 Oatmeal Salted Caramel...
 Bars: Fruit Bars...
 PLUS: Cinnamon Rolls with Pecans...

Wednesday

Muffins: Mini Monkey...
 Scones: Date and Raisin Nut (aka Earth), Lemon Poppyseed with Lemon Icing
 Cookies: Chocolate Chip made without gluten & Oatmeal Salted Caramel...
 Bars: Peach...
 Quick Bread: Pineapple Coconut...
 PLUS: Kahuna Bars...

Thursday

Muffins: Berry Paleo & Morning Glory (with raisins, walnuts, apples, carrots, coconut)...
 Scones: Apple Cinnamon & Berry Almond...
 Cookies: Oatmeal Chocolate Chip Walnut, & Oatmeal Salted Caramel...
 Bars: Mixed Berry, Brownies made without gluten...

Friday

Muffins: Whole Grain Cranberry Apple & Pineapple Banana Pecan...
 Scones: Poppyseed Almond & Berry Cream Cheese...
 Cookies: Oatmeal Salted Caramel, Snickerdoodle...
 Bars: Blueberry...
 PLUS: Cinnamon Rolls with applesauce...

Saturday

Muffins: Apple Cinnamon...
 Cookies: Oatmeal Chocolate Chip Walnut...
 PLUS: Cinnamon rolls with frosting...



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

203 Genessee Street
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8 a.m. to 4 p.m. Monday – Friday
 Saturday 8 a.m. to 2 p.m.

AUGUST



Hot bread comes out daily
 between 10am to 1pm

Monday - Friday

Honey Whole Wheat, 5-Seed Dakota, Sourdough,
 Cinnamon Chip

Monday

Harvest White, Pumpnickel Rye, Rosemary Garlic Sourdough,
 Multi-Grain Sourdough, Lemon Blueberry Quick Bread

Tuesday

Popeye, Cranberry Hazelnut Sourdough

Wednesday

Savory Sourdough, (choices are Asiago Sourdough or Cracked Pepper
 Parmesan), Dakota made without gluten, Pineapple Coconut Quick Bread,
 Multi-Grain Sourdough,

Thursday

Mediterranean Olive Sourdough, Swiss Dill, Cranberry Pear Walnut

Friday - Saturday

Challah, Multi-Grain Sourdough

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: \$8.25 - 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

Classic Sandwiches: Mon-Fri until 3pm / Saturday until 2pm

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 \$8.25

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

Avocado Toast: \$6.50 - Bread choices of (sourdough, 5-seed dakota, honey whole wheat)

Hot Signature Sandwiches: Mon-Fri until 3pm / Saturday until 2pm

Breakfast Sandwich: \$9.00 - 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: \$9.00 - Our version of the bacon lettuce tomato with fresh mashed avocado on your choice of toasted fresh bread and mayo.

Groovy Grilled Cheese: \$5.75 - 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 \$2.50

Spicy Apple Bacon Grilled Cheese: \$9.00 - Melted sharp cheddar cheese & provolone, thinly sliced apples, bacon, and pepper jelly.

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

Chimichurri Roast Beef: Full \$9.25 Half \$5.95 Roast beef, Swiss Cheese, Chimichurri Sauce, red onion, lettuce, tomato, salt & pepper.

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 \$7.95, Half \$5.50 - Fresh bell pepper rings, cucumber slices, provolone & cheddar cheeses with our sweet red pepper spread.

Tuna Salad Sandwich: Full \$8.25, 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