

WELCOME TO GREAT HARVEST

GRILLED SANDWICHES

GRILLED CHICKEN

Mozzarella melted over fire-grilled chicken breast, marinated red onion, romaine lettuce, tomato, artichoke spread and mayo on an Italian Herb Focaccia bun. The best in town!

\$7.95

GRILLED RIVER RUBEN

Pastrami, swiss and sauerkraut with Russian dressing grilled to perfection on the best Marbled Rye bread.

\$7.55

THE ITALIAN JOB

Get ready for a new favorite! Grilled salami, capicola, peperoni, hot peppers, artichoke spread and oil and vinegar with melted provolone cheese create this amazing combination.

\$7.55

THE FLORENTINE

Our hand sliced, house roasted turkey grilled with melted mozzarella, pesto and tomatoes on our sourdough bread.

\$7.50

BACON CHEDDAR AVOCADO RANCH

Grilled to a melted perfection, you'll savor every bite! 3 slices of hickory smoked bacon, with avocado, ranch dressing and cheddar cheese melted on top!

\$5.99

CHEESY WEESY

A timeless good old fashioned grilled cheese sandwich that goes great with our soups. Two slices of aged cheddar grilled on our Harvest White Bread.

\$3.25

Make it a Combo! - Upgrade to a fountain drink and a bag of chips for only \$2.25 Make it an iced tea for \$2.50

GOURMET SANDWICHES

SPICY APPLE_BACON GRILLED CHEESE — Melted cheddar and provolone and crisp green apple, with bacon and spicy jalapeño jamon grilled sourdough

\$6.99

THREE SEED HUMMUS VEGETARIAN — Roasted sesame, sunflower, and pumpkin seeds puréed with chickpeas in a healthy, protein packed hummus spread on Dakota bread with radish sprouts, carrots, tomatoes and lettuce.

\$5.99

PORTOBELLO "BANH MI" - Pictured above: Roasted Portobello mushrooms marinated in olive oil, toasted sesame oil, ginger and garlic, topped with a sesame lime sriracha mayo, shaved cabbage, carrots, cilantro and pickled red onions.

\$7.99



Bread. The way it ought to be.

GRILLED BBQ CHICKEN Mesquite grilled chicken with tangy BBQ sauce, three strips of smoked bacon with cheddar cheese melted on top, lettuce and tomato on our focaccia bun. Unbelievably delicious!

\$7.99

SIGNATURE SANDWICHES

HARVEST TURKEY - Premium house roasted turkey, avocado, lettuce, tomatoes, swiss and ranch dressing on cracked wheat bread. A best seller!

WHOLE - \$6.95 **HALF** - \$5.75

CHICKEN PECAN KICK - Homemade chicken salad with glazes sweet and spicy pecans mixed with lemon mayo. Served with provolone, lettuce and tomatoes on cracked wheat.

WHOLE - \$7.95 **HALF** - \$6.75



BOULDER BIG TUNA - White albacore tuna with celery, red onion, dill, lemon and mayo. Served with lettuce and tomato on cracked wheat.

WHOLE - \$6.50 **HALF** - \$5.20

HEAVENLY VEGGIE - Avocado, swiss, fresh greens, spicy sprouts, shredded carrots, marinated red onion and red bell peppers with mayo on honey whole wheat.

WHOLE - \$6.95 **HALF** - \$5.75

THE GODFATHER - Salami, capicola, peperoni with balsamic vinegar, artichoke spread, provolone, lettuce and tomato on our herbed focaccia bun.

WHOLE - \$6.75 **HALF** - \$5.50

CLASSIC PEANUT BUTTER & JAM - Crunchy peanut butter and jam on our Harvest White Bread

WHOLE - \$2.95 **HALF** - \$1.99

GRAIN BOWLS \$7.25



FRESH SEASONS An amazing combination of kale and mixed greens, sliced almonds, sunflower seeds, crumbled feta cheese, and seasonal fresh fruit. Tossed with toasted wheat berries, quinoa, and our house-made balsamic vinaigrette.

ROASTED CARROT TAHINI - The roasted carrots are the star in this dish, along with mixed greens, chickpeas, cucumbers, golden raisins, almonds, and cilantro. Tossed with toasted whole wheat berries, quinoa, our house-made red wine vinaigrette, and topped with our Tahini yogurt dressing.

SESAME CHICKEN - Grilled chicken breast, peanuts, and cashews on mixed greens and cabbage. Tossed with carrots, cilantro, sesame seeds, toasted wheat berries, quinoa, and our incredible house-made miso vinaigrette.

SESAME PORTOBELLO - Our house marinated & roasted Portobello mushrooms, peanuts, and cashews on mixed greens and cabbage. Tossed with carrots, cilantro, sesame seeds, toasted wheat berries, quinoa, and our incredible house-made miso vinaigrette.



BEYOND FRESH SALADS

GREEK (PICTURED BELOW) — A classic done right! Fresh greens, artichoke hearts, Kalamata olives, roasted red peppers, cucumbers, cherry tomatoes, and feta cheese, topped with our house-made Red Wine and Olive Oil Vinaigrette. **\$7.50**

COBB — An all-time favorite combination with mixed greens, chicken, bacon, hard boiled egg, cherry tomatoes, avocado, blue cheese and Great Harvest Croutons topped with our fresh house-made Roasted Garlic-Lemon Vinaigrette. **\$7.50**

YARDBIRD — An amazingly flavorful mix of greens, chicken, spiced seeds and nuts, roasted chickpeas, golden raisins, cranberries and Parmesan cheese, topped with our dreamy house-made Avocado Goddess Dressing. **\$7.50**

GRILLED CHICKEN CAESAR Mesquite grilled chicken on a bed of crisp romaine with our creamy Caesar dressing, Italian crotons, topped with parmesan cheese. **\$7.50**



Gluten-less Options

We are happy to offer limited options for those removing gluten from their diet for any reason. Please note that items will generally take a few minutes longer as we strive to prevent cross contamination.

If you have a serious auto-immune disorder such as Celiac please talk to a staff member before ordering.

SOUPS AND COMBOS

HOUSE SOUP — Cheddar Broccoli, Chicken Wild Rice
Small (8 oz)\$4.25

Large (12oz)\$5.25

SOUP IN A BREAD BOWL.....\$6.45

SOUP AND SIGNATURE COMBO \$7.99

A small soup and half any signature sandwich.

8 OZ SOUP AND SALAD COMBO \$9.75

BEVERAGES — HOT AND COLD

COFFEE & ESPRESSO Freshly roasted and ground daily, we offer only the best Coffee & Espresso beverages.

12 OZ COFFEE.....\$1.85

16 OZ COFFEE.....\$2.00

CAFÉ LATTE..... 12 OZ- \$2.95 16 OZ - \$3.10

CAFÉ MOCHA..... 12 OZ- \$3.30 16 OZ - \$3.60

CAPPUCCINO..... 12 OZ- \$2.95 16 OZ - \$3.10

ESPRESSO.....\$1.50

STEAMER.....12 OZ-\$2.50 16 OZ- \$2.75

CHAI LATTE.....12 OZ-\$2.95 16 OZ- \$3.45

HOT CHOCOLATE.....12 OZ-\$2.25 16 OZ- \$2.60

ICED OR HOT TEA Serious Tea for tea lovers! We have a huge variety to choose from.

ICED TEA.....\$2.50

HOT TEA.....\$1.65

PEPSI AND STUBBORN SODA PRODUCTS

.....\$2.25 24OZ

