

::: SALADS & GRAIN BOWLS :::

Mexicali Salad

..... \$9.25
Mixed greens, smoked turkey breast, fresh avocado, shaved cabbage, red onion, tomatoes, black beans, roasted chickpeas, tortilla chips, topped with cheddar, and our delicious house-made chipotle dressing.

Yardbird Salad

..... \$9.50
Mixed greens, spinach, chicken, roasted seeds & nuts, cranberries, chickpeas, golden raisins, avocado, and Parmesan cheese topped with house-made avocado goddess dressing.

Sesame Chicken Grain Bowl

..... \$9.25
Grilled chicken breast, peanuts, and cashews on mixed greens & cabbage. Tossed with carrots, sesame seeds, toasted wheat, quinoa, and our incredible oriental sesame dressing.

Fresh Seasons Grain Bowl

..... \$9.25
Spinach & mixed greens, chicken, sweet & spicy pecans, sunflower seeds, cranberries, crumbled cheese, and seasonal fresh fruit. Tossed with toasted wheat, quinoa, blue cheese crumbles and our house-made balsamic vinaigrette dressing.

::: SOUP :::

Cup of Soup & Half Sandwich (Cold Only)
Combo - \$8.25
8 oz. Cup - \$3.75
12 oz. Bowl - \$4.50

Monday - Chicken Noodle
Tuesday - Vegetable Beef
Wednesday - Tomato Bisque
Thursday - Chicken Dumpling
Friday - Potato Bacon
Saturday - Baker's Choice

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 Special add \$3.75

Choice of two items:

Giant Great Harvest Cookie, Chips, Fountain Drink, Carrots, Apple

Choice of Bread

Honey Whole-Wheat, Old-Fashioned White, Dakota Bread, Sourdough.

**Calories are based on Honey Whole Wheat bread.

Choice of Cheese

Swiss, Pepperjack, Cheddar, Provolone.

::: SANDWICHES :::

CLASSICS - Ham, Turkey or Roast Beef

600 cal. Full: \$7.95/ Half: \$4.95

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

California Cobb

560 cal. \$8.50

Smoked turkey, avocado, blue cheese spread, bacon, red onion, lettuce and tomato.

Peanut Butter & Jelly

650 cal. \$4.95

Fruit preserves and peanut butter.

Chicken Salad Sandwich

580 cal. Full: \$8.25/ Half: \$6.25

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

Tuna Salad Sandwich

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

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

Great Harvest Vegetarian

310 cal. \$7.95

Garlic hummus, roasted red pepper spread, red onion, cucumber, bell peppers, lettuce, and tomato.

::: HOT SANDWICHES :::

Breakfast Sandwich

840 cal. \$6.95

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

Spicy Smoked Turkey & Pepper Jack Panini

830 cal. \$8.95

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

Rocky Mountain High

700 cal. \$8.95

Smoked turkey breast, dill spread, roast beef, swiss cheese, red onion, lettuce, and tomato.

Roast Beef Panini

780 cal. \$8.95

Roast beef, aged provolone cheese, roasted peppers spread, red onion, lettuce, and tomato.

Great Harvest Grilled Cheese

740 cal. \$7.75

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

Hot Ham & Swiss on Rye Bread

590 cal. \$8.95

ON THURSDAY ONLY - Ham, melted swiss, honey mustard spread, red onion, lettuce, and tomato.

Great Harvest Bacon, Lettuce & Tomato

340 cal. \$8.25

(Hot or Not) Mayo, bacon, lettuce, and tomato.

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