

SEPTEMBER



Monday

Muffins: Peachy Keen, 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

Tuesday

Muffins: Apple Cinnamon, Blueberry Whole Grain...
 Scones: Cranberry Walnut...
 Cookies: Snickerdoodles, Oatmeal Chocolate Chip Walnut,
 Oatmeal Salted Caramel...
 Bars: Fruit Bars, Brownies baked without gluten...
 PLUS: Cinnamon Rolls with Pecans...



Wednesday

Muffins: Mini Monkey, Lemon Blueberry...
 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: Lemon Blueberry Quick Bread...
 PLUS: Cheddar Chive Biscuits...

Thursday

Muffins: Blueberry 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

Friday

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

Saturday

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



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

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

SEPTEMBER



Hot bread comes out daily
 between 10am to 1pm

Monday - Friday

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

Monday

Harvest White, Pumppernickel Rye, Asiago Sourdough, Multi-Grain Sourdough

Tuesday

Cranberry Orange, Cracked Pepper Parmesan Sourdough

Wednesday

3 Cheese Garlic Sourdough (with or without Jalapeños), Dakota made
 without gluten, Multi-Grain Sourdough, Lemon Blueberry Quick Bread

Thursday

Mediterranean Olive Sourdough, Swiss Dill, Cranberry Pear Walnut

Friday - Saturday

Challah, Multi-Grain Sourdough

Spelt Bread First Wednesday of the 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: \$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