

The Italian

570-660 cal. \$7.95

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 our Farmhouse White Bread with lettuce, tomato, onion and salt and pepper mix.

Cobb Salad

460 cal. \$7.75

Mixed greens, diced chicken, bacon, hard boiled egg, cherry tomatoes, avocado, blue cheese crumbles, croutons, topped with our house made red wine vinaigrette.

Chef Salad

540 cal. \$7.75

Filled with crisp greens, fresh vegetables, hard boiled egg, and meats and cheeses, this salad makes a perfect lunch or dinner. Served with our house made French dressing.

Yardbird Salad

640 cal. \$7.75

Mixed greens, chicken, spiced seeds and nuts, roasted chickpeas, golden raisins, and Parmesan cheese, topped with our house made avocado goddess dressing.

Chicken Salad Salad

640 cal. \$7.75

Our Garden Salad topped with a large scoop of our house made chicken salad. Your choice of dressing.

Garden Salad

240 cal. \$5.75

Crisp greens, shaved cabbage, red onions, cherry tomatoes, salt and pepper, and topped with your choice of dressing

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



Great Harvest of
Elkins & Bridgeport, WV

www.greatharvestcentralwv.com

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Breakfast Sandwich

670-750 cal.\$4.50-\$6.75

Choose from a variety of our real food, freshly made breakfast sandwiches on your choice of handcrafted bread or biscuit. Wake up your taste buds with either ham or bacon and your selection of cheese. (choice of any bread or biscuit, garlic herb spread, ham or bacon, egg, choice of cheese, and tomato, if desired)

Classic Ham

610-690 cal.\$7.25

Smoked ham with choice of cheese, lettuce, tomato, red onion, Dijon mustard, mayonnaise, and salt & pepper mix.

Classic Turkey

570-660 cal.\$7.25

Sliced turkey breast with choice of cheese, lettuce, tomato, red onion, Dijon mustard, mayonnaise, and salt & pepper mix

Classic Roast Beef

600-690 cal.\$7.95

Roast beef with choice of cheese, lettuce, tomato, red onion, Dijon mustard, mayonnaise, and salt & pepper mix.

Classic Peanut Butter & Jelly

650-710 cal.\$3.50

Creamy Peanut Butter & Jelly.

Baja Chipotle Turkey

620 cal.\$7.95

Turkey breast layered with shaved cabbage, pickled red onions, tomato, avocado, pepper jack cheese, a chipotle honey lime yogurt sauce, and salt & pepper mix. Fresh made on Honey Whole Wheat bread.

Louisville Chicken Salad

690 cal.\$7.95

White meat chicken with a seasoned mayonnaise dressing, sweet & spicy pecans. On Honey Whole Wheat bread with lettuce, tomato, red onion, and salt & pepper mix.

Turkey Goddess

630 cal.\$7.95

Our house-made green goddess dressing drizzled over slices of turkey breast and creamy Havarti cheese. Includes lettuce, tomato, onion, and salt & pepper mix.

Veggie Baja

580 cal.\$7.25

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.

Spicy Apple Bacon Grilled Cheese

620 cal.\$7.95

Melted sharp cheddar cheese & provolone, thinly sliced apples, bacon, and pepper jelly.

Best Ever BLT

460 cal.\$7.25

Bacon, lettuce, tomato, and mayo between two slices of our grilled, fresh baked bread.

Roasted Pepper Chipotle Cheesesteak

740 cal.\$8.50

Roast beef layered with melted Havarti Cheese, marinated roasted bell peppers & onions, and chipotle mayo.

Grilled Cheese

730 cal.\$5.75

Our version of an old favorite, featuring your bread of choice, cheddar and provolone cheese and a light taste of our garlic and herb spread. Add smoked ham for \$2, crispy bacon for \$1, or tomato at no charge.

Cubano

590 cal.\$7.95

Turkey, Ham, Swiss Cheese, sliced dill pickles with our special house made pickled red onions, and Dijon mustard spread on our Farmhouse White Bread.

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