

## SALADS & GRAIN BOWLS

*Beyond Fresh!*

**Yardbird Salad** ..... \$7.95

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

**Mexicali Salad** ..... \$8.25

Mixed greens, smoked turkey breast, fresh avocado, shaved cabbage, cherry tomatoes, red onion, black beans, tortilla chips, cilantro, and our delicious house-made chipotle honey lime yogurt dressing.

**Greek Salad** ..... \$7.95

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.

**Roasted Carrot Tahini Grain Bowl** ... \$7.50

Honey & curry roasted carrots, mixed greens, chickpeas, cucumbers, golden raisins, sliced almonds, and cilantro. Tossed with toasted whole wheat, quinoa, and our house-made red wine vinaigrette topped with Tahini yogurt dressing.

**Fresh Seasons Grain Bowl** ..... \$7.50

Kale & mixed greens, sliced almonds, sunflower seeds, Feta cheese, and seasonal fresh fruit. Tossed with toasted wheat, quinoa, and our house-made balsamic vinaigrette.

## ORDER AHEAD

*We'll have it ready for you!*

Call (337) 477-3033 or visit us at:

4112 Lake St. Suite 100

Lake Charles, LA

[www.greatharvestlakecharlesla.com](http://www.greatharvestlakecharlesla.com)

Mon - Fri: 7:00 a.m. - 6:00 p.m.

Sat: 7:00 a.m. - 4:00 p.m.

Payment to be made at time of order. We gladly accept Visa, Discover, Mastercard, and American Express.



**BAKERY CAFE**

Bread. The way it *ought* to be.

# Fresh FROM THE CAFE Menu

Fall 2016



4112 Lake Street Suite 100

Lake Charles, LA

(337) 477-3033

[www.greatharvestlakecharlesla.com](http://www.greatharvestlakecharlesla.com)

Monday - Friday: 7 AM - 6 PM

Saturday: 7 AM - 4 PM

## SANDWICHES

*Fresh made with simple ingredients.*

**Smoked Turkey Goddess** ..... \$7.75  
Avocado, parsley, basil, tarragon, scallions, and lemon dressing drizzled atop smoked turkey breast and creamy Havarti cheese. Includes lettuce, tomato, onion, and salt & pepper mix.

**Granny's Chicken Salad** ..... \$7.25  
White meat chicken with a seasoned mayonnaise dressing, sweet & spicy pecans, lettuce, tomato, red onion, Granny Smith apples, and salt & pepper mix.

**Veggie Three-Seed Hummus** ..... \$6.75  
Roasted sesame, sunflower, and pumpkin seeds puréed with chickpeas in a healthy, protein packed hummus spread served on Dakota bread. Includes lettuce, tomato, onion, and salt & pepper mix.

**Baja Chipotle Turkey** ..... \$7.55  
Smoked turkey breast with a chipotle honey lime yogurt sauce, shaved cabbage, pickled red onions, tomato, avocado, pepper jack cheese, and salt & pepper mix served on Honey Whole Wheat bread.

**The Italian** ..... \$7.55  
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 White Bread with lettuce, tomato, onion, and salt & pepper mix.

**Classic Ham & Cheese** ..... \$6.75  
Smoked ham with choice of cheese, lettuce, tomato, red onion, Dijon mustard, mayonnaise, and salt & pepper mix.

**Classic Turkey** ..... \$7.25  
Smoked turkey breast with choice of cheese, lettuce, tomato, red onion, Dijon mustard, mayonnaise, and salt & pepper mix.

**Classic Roast Beef** ..... \$7.50  
Roast beef with choice of cheese, lettuce, tomato, red onion, Dijon mustard, mayonnaise, and salt & pepper mix.

**PB & J** ..... \$3.95  
Creamy Peanut Butter & Jelly.

## HOT OFF THE GRILL

*Get it hot, get it fresh, get it now!*

**Turkey Chili Cheddar Melt** ..... \$7.75  
Smoked turkey breast loaded with sharp cheddar cheese, fresh tomatoes, roasted, green chiles, and a house-made green chile mayo.

**Roasted Pepper Chipotle Cheesesteak** ..... \$7.75  
Roast beef layered with melted Havarti cheese, marinated, roasted bell pepper & onions, and chipotle mayo.

**Spicy Apple Bacon Grilled Cheese** ... \$7.75  
Melted sharp cheddar cheese & provolone, thinly sliced apples, bacon, and pepper jelly.

**Grilled Cheese** ..... \$5.50  
Our version of an old favorite, featuring your bread of choice, cheddar & provolone cheese, and a light taste of our garlic & herb spread. Add: smoked ham \$1.25, crispy bacon \$1.75, tomato no cost.

## BREAKFAST SANDWICH

*Good Morning Taste Buds.*

**Breakfast Sandwich** ..... \$4.95  
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)



**Ask about our Specials & Combos!**