



**BAKERY CAFE**  
Bread. The way it ought to be.

**Sandwiches...**  
*A Bakery Favorite!*



**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.

**Introducing...**  
*A new vegetarian sandwich*

**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 yogurt sauce, and salt & pepper mix. Fresh made on Honey Whole Wheat bread. 580 Cal.



**SIGNATURE SANDWICHES**  
*Fresh made with simple ingredients.*

**California Cobb**  
..... \$8.25

Smoked turkey breast and bacon topped with a blue cheese yogurt spread, smashed avocado, lettuce, tomato, onion, salt & pepper mix. 540 Cal. on HWW



**Louisville Chicken Salad**  
..... \$8.00

White meat chicken, mixed with sweet and spicy pecans, combined with a savory mayonnaise. Served on 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 HWW



**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 quick lunch? 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.



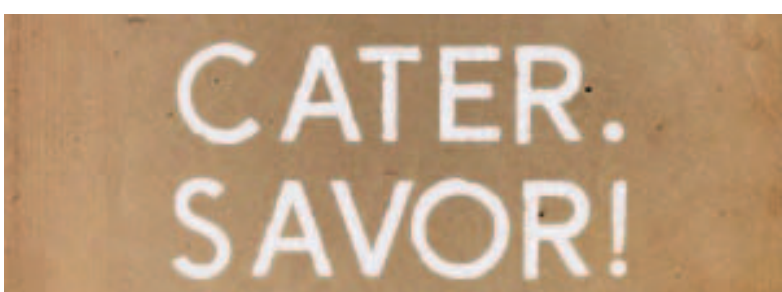
**Fresh Seasons Grain Bowl** ..... \$8.00  
Kale & mixed greens, sliced almonds, sunflower seeds, crumbled feta cheese, and slices of sweet seasonal strawberries. Tossed with toasted wheat, quinoa, and our house-made balsamic vinaigrette. 370 Cal.



**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](http://www.greatharvestcary.com) for more info.

# What's New?

**Red, White, and Blue Cheese Sandwich (Roast Beef)** ..... \$8.00

This seasonal special is made on our Farmhouse white bread and built with freshly sliced roast beef, smoked provolone, sliced crisp red peppers, leaf lettuce, sliced tomatoes and red onions, a hint of Dijon mustard, and dressed with our house-made blue cheese spread. Limited time only!



**Red, White, and Blue Salad** ..... \$8.00

New seasonal salad made with fresh greens, toasted quinoa, strawberries, blueberries, feta cheese, sunflower seeds, topped with house made balsamic dressing and almond slivers. Limited time only!



**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.



## 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

