

# May

## Monday

Muffins: Morning Glory, Banana or Pumpkin made without dairy or gluten...  
 Scones: Raspberry Almond & Whole Wheat Apple Cinnamon...  
 Cookies: Oatmeal Chocolate Chip Walnut & Oatmeal Salted Caramel...  
 Bars: Blackberry...  
 Quick Bread: Banana or Pumpkin made without dairy or gluten...



## Tuesday

Muffins: Apple Cinnamon...  
 Scones: Cranberry Walnut, Berry Scone...  
 Cookies: Oatmeal Salted Caramel, Oatmeal Chocolate Chip Walnut, Snickerdoodles...  
 Bars: Peach...



## Wednesday

Muffins: Berry Bran, Lemon Blueberry...  
 Scones: Date and Raisin Nut (aka Earth), Peach Cream Cheese...  
 Cookies: Oatmeal Salted Caramel, Oatmeal Chocolate Chip Walnut, Chocolate Chip made without gluten...  
 Bars: Raspberry...  
 Tea Cake: Lemon Blueberry...

## Thursday

Muffins: Morning Glory (with raisins, walnuts, apples, carrots, coconut), Pumpkin Chocolate Chip...  
 Scones: Apple Cinnamon, Chef Choice Scone made without gluten...  
 Cookies: Oatmeal Chocolate Chip Walnut, Oatmeal Salted Caramel...  
 Bars: Mixed Berry, Kahuna Bars...  
 Tea Cake: Pumpkin Chocolate Chip...

## Friday

Muffins: Berry Yogurt...  
 Scones: Poppyseed Almond & Berry Cream Cheese...  
 Cookies: Oatmeal Salted Caramel, Oatmeal Chocolate Chip Walnut, Snickerdoodles...  
 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 3 p.m. Monday – Saturday

Closed Sunday

# May

Hot bread out of the oven by 11 am daily.



## Monday - Friday

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

## Monday

Multi-Grain Sourdough, Harvest White, Banana or Pumpkin made without dairy or gluten, Cranberry Orange

## Tuesday

Pumpernickel Rye, Asiago Sourdough, Super Food, Dakota made without gluten

## Wednesday

3-Cheese Garlic Sourdough, Multi-Grain Sourdough, Cranberry Pear Walnut, Lemon Blueberry Tea Cake

## Thursday

Swiss Dill, Harvest White, Cheddar Onion Garlic Rolls, Rosemary Garlic Sourdough, Pumpkin Chocolate Chip

## Friday - Saturday

Challah, Multi-Grain Sourdough

## Salads:

**Chicken Cobb Salad: \$11.75** - Chicken, mixed greens, egg, bacon, grape tomatoes, avocado, bleu cheese crumbles & croutons; choice of dressings.

**Mexicali Salad: \$11.75** - 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: \$10.95** - 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: \$11.75** - Mixed greens, chicken, spiced seeds & nuts, roasted chickpeas, raisins, crasins and Parmesan cheese topped with house-made avocado goddess dressing.

**Side Kick: \$5.25** - A simple mix of spring greens, grape tomatoes, cucumbers and croutons. Your choice of dressing... Ranch, Italian, Baja, Avocado Goddess.

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

**New Sides:** - Chips \$1.95, Meat sides (ham, bacon, turkey, tuna, egg, avocado) \$3.00

Classic 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.

**\$2.00 extra for gluten free bread & Specialty Breads**  
prices subject to change :)

**Ham & Swiss: \$11.75** - Tender slices of honey smoked ham & Swiss Cheese.

**Table Rock Turkey: \$11.75** - Turkey Breast & Swiss Cheese.

**Roast Beef: \$11.75** - Pepper roasted thinly sliced roast beef with Provolone cheese.

**Peanut Butter & Jelly:** Full \$5, Half \$3.00

**Avocado Toast: \$8.50** - Bread choices of sourdough, 5-seed dakota, honey whole wheat)

**Breakfast Sandwich: \$10.50** - 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: \$11.75** - Our version of the bacon lettuce tomato with fresh mashed avocado on your choice of toasted fresh bread and mayo.

**Groovy Grilled Cheese: \$7.95** - 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 \$2.95

**Spicy Apple Bacon Grilled Cheese: \$12.95** - Melted sharp cheddar cheese & provolone, thinly sliced apples, bacon, and pepper jelly.

**Cowboy Cobb: Full \$12.95, Half \$6.95** - Fresh avocado, turkey breast, crispy bacon, with bleu cheese spread.

**Chimichurri Roast Beef: Full \$12.95, Half \$6.95** - Roast beef, swiss cheese, chimichurri sauce, red onion, lettuce, tomato, salt & pepper.

**Turkey Cranberry: Full \$12.95, Half \$6.25** - Turkey, provolone cheese, cranberry orange horseradish sauce, lettuce, mayo and onions.

**Sweet-Spicy Chicken Salad Sandwich: Full \$12.95 Half \$6.50** - Chunks of white and dark meat chicken in a seasoned mayonnaise dressing with our homemade sweet and spicy pecans.

**Harvest Grand Veggie: Full \$11.50, Half \$6.25** - Fresh bell pepper rings, cucumber slices, onions, provolone & cheddar cheeses with our sweet red pepper spread.

**Tuna Salad Sandwich: Full \$11.75, Half \$5.95**  
Solid white albacore tuna with celery, lettuce, sliced tomato and red onion.

**Baja Chipotle Turkey: Full \$12.95, Half \$6.50** - Turkey, pepper jack cheese, avocado, pickled red onion, chipotle lime yogurt sauce, tomato, green cabbage and sandwich salt.

**Turkey Goddess Sandwich: Full \$12.95, Half \$6.50** - Turkey, Havarti cheese, red onion, tomato, lettuce, Goddess Spread (avocado, mayo, sour cream, lemon, garlic, anchovy paste, scallions, parsley, basil, tarragon, kosher salt, black pepper).

**The Italian: \$12.95** - Shaved Genoa Salami and Smoked Ham topped with a Red Pepper Black Olive Tapenade and Provolone Cheese drizzled with Red Wine Vinaigrette. Your Choice of Fresh Baked Bread with Lettuce, Tomato & Onion

**Vegan Veggie: \$11.50** - Fresh avocado, hummus, cucumbers, bell peppers, onion, tomato, green leaf lettuce and spinach.

**Hours:** Monday - Saturday 8am - 3pm | Closed Sunday