



BAKERY CAFE
Bread. The way it ought to be.

Sandwiches...
Custom made for YOU!



Baja Turkey \$8.00
Made with finely sliced smoked turkey, pepper jack cheese, avocado, tomato, and shredded cabbage. Then top with our house made pickled onions and a drizzle of our special Chipotle lime sauce. 600-670 Cal.

CLASSIC SANDWICHES
Beyond Fresh.



Classic Ham & Cheese \$7.00
Smoked ham with cheese, lettuce, tomato, red onion, Dijon mustard, mayonnaise, and salt & pepper mix. 610-690 Cal.

Classic Turkey \$7.50
Smoked turkey breast, cheese, lettuce, tomato, red onion, Dijon mustard, mayonnaise, and salt & pepper mix. 600-680 Cal.

Roast Beef and Provolone \$8.00
Roast beef with provolone cheese, lettuce, tomato, red onion, Dijon mustard, mayonnaise, and salt & pepper mix. 600-680 Cal.

PB & J \$3.00
Creamy Peanut Butter & Jelly
650-710 Cal.

Look what's new!

M'Amy's Pimento Cheese Sandwich
..... \$8.50

M'Amy's Signature Pimento Cheese Sandwich has delicious twist on this classic! It is served with warm crisp bacon, lettuce, tomato, and onion on our Farmhouse White Bread. Try it today - we think you'll LOVE it!



SIGNATURE SANDWICHES
Fresh made with simple ingredients.

California Cobb
..... \$8.25
Smoked turkey breast and bacon topped with a creamy blue cheese spread, smashed avocado, lettuce, tomato, onion, salt & pepper mix. 540 Cal. on Honey Whole Wheat



Louisville Chicken Salad
..... \$8.00
White meat chicken, mixed with sweet and spicy pecans, combined with a savory mayonnaise. Your choice of bread with lettuce, tomato, onion, and salt & pepper mix. 710-770 Cal.



Harvest Veggie
..... \$7.25
Fresh Pepper Rings, Cucumber Slices, Provolone & Cheddar Cheeses with a Sundried Tomato Pesto. Includes lettuce, tomato, onion, and salt & pepper mix. 600 Cal. on Honey Whole Wheat



The Italian
..... \$8.00
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. 650 Cal.



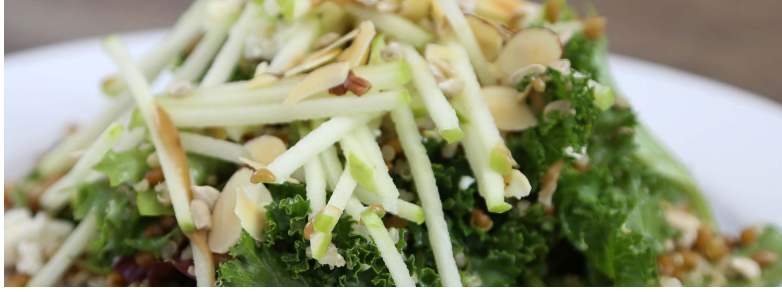
Need a quicklunch? Order ONLINE! Go to GreatHarvestCary.com for more info.

GRAIN BOWLS & SALADS

The greatest thing since sliced bread!



Sesame Chicken Grain Bowl \$8.25
Grilled chicken breast, peanuts, and cashews on mixed greens and cabbage. Tossed with carrots, sesame seeds, toasted wheat, quinoa, and our incredible house-made miso vinaigrette. 420 Cal.



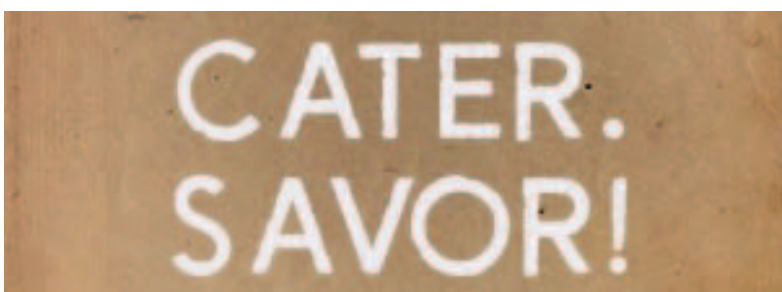
Fresh Seasons Grain Bowl \$8.00
Kale & mixed greens, sliced almonds, sunflower seeds, crumbled feta cheese, and slices of sweet seasonal tart apples. Tossed with toasted wheat, quinoa, and our house-made balsamic vinaigrette. 370 Cal.



Greek Salad \$8.00
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. 380 Cal.



Yardbird Salad \$8.25
Mixed greens, chicken, spiced seeds & nuts, roasted chickpeas, golden raisins, and Parmesan cheese topped with house-made avocado goddess dressing. 660 Cal.



\$25.00 OFF your first ONLINE Catering order!
We have a full line of breakfast and lunch options for your catered event and we even deliver! Go to www.greatharvestcary.com for more info.

More classic sandwiches...

Autumn Apple Ham Havarti

..... \$8.00
Here for a limited time! Melted Havarti cheese on smoked NC ham, with caramelized onion, dijionaise sauce, and a slice of tart Granny Smith apple on either Wheat, White, or Dakota bread.



Smoked Turkey Goddess

..... \$8.15
Smoked turkey breast and smooth Harvarti cheese are drizzled with our house-made Avocado Goddess dressing, and topped with crisp lettuce, tomatoes, and thinly sliced red onion on your choice of bread. 630-690 Cal.



Baja Veggie

..... \$7.50
A "veggie" version of a bakery favorite! Avocado, shaved cabbage, pickled red onions, tomato, pepper jack cheese, a Chipotle honey lime sauce, and salt & pepper mix. Served on Honey Whole Wheat bread. 580 Cal



GlutenX Bread

All the taste without the gluten!
GlutenX Bread, and cookies are made on Mondays and Thursdays. Not recommended for those with Celiac disease. Advance orders are appreciated. 130 Cal/slice.



Soup *Warm up your lunch with soup!*

Soups

Daily varieties available.
8oz Cup ... \$3.00 12oz Bowl ... \$4.75

DRINKS

Assorted Bottled Drinks

20 oz Bottle ... \$2.00 Naked Juice ... \$3.50

Iced Tea

20oz ... \$1.50

Coffee/Hot Tea

12oz Small ... \$1.95 16oz Large ... \$2.10

COMBOS *Make it a meal.*

Add Chips and Iced Tea \$2.50

Add Chips and a Bottled Drink \$3.00

Add a Cup of Soup \$3.00

