

*** BEYOND FRESH SALADS ***

Greek Salad 380 cal. \$10.99
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.

Cobb Salad 480 cal. \$10.99
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.

Yardbird Salad 660 cal. \$10.99
Mixed greens, chicken, spiced seeds & nuts, roasted chickpeas, golden raisins, cranberries, and Parmesan cheese topped with house-made avocado goddess dressing.

Fresh Seasons 370 cal. \$10.99
Kale & mixed greens, sliced almonds, sunflower seeds, crumbled cheese, and seasonal fresh fruit. Tossed with toasted wheat, quinoa, and our house-made balsamic vinaigrette.

Roasted Carrot Tahini 420 cal. \$10.99
Honey & curry roasted carrots, mixed greens, chickpeas, cucumbers, golden raisins, almonds, and cilantro. Tossed with toasted whole wheat, quinoa, and our house-made red wine vinaigrette topped with Tahini yogurt dressing.

Sesame Chicken 420 cal. \$10.99
Grilled chicken breast, peanuts, and cashews on mixed greens & cabbage. Tossed with carrots, cilantro, sesame seeds, toasted wheat, quinoa, and our incredible house-made miso vinaigrette.

Sesame Portobello 420 cal. \$10.99
Grilled Portobello, peanuts, and cashews on mixed greens & cabbage. Tossed with carrots, cilantro, sesame seeds, toasted wheat, quinoa, and our incredible house-made miso vinaigrette.

*** BEVERAGES ***

Iced or Hot Tea Serious Tea for tea lovers! We have a huge variety to choose from.

Iced Tea \$3.25

Hot Tea \$2.75

Pepsi Products 24oz \$2.89
Pepsi, Diet Pepsi, Root Beer, and Lemonade.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



BAKERY CAFE
Bread. The way it ought to be.

Fresh FROM THE CAFE Menu

Winter 2023



Great Harvest Bread Co.
2464 US Highway 6 & 50 #130,
Grand Junction, CO 81505
(970) 241-0788

Order ahead or online at
GreatHarvestGrandJunction.com

Monday - Friday: 7:00 a.m. - 6:00 p.m.
Saturday: 7:00 a.m. - 5:00 p.m.

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::: SIGNATURE SANDWICHES :::

Harvest Turkey 600 cal.\$10.99 half\$6.99
Premium house roasted turkey, avocado, lettuce, tomatoes, Swiss & ranch dressing on Cracked Wheat bread. A best seller!

Chicken Pecan Kick

720 cal.\$10.99 half\$6.99
Homemade chicken salad with glazes sweet & spicy pecan mixed with lemon mayo. Served with provolone, lettuce, and tomatoes on Cracked Wheat bread.

Boulder Big Tuna 470 cal.\$8.99 half\$6.99
White albacore tuna with celery, red onions, dill, lemon, and mayo. Served with lettuce and tomato on Cracked Wheat bread.

Heavenly Veggie 550 cal.\$8.99 half\$6.99
Avocado, Swiss, fresh greens, spicy sprouts, shredded carrots, marinated red onions, and red bell peppers with mayo on Honey Whole Wheat bread.

The Godfather 760 cal.\$9.99 half\$6.99
Salami, capicola, pepperoni with balsamic vinegar, artichoke spread, provolone, lettuce, and tomato on our Herbed Focaccia bun.

Classic Peanut Butter & Jam

610 cal.\$4.99 half\$3.99
Crunchy peanut butter and jam on our Harvest White bread.

::: GOURMET SANDWICHES :::

Three Seed Hummus Vegetarian

540 cal.\$8.99
Roasted sesame, sunflower, and pumpkin seeds pureed with chickpeas in a healthy, protein packed hummus spread on Dakota bread with radish sprouts, carrots, tomatoes, and lettuce.

Porobello "Banh Mi" 560 cal.\$9.99
Roasted portobello mushrooms marinated in olive oil, toasted sesame oil, ginger & garlic, with a sesame lime sriracha mayo, cabbage, carrots, cilantro, and pickled red onions.

Spicy Apple Bacon Grilled Cheese

680 cal.\$8.99
Melted sharp cheddar cheese & provolone, thinly sliced apples, bacon, and pepper jelly.

Grilled BBQ Chicken 680 cal.\$10.99
Grilled chicken breast with 3 slices of bacon, melted cheddar and our spicy BBQ sauce.

::: GRILLED SANDWICHES :::

Grilled Chicken 760 cal.\$9.99
Mozzarella melted over fire-grilled chicken breast, marinated red onions, romaine lettuce, tomato, artichoke spread, and mayo on an Italian Herb Focaccia bun.

Grilled River Ruben 630 cal.\$10.99
Pastrami, Swiss, and sauerkraut with Russian dressing. Grilled to perfection on the best Marbled Rye bread.

The Italian Job 540 cal.\$9.99
Grilled salami, capicola, pepperoni, hot peppers, artichoke spread, and oil & vinegar with melted provolone cheese.

The Florentine 490 cal.\$9.99
Our hand sliced, house roasted turkey grilled with melted mozzarella, pesto, and tomatoes on a Sourdough bread.

Bacon Cheddar Avocado Ranch

675 cal.\$9.99
Three slices of bacon, avocado, ranch dressing, and cheddar cheese melted on top.

Cheesy Weesy 690 cal.\$5.99
Two slices of aged cheddar grilled on Harvest White bread.

Green Chili Turkey Melt 640 cal.\$10.99
Cheddar & mozzarella cheese melted with our house roasted turkey with green chili and green chili mayo sauce.

::: SOUPS & COMBOS :::

House soup - Cheddar Broccoli, Chicken Wild Rice, and soup of the day.

Small (8oz) 230-290 cal.\$4.99

Large (12oz) 345-425 cal.\$5.99

Soup in a Bread Bowl 325-600 cal.\$9.99

MAKE IT A COMBO - Upgrade to a fountain drink and a bag of chips for only \$3.50

Soup and Signature Combo

600-750 cal.\$11.99
A small soup and half any signature sandwich.

8 oz Soup & Salad Combo

675-750 cal.\$14.99

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