

SALADS & GRAIN BOWLS

Half size....\$5.95 Extra Dressing....\$0.50

Yardbird Salad \$8.50

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

Mexicali Salad \$8.50

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

Greek Salad \$8.50

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 and croutons.

Roasted Carrot Tahini Grain Bowl ... \$7.95

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

Sesame Chicken Grain Bowl \$8.50

Fresh greens, shaved cabbage, oven-roasted wheat berries and quinoa, carrots, diced chicken breast, peanuts, sesame seeds tossed with house-made honey miso 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 70605
www.MyGreatHarvestLakeCharlesLa.com
Mon - Fri: 7am - 6pm
Sat: 7am - 4pm

Payment to be made at time of order. We gladly accept Visa, Discover, Mastercard and American Express. No checks.



BAKERY CAFE
Bread. The way it *ought* to be.

Fresh FROM THE CAFE Menu

2019



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SANDWICHES

Add bacon \$2. Add avocado \$1.50

Smoked Turkey Goddess \$7.95

Creamy house-made avocado Goddess dressing drizzled atop smoked turkey breast and mild Havarti cheese. Includes lettuce, tomato, onion.

Granny's Chicken Salad (best seller) \$7.55

White meat chicken with a house-made seasoned mayonnaise dressing, sweet & spicy pecans, lettuce tomato, red onion, Granny Smith apples.

Veggie Three-Seed Hummus \$6.95

Roasted sesame, sunflower, and pumpkin seeds puréed with chickpeas in a healthy, protein packed hummus spread served on Dakota bread. Includes carrots, sprouts, cucumbers, lettuce, tomato, onion.

Baja Chipotle Turkey \$7.75

Smoked turkey breast with a chipotle honey lime yogurt sauce, shaved cabbage, pickled red onions, tomato, avocado, pepper jack cheese served on Honey Whole Wheat bread.

The Italian \$7.95

Shaved Genoa salami and smoked ham topped with a house made red pepper & olive tapenade and provolone cheese drizzled with red wine vinaigrette. Served on White Bread with lettuce, tomato, onion.

Classic Ham & Cheese \$6.95

Smoked ham with choice of cheese, lettuce, tomato, red onion, Dijon mustard, mayonnaise.

Classic Turkey \$7.50

Smoked turkey breast with choice of cheese, lettuce, tomato, red onion, Dijon mustard, mayonnaise.

Classic Roast Beef \$7.75

Roast beef with choice of cheese, lettuce, tomato, red onion, Dijon mustard, mayonnaise.

Tuna Salad \$7.55

Albacore tuna mixed with our house made seasoned mayonnaise with lettuce, tomato and onion.

HOT OFF THE GRILL

Add bacon \$2. Add avocado \$1.50

Turkey Chili Cheddar Melt \$7.95

Smoked turkey breast loaded with sharp cheddar cheese, fresh tomatoes, roasted, green chiles, and a house-made green chile mayo.

Roasted Pepper Chipotle Cheesesteak \$7.95

Roast beef layered with melted Havarti cheese, marinated, oven-roasted bell pepper & onions, and house-made chipotle mayo.

Spicy Apple Bacon Grilled Cheese \$7.95

Melted sharp cheddar cheese & provolone, thinly sliced apples, bacon, and pepper jelly.

Grilled Cheese \$5.75

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 \$1.50, crispy bacon \$2, tomato no cost.

BREAKFAST SANDWICH

Add avocado \$1.50

Breakfast Sandwich \$5.25

Freshly made and served on your choice of handcrafted bread or tasty cheddar garlic biscuit with either ham, turkey or bacon and your selection of cheese.

Soups \$4.25/\$6.00

Call for today's soup choice.

Also available: Peanut Butter & Jelly sandwich, Pimento Cheese sandwich or BLT.



Ask about our Half & Half Combos!