



# Great Harvest Salads

Dressings: House, Buttermilk Ranch,  
Light Italian

Fat Free Options: Dijon Honey Mustard,  
French, Raspberry Vinaigrette, & Ranch

Harvest Salad- Romaine Lettuce, Cherry Tomatoes, Carrots, Egg &  
Homemade Great Harvest Croutons.....\$4.95

Baker's Salad- Romaine Lettuce, Black Forrest Ham, Smoked  
Turkey, Cherry Tomatoes, Carrots, Egg &  
Homemade Great Harvest Croutons.....\$6.95

Strawberry or Cranberry & Spinach Salad- Baby Spinach Leaves,  
Fresh Strawberries or Dried Cranberries (seasonal),  
Sweet & Spicy Pecans, Feta Crumbles, Raspberry  
Vinaigrette or our House Dressing .....\$5.95

Soup & Small Harvest Salad.....\$5.50

Groovy Granola & Yogurt Parfaits-Our fresh made Groovy Granola  
tops, Fresh Seasonal Fruit and 99%fat free Vanilla Yogurt .....\$3.49

## **TRY OUR BREAKFAST SANDWICHES:**

*Fresh Cracked Egg Sandwiches  
with your choice of bread, meat, cheese  
& garnishes \$3.49*

### **Kids Meal\* (12\* & Under)**

Half Sandwich—All natural Peanut Butter & Grape all fruit spread  
sandwich; Grilled cheddar cheese sandwich; Ham or Turkey;  
Applesauce, White/Chocolate Milk (or small fountain Drink)  
& Giant Cookie.....\$4.25.

Substitute Chips for Applesauce \$4.75.



# Lunch Menu

Hot Sandwiches served  
6:30am - 3pm

## Fresh Salads & Soups

691-0093

Fax 691-0608

[www.greatharvestowensboro.com](http://www.greatharvestowensboro.com)

*To better serve you, we recommend that large orders  
be called 24 hours in advanced. However, we will  
always strive to accommodate your needs.  
For catering, please call before 11am or after 2pm.*

**SOUP & HALF SANDWICH - CLASSIC \$5.95 - SIGNATURE \$6.95**

**Classic Sandwiches**

- Ham & Cheese** - Slices of our family favorite -Black Forest Ham from Little Kentucky Smokehouse, your choice of cheese & your choice of toppings on your favorite bread. **\$5.75 Half \$3.50**
- Turkey & Cheese** -Lightly smoked turkey breast, your choice of cheese & your choice of toppings on your favorite bread. **\$5.75 Half \$3.50**
- Roast Beef**- Sliced roast beef, your choice of cheese & your choice of toppings on your favorite bread. **\$5.75 Half \$3.50**
- The Great Harvest Club**-Turkey, Black Forest Ham, Bacon, your choice of cheese & toppings to create your own version of this classic sandwich. **\$5.95 Half \$3.75**
- BLT (served hot)**-Crisp smoky bacon, the freshest tomatoes, green leaf lettuce, mayo, salt & pepper on your favorite bread. **\$5.25 Half \$3.25**
- Addictive Chicken Salad** - Chunks of all white chicken, sweet & spicy pecans, your **(LOW FAT OPTION)** choice of toppings on your favorite bread. **\$5.75 Half \$3.50**
- Gourmet Tuna**- White Albacore tuna with seasoned mayo; your choice of toppings on your favorite bread. **\$5.75 Half \$3.50**
- Harvest Vegetarian** - Artichoke hearts, provolone & cheddar cheeses, guacamole, hummus, green leaf lettuce, tomato, red onions, banana pepper rings on your favorite bread **\$5.75 Half \$3.50**
- Grilled Chicken**- fire-grilled chicken breast, your choice of cheese & your choice of toppings on your favorite bread. **\$6.75 Half \$4.50**
- Peanut Butter & Jelly**- Great Harvest's healthy version of this classic sandwich All Natural Peanut Butter & No Sugar Added Fruit Spread on your favorite bread **\$3.25 Half \$2.00**

**WHY IS THIS SANDWICH SO GOOD?**

**IT'S THE BREAD!**

We grind the best Montana wheat right here in our bakery (you can see the mill if you'd like) , using the whole kernel to preserve all the nutrients...bringing you the freshest possible flour for the most phenomenal whole grain breads! It doesn't get any fresher than that!

**DAILY BREAD CHOICES INCLUDE:** Honey Whole Wheat; Farmhouse White; San Francisco Sourdough; Harvest Blend; Pumpernickel Rye; Herb Focaccia and our House Specialty—Sun-dried Tomato Swiss.

Try this one Toasted on the Grill!

**TAKE A LOAF HOME TODAY!**



Please place Orders of 10 or more before 10 am,  
for everyone's convenience

**SIGNATURE SANDWICHES**

**Sandwich of the Month - Seasonal Selections**

- California Cobb (cold)**- Avocado spread, smoked turkey breast, crispy bacon, green leaf lettuce, tomato, thinly sliced red onion with bleu cheese spread on Honey Whole Wheat bread. **\$6.75 Half \$4.50**
- Bleu Cheese Roast Beef (cold)**- Roast beef, green leaf lettuce, tomato, thinly sliced red onion with a bleu cheese spread on Pumpernickel Rye bread. **\$6.75 Half \$4.50**
- Smoked Turkey & Pepper Jack Panini (served hot)**- Smoked turkey, melted pepper jack cheese, roasted onions and peppers, green leaf lettuce, tomato, thinly sliced red onion with a spicy southwest mayo on Italian Herb Focaccia bread. **\$6.75 Half \$4.50**
- Mile High Rye (served hot)**- Smoked turkey and roast beef, melted Swiss cheese, green leaf lettuce, tomato, red onion with roasted garlic & dill spread on Pumpernickel Rye bread. **\$6.75 Half \$4.50**
- Tuscan Chicken Panini (served hot)**- Aged provolone cheese melted over a fire-grilled chicken breast, green leaf lettuce, tomato, thinly sliced red onion with a sun-dried tomato pesto spread on Italian Herb Focaccia bread. **\$6.75 Half \$4.50**
- BBQ Cheddar Chicken Panini (served hot)**- Sharp cheddar cheese melted over a fire-grilled chicken breast, crispy bacon, green leaf lettuce, tomato, thinly sliced red onion with a smoky honey barbeque sauce on Italian Herb Focaccia bread. **\$6.75 Half \$4.50**
- Roast Beef Panini (served hot)**- Aged provolone cheese melted over roast beef, roasted onions and peppers, green leaf lettuce, tomato, thinly sliced red onion with a garlic & dill spread on Italian Herb Focaccia bread. **\$6.75 Half \$4.50**
- Grilled Cheese Panini (served hot)**- A twist on the traditional sandwich- sharp cheddar and Swiss cheeses served with garlic herb spread on Farmhouse White bread. **\$5.25 Half \$3.25**

Please allow a couple of extra minutes for the grilled sandwiches and Panini's. Trust us, they're worth the wait!!!

Call ahead Phone 691-0093 or Fax 691-0608 to place your order and we will try to have it waiting for you.