

::: SALADS :::

Mexicali Salad

.....\$10.95
Mixed greens, grilled chicken, avocado, shaved cabbage, red onion, tomatoes, black beans, roasted chickpeas, tortilla chips, topped with cheddar, and our delicious house-made chipotle dressing.

Yardbird Salad

.....\$10.95
Mixed greens, spinach, chicken, roasted seeds & nuts, cranberries, chickpeas, golden raisins, avocado, and Parmesan cheese topped with house-made avocado goddess dressing.

Sesame Chicken Salad & Grains

.....\$10.95
Mixed greens, cabbage, grilled chicken, shredded carrots, toasted wheat berries, quinoa topped with peanuts, cashews and sesame seeds. Served with our incredible oriental sesame dressing.

Fresh Seasons Salad & Grains

.....\$10.95
Spinach & mixed greens, grilled chicken, apples, toasted wheat berries, quinoa, blue cheese crumbles, sweet & spicy pecans, sunflower seeds, cranberries. Served with our house-made balsamic vinaigrette dressing.

::: SOUP :::

Cup of Soup & Half Sandwich (Cold Only) Combo - \$9.95
Soup is served with crackers and a slice of fresh Honey Whole Wheat bread
8 oz. Cup - \$5.95
12 oz. Bowl - \$7.95

Monday - Chicken Noodle
Tuesday - Vegetable Beef Barley
Wednesday - Creamy Tomato Basil
Thursday - Chicken Dumpling
Friday - Creamy Potato Bacon

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 Bread Co.
1133 Helena Avenue
Helena, MT 59601
(406) 443-5623
GreatHarvestHelena.com

Monday - Friday: 7:00 AM - 6:00 PM
Saturday: 8:00 AM - 3:00 PM

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::: SPECIAL :::

Brown Bag Specialadd \$4.50

Choice of two items:

Giant Great Harvest Cookie, Chips, Fountain Drink

Choice of Bread

Honey Whole-Wheat, Old-Fashioned White, Dakota Bread, Sourdough, Caraway Rye

**Calories are based on Honey Whole Wheat bread.

Choice of Cheese

Swiss, Pepperjack, Cheddar, Provolone.

::: SANDWICHES :::

Ham or Turkey

600 cal.Full:\$8.95/ Half: \$5.95

Choice of bread and cheese, dijon mustard, mayo, red onion, lettuce, and tomato.

Roast Beef

600 cal.Full: \$9.25/ Half: \$5.95

Premium roast beef, choice of cheese, mayo, Dijon, lettuce, tomato, red onion on choice of bread.

Peanut Butter & Jelly

650 cal.\$4.95

Fruit preserves and peanut butter.

Chicken Salad Sandwich

580 cal.Full: \$8.95/ Half: \$5.95

A heaping scoop of chicken salad, mayo, red onion, lettuce, and tomato on choice of bread.

Tuna Salad Sandwich

610 cal.Full: \$7.95/ Half: \$5.95

A heaping scoop of tuna salad, mayo, red onion, lettuce, and tomato on choice of bread.

Great Harvest Vegetarian

310 cal.\$7.95

Garlic hummus, roasted red pepper spread, red onion, cucumber, bell peppers, lettuce, and tomato on choice of bread.

California Cobb

560 cal.Full: \$9.95

Smoked turkey, avocado, blue cheese spread, bacon, red onion, lettuce and tomato on choice of bread.

::: HOT SANDWICHES :::

Breakfast Sandwich

840 cal.\$8.95

Egg, choice of bacon, ham, sausage or turkey, garlic herb spread, and choice of cheese on choice of bread.

Spicy Smoked Turkey & Pepper Jack Panini

830 cal.\$9.95

Spicy Southwest mayo, Smoked turkey breast, roasted peppers & onion blend, pepper jack cheese, red onion, lettuce, and tomato on choice of bread.

Rocky Mountain High

700 cal.\$9.95

Smoked turkey breast, dill spread, roast beef, Swiss cheese, red onion, lettuce, and tomato on choice of bread.

Roast Beef Panini

780 cal.\$9.95

Roast beef, aged provolone cheese, roasted peppers spread, red onion, lettuce, and tomato on choice of bread.

Great Harvest Grilled Cheese

740 cal.\$7.95

On Old Fashioned White bread—Sharp cheddar cheese, provolone cheese, garlic herb spread on choice of bread.

Hot Ham & Swiss on Rye Bread

590 cal.\$8.95

Ham, melted Swiss, honey mustard spread, red onion, lettuce, and tomato served on Caraway Rye.

Bacon, Lettuce & Tomato

340 cal.\$9.25

Mayo, bacon, lettuce, and tomato on choice of bread. Served grilled or cold

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