



**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!**

**Merry Chicken Salad**  
..... \$8.00  
Here for a limited time!  
Our house-made chicken salad is made with sweet spicy southern pecans & seasoned mayo and loaded on top of our seasonal whole grain cranberry orange bread. Dressed with lettuce, tomato, and red onion. This sandwich is a Merry addition to our lunch line up!



**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  
Smoked ham and spicy pepperoni 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  
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](http://www.greatharvestcary.com) for more info.

## More bakery favorites....

### M'Amy's Pimento Cheese

..... \$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!



### Smoked Turkey Goddess

..... \$8.15  
Smoked turkey breast and smooth Harvati 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



### Soup-n-Sandwich Combo?

..... Prices vary

Would you like soup with your sandwich? We have 1/2 sandwich and a cup of soup combo OR you can have 1/2 sandwich and 1/2 salad OR 1/2 salad and a cup of soup. You choose, we aim to please!



## 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

