

LUNCH MENU

Please fill out lunch order form, hand to a team member, & pay for your meal at the registers. Order drinks, goodies & Brown Bag Lunches at the registers.

- WHOLE COLD SANDWICH \$8.25
- HALF COLD SANDWICH \$6.00
- HOT PANINI (WHOLE SIZE ONLY)..... \$9.50
- SOUP (NO ROLL)..... \$4.60
- SOUP & A ROLL \$5.00
- SALADS \$7.75

CALORIES COLD SANDWICHES

CHOOSE A WHOLE OR HALF SIZE - CHOOSE BREAD

- 490/245 **NUTTY BIRD:** Turkey, Pumpkin Seeds, Cucumber, Basil Pesto Cream Cheese, Onion, Lettuce, Tomato
- 490/245 **PILGRIM:** Sliced Turkey, Cranberry, Cream Cheese, Lettuce, Tomato
- 510/255 **CALIFORNIA COBB:** Avocado, Turkey, Bacon, Mayo, Onion, Lettuce, Tomato
- 630/315 **SPICY COBB:** Avocado, Turkey, Bacon, Chipotle Sauce, Onion, Lettuce, Tomato
- 540/270 **VEGGIE THREE-SEED HUMMUS:** Carrot, Cucumber, Feta, Peppers, House Made Hummus, Onion, Tomato, Lettuce
- 700/350 **CHICKEN PECAN:** Chicken, Seasoned Mayo, Spiced Pecans, Onion, Lettuce, Tomato
- 620/310 **CLASSIC:** Choice of Turkey, Ham or Roast Beef, Mayo, Cheddar Cheese, Lettuce and Tomato (No Mustard or Onion)
- 650 **PAIGE'S PB&J:** Peanut Butter & Jam (\$2.75 whole size only)

CALORIES HOT GRILLED PANINIS

- 750 Cals **TUSCAN CHICKEN:** Sundried Tomato Pesto, Chicken Breast, Provolone Cheese, Tomato, Onion, Lettuce
- 625 Cals **SPICY TURKEY:** Smoked Turkey, Chipotle Sauce, Bell Pepper, Provolone, Tomato, Onion, Lettuce
- 860 Cals **BBQ CHICKEN:** Tangy BBQ Sauce, Grilled Chicken, Sharp Cheddar, Bacon, Tomato, Onion, Lettuce
- 475 Cals **MEDITERRANEAN VEGGIE:** Sundried Tomato Pesto, Feta, Artichoke, Peppers, Tomato, Onion, Lettuce
- 740 Cals **GRILLED CHEESE:** Sharp Cheddar & Provolone (\$6.15)
- 680 Cals **SPICY APPLE BACON GRILLED CHEESE:** Sharp Cheddar, Provolone, Apple Slices, Bacon, Pepper Jelly (\$8.00)

CALORIES FRESH GARDEN SALADS

- 420 Cals **YARD BIRD SALAD:** Mixed Greens, Chicken, Nut Mix, Raisins, Parmesan Cheese, Cucumber, Balsamic Vinaigrette
- 370 Cals **APPLE FETA SALAD:** Mixed Greens, Wheat Berries, Quinoa, Apples, Feta Cheese, Nut Mix, Balsamic Vinaigrette
- 420 Cals **SESAME CHICKEN SALAD:** Mixed Greens, Wheat Berries, Quinoa, Cabbage, Chicken, Nut Mix, Sesame Seeds, Carrots, Miso Vinaigrette

Ask for a Brown Bag lunch at the register

CHIPS, COOKIE, FOUNTAIN DRINK, WATER BOTTLE OR FRUIT
Get any 2 for \$2.50, or any 3 for \$3.50



JANUARY MENU

FEATURING WHOLE GRAINS:



SUPERFOOD (QUINOA AND HEMP)

WHOLE GRAIN BANANA BREAD

MORNING GLORY MUFFIN

Buy any gourmet Soup mix and get a 1/2 dozen rolls for free!

YOUR NEIGHBORHOOD BAKERY

Locally owned and community focused!

Monday-Saturday 7am to 6pm

8378 W. Grandridge Blvd, Kennewick, WA

509.737.7437

Or

6705 Chapel Hill Blvd, Pasco, WA

509.537.1177

Join our email list to receive coupons, promotions and more! Sign up at bit.ly/GHSubscribe

WE CATER BREAKFAST & LUNCH! CALL FOR PRICING & DELIVERY OPTIONS 509-737-7437

GREAT HARVEST BREADS

Bread is hot out of the oven 10am–12pm

DAILY BREAD

Honey Whole Wheat**	6.50
Harvest Blend*	6.50
Farmhouse White	6.50
Dakota**	7.25
Cinnamon Burst	7.50
Monkey Bread	7.75
Harvest Sourdough*	6.50

MONDAY

Superfood**	7.25
Cheddar Garlic	8.50
Cinnamon Raisin*	7.50
Asiago Pesto Sourdough*	8.50

TUESDAY

Challah (bread and dinner rolls)	7.50
Spinach Feta*	8.50

WEDNESDAY

Gluten-X Regular & Cinnamon Burst	8.75
Cheddar Garlic	8.50
Asiago Pesto Sourdough*	8.50
High Five Fiber**	7.75

THURSDAY

Superfood**	7.25
Cinnamon Raisin*	7.50

FRIDAY

Challah (bread and dinner rolls)	7.50
Cheddar Garlic	8.50
Spinach Feta*	8.50

SATURDAY

Jalapeno Cheddar Sourdough*	8.50
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**100% Whole Grain

* Blend of Whole Wheat and White Unbleached flour
(GF) Gluten Free/Friendly

MADE-FROM-SCRATCH

SWEETS & ROLLS

ROLLS

Giant Cinnamon Rolls* (Plain or Raisin Walnut)	Daily
Sunrise Rolls (Eggs, Bacon, Bell peppers, Hash Browns, Ham and Cheddar Cheese)	M, W, F
Dinner Rolls (Virginia Potato, White, Wheat**, or Hawaiian Sweet)	Daily

MUFFINS

Apple Bran**	M, W, F
Pumpkin Chocolate Chip	M, F
Gingered Pear & Cranberry** (Vegan)	T, Th, S
Morning Glory**	T, TH, S
Cinnamon Carrot Cake (GF & Vegan)	W

SCONES

Berry Cream Cheese**	Daily
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BATTER (CAKE) BREADS

Pumpkin Chocolate Chip	Daily
Banana Bread*	Daily

BARs

Bread Pudding	Daily
Fruit Cobbler**	Daily
Brownies**	M, W, F
Blondies	T, S

COOKIES

Snickerdoodle	Daily
Oatmeal Chocolate Chip**	Daily
Salted Carmel**	Daily
Monster** (GF)	Daily

JANUARY SPECIAL!

FREE 1/2 DOZEN DINNER ROLLS WITH
PURCHASE OF FRONTIER GOURMET SOUP
MIX!

