

SANDWICH SPECIAL

Sandwiches where the outside is as good as the inside.



Ham & Brie 560-620 cal\$9.95
Ham, warm Brie cheese, crisp green apple and an apricot Dijon honey spread are a match made in heaven. You'll be craving it all month long!

BREAKFAST SANDWICHES

Breakfast served ALL DAY everyday!



FEATURING The Red Rooster\$7.95
Pictured above is the New Red Rooster with bacon, egg, cheddar, roasted peppers & onions, with garlic herb spread, and a spicy Rooster hot sauce.

Cheddar 650 cal.\$5.45
Cheddar cheese, egg, and garlic herb spread on Honey Whole Wheat bread.

Bacon 710-750 cal.\$5.95
Bacon, cheddar cheese, egg, and garlic herb spread served on choice of bread or biscuit.

Ham 710-740 cal.\$5.95
Ham, cheddar cheese, egg, and garlic herb spread served on choice of bread or biscuit.

The Morning Gobbler 720 cal.\$6.75
Turkey, provolone cheese, egg, and garlic herb spread on Dakota bread.

The Kickstart 690 cal.\$6.75
Bacon, pepper jack cheese, egg, tomato, and garlic herb spread on Farmhouse White bread.

The Loaded Ham 740 cal.\$6.95
Ham, Swiss cheese, egg, avocado, tomato, and garlic herb spread on Honey Whole Wheat bread.

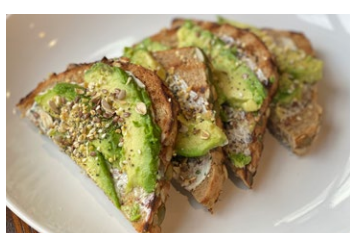
The Loaded Bacon 730 cal.\$6.95
Bacon, provolone cheese, egg, avocado, tomato, and garlic herb spread on Honey Whole Wheat.

Sausage Egg Biscuit\$6.95
Sausage patty, egg, cheddar cheese, and garlic herb spread served on a Great Harvest biscuit.

Hammy Havarti\$7.45
Ham, egg, creamy havarti, roasted peppers, and onions garlic herb spread on choice of bread.

Porky Pig\$7.45
Ham, bacon, egg, cheddar, and garlic herb spread on choice of bread.

Little Italy\$7.45
Ham, salami, egg, provolone, and olive tapenade choice of bread.



Avocado Toast
400 cal.\$5.95
Garlic herb spread, sliced avocado, everything mix on two slices of your choice of toast.

SIGNATURE SANDWICHES

Fresh made with simple ingredients.



Great Harvest Club Sandwich\$10.95
Sliced turkey ham and bacon loaded high with lettuce tomato and red onion Three slices of farmhouse white bread served with cheddar and Swiss cheese.



Tuna Salad Sandwich
620-670 cal.\$8.45
Chunk white albacore tuna with a seasoned mayonnaise dressing, lettuce, tomato, red onion, and salt & pepper mix.
Also available as a Tuna Melt, served hot with melted provolone.\$8.45



Baja Chipotle Turkey
620 cal.\$8.95
Sliced turkey with chipotle honey lime yogurt sauce, shaved cabbage, pickled red onions, tomato, avocado, & pepper jack cheese. Served on Honey Whole Wheat.



Louisville Chicken Salad
690 cal.\$8.95
White meat chicken with a seasoned mayonnaise dressing and sweet & spicy pecans. Served on Honey Whole Wheat bread with lettuce, tomato, red onion, and salt & pepper mix.



Turkey Goddess
610-690 cal.\$8.95
Our house-made green goddess dressing drizzled over slices of turkey breast and creamy Havarti cheese. Includes lettuce, tomato, onion, and salt & pepper mix.



Veggie Baja
580 cal.\$7.95
Avocado, shaved cabbage, pickled red onions, tomato, pepper jack cheese, a chipotle honey lime yogurt sauce, and salt & pepper mix. Fresh made on Honey Whole Wheat bread.

GlutenX Bread and tortilla are available for an additional charge.

KID'S MEAL



Kid's Meal 580-650 cal.\$4.95
Choice of PB&J, kid's grilled cheese, or pepperoni roll.
Includes kid friendly side and drink.

DRINKS

Drinks

Sodas, bottled water, milk, juices, and seltzer water.

Coffee/Teas

Coffee, Mocha, Latte, Cappuccino, Espresso, Americano, Iced Tea.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.

SEE PAGE TWO FOR HOT & CLASSIC SANDWICH, SALADS, AND MORE!!!

HOT OFF THE GRILL

Get it hot, get it fresh, get it now!



Big Zesty

660-730 cal. \$9.95
Hot roast beef, melted cheddar, crispy fried onions, and our Big Zesty sauce served on Honey Wheat.



Spicy Apple Bacon Grilled Cheese

660-730 cal. \$8.95
Melted sharp cheddar cheese & provolone, thinly sliced apples, bacon, and pepper jelly.



Best Ever BLT

450-520 cal. \$8.45
Bacon, lettuce, tomato, and mayo between two slices of our grilled, fresh baked bread.



Grilled Cheese

710-780 cal. \$6.25
Your bread of choice, cheddar & provolone cheese, and a light taste of our garlic & herb spread. Add smoked ham for \$1.95, crispy bacon for \$1.95, or tomato.



Roasted Pepper Cheesesteak

740-790 cal. \$9.45
Roast beef layered with melted Havarti cheese, marinated, roasted bell pepper & onions, and chipotle mayo.



Pimento Cheese Melt

990 cal. \$8.95
Our home-made pimento cheese with sweet and spicy pecans, all dressed up and grilled to perfection with smoked crispy bacon.



Cubano

580 cal. \$9.45
Sliced turkey, ham, Swiss cheese, sliced dill pickles with our special house-made pickled red onions, and Dijon mustard spread. Served on white bread.



The Italian

660 cal. \$9.45
Shaved Genoa salami and smoked ham topped with a roasted red pepper black olive tapenade and provolone cheese drizzled with red wine vinaigrette. Served on White Bread with lettuce, tomato, onion, and salt & pepper mix.



Southwest Chicken Sandwich

660 cal. \$9.45
Grilled 100% natural chicken, lettuce, melted pepper jack, in our own fresh chipotle mayo smothered in roasted peppers and onions.

SOUPS OF THE DAY

Warm up your day.



8 oz Cup and Roll

80-110 cal. \$5.75
Choose from one of our daily soups. Add 240 cal. for the roll.

12 oz Bowl and Roll

120-165 cal. \$6.75
Choose from one of our daily soups. Add 240 cal. for the roll.

CLASSIC SANDWICHES

Beyond Fresh.

Classic sandwiches are served with choice of cheese, lettuce, tomato, red onion, Dijon mustard, mayonnaise, and salt & pepper mix, on your choice of bread.

Classic Turkey & Cheese

570-670 cal. \$7.95

Classic Ham & Cheese

610-690 cal. \$7.95

Classic Roast Beef

640-700 cal. \$8.95

PB & J

640-710 \$5.45

Creamy peanut butter and seasonal jelly, on your choice of fresh made bread!

BEYOND FRESH SALADS

The Greatest Thing Since Sliced Bread!



Yardbird Salad

640 cal. \$9.45
Mixed greens, chicken, spiced seeds & nuts, roasted chickpeas, golden raisins, and Parmesan cheese topped with house-made avocado goddess dressing.



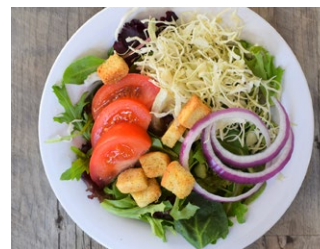
Mexicali Salad

290 cal. \$9.45
Mixed greens, diced chicken breast, fresh avocado, shaved cabbage, cherry tomatoes, red onion, black bean and corn salsa, tortilla chips, and our delicious house-made chipotle honey lime yogurt dressing.



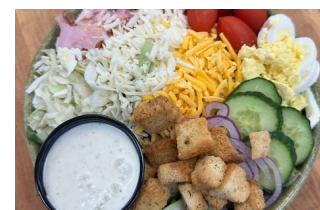
Cobb Salad

460 cal. \$9.45
Mixed greens, chicken, bacon, hard boiled egg, cherry tomatoes, avocado, blue cheese crumbles, and Great Harvest croutons topped with our fresh house-made, roasted garlic-lemon vinaigrette.



Garden Salad

50-230 cal. \$7.45
Spring mix, cabbage, red onions, and tomato with your choice of roasted chickpeas, or roasted nuts & seeds. Served with choice of dressing. Add grilled chicken or crispy bacon for \$1.95.



Chef Salad

..... \$10.45
Sliced turkey, ham, mozzarella blend and cheddar cheeses, red onion, tomato, cabbage, egg and croutons served with ranch dressing.

COMBOS

Make it a meal.

Add Chips & a 20oz. Fountain Drink add 210-360 cal. \$3.75

Add Cookie and a 20oz. Fountain Drink
add 470-660 cal. \$3.75

Add Side Salad and a 20oz. Fountain Drink 60-200 cal. \$5.95

Add 8oz Soup & a 20oz. Fountain Drink 90-310 cal. \$5.95

Breakfast Sandwich & Coffee 650-750 cal.

Choose any breakfast sandwich and get a house coffee at half price.

Goodie & Coffee 400-740 cal.

Choose any one of our fresh made muffins, scones, bars, or cookies and get a house coffee at half price.

Cinnamon Roll & Coffee

960 cal. \$5.05

Delectable cream cheese cinnamon roll served with a cup of fresh brewed house coffee.

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