

FRESH SALADS

California Cobb Salad

Like the sandwich, but without the bread and garlic herb spread, and served on a bed of mixed greens

420 cal. 8.50 whole/5.15 half

Fresh Seasons Grain Bowl

Mixed greens, kale, quinoa, wheat berries, sunflower seeds, almonds, feta cheese & strawberries

430 cal. 7.95 whole/5.25 half

Summer Salad

Mixed greens, walnuts, cranberries and feta cheese

475 cal. 7.80 whole/5.00 half

Garden Salad

Mixed greens, colored sweet peppers, cucumbers, tomato & onion with our house-made croutons

153 cal. 5.85 whole/4.10 half

Chicken or Tuna Salad

Like the sandwich, but without the bread on a bed of mixed greens. Also includes cucumbers, tomatoes & colored peppers.

420-490 cal. 8.35 whole/5.15 half

Dressing Options

House Made Dressings: Balsamic, Honey Mustard Vinaigrette, Chipotle Honey Lime, & Creamy Sweet Apple or Newman's Own Ranch or Caesar

GOOD MORNING

Served until 10:30 AM

Breakfast Sandwich

Made to order egg sandwich with choice of meat, cheese, bread, and our garlic herb spread. Cheddar biscuit option on Thursdays and Fridays.

560 cal. 5.00

Totally Toast

Two slices of your choice of toast with choice of two toppings: butter, cinnamon butter, peanut butter, jelly, avocado or hummus.

120 cal/slice.

Cranberry Almond Oatmeal

Our house-made oats with cranberries and almonds. Served with a side of brown sugar and a splash of milk.

292 cal. 3.25

Groovy Granola

Our made from scratch granola served with your choice of milk.

312 cal. 3.25



GREAT HARVEST

BAKERY • CAFE



1721 East Ash Street
Goldsboro, NC 27530

(919) 288-2401

goldsboronc.greatharvestbread.com

Monday–Friday: 7:30am–5:30 am

Closed: Saturday & Sunday

Eat in, curbside, or take out

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Calories listed are based on whole item choices. Additional nutrition information is available upon request.

SANDWICHES

Fresh Made

The Chicken Salad Sandwich

White all-natural chicken, roasted sweet & spicy pecans in a seasoned mayo, lettuce, tomato & thin sliced red onion

690 cal. 8.65 whole/5.25 half

Turkey & Swiss

Smoked all-natural turkey breast, Swiss cheese, Dijon mustard, mayo, lettuce, tomato & thin sliced red onion

600 cal. 8.80 whole/5.30 half

Roast Beef & Provolone

All-natural medium rare roast beef, provolone cheese, Dijon mustard, mayo, lettuce, tomato & thin sliced red onion

620 cal. 9.00 whole/5.75 half

California Cobb

Smoked all-natural turkey breast, avocado spread, garlic herb spread, pecan smoked bacon, lettuce, tomato & red onion

610 cal. 8.95 whole/5.60 half

Ham & Swiss

Hickory smoked ham, Swiss cheese, Dijon mustard, mayo, lettuce, tomato & thin sliced red onion

630 cal. 8.65 whole/5.25 half

Baja Chipotle Turkey

Smoked all-natural turkey breast, avocado spread, pepper jack cheese, chipotle honey lime sauce, sweet pickled red onion, tomato & shaved cabbage

620 cal. 8.65 whole/5.25 half

Harvest Veggie

Fresh colored pepper rings, cucumber, lettuce, tomato, thin red onion, clover sprouts, cheddar & provolone cheese and our sundried tomato spread. Substitute hummus at no charge.

610 cal. 7.65 whole/4.95 half

Tuna Salad Sandwich

White albacore tuna in our seasoned mayo, lettuce, tomato & thin sliced red onion

620 cal. 8.35 whole/5.15 half

Peanut Butter & Jelly

All-natural peanut butter with all natural grape or strawberry jelly

600 cal. 3.75 whole/2.70 half

SANDWICH BREAD CHOICES:

Honey Whole Wheat, Farmhouse White, Dakota, or our special bread of the day

Extras:

Extra Meat 1.25

Extra Avocado 0.75

Extra spreads/dressing/spreads

Add lettuce, tomato, onion, mayo or mustard at no charge

Make it a Combo

Chips or Apple and a Drink - 2.50

Cookie and a Drink - 3.15

Chips, Cookie and a Drink - 4.25

Pick Two

Your choice of any half sandwich, half salad or cup of soup
9.50

Cup of Soup (Seasonal from September to May)

Ask about our soup of the day. An 8 oz cup served with a slice of our fresh baked bread

120-360 cal. 4.65

SANDWICHES

Hot and Fresh

Spicy Apple Bacon

Melted cheddar & provolone cheese, pecan smoked bacon, pepper jelly and thinly sliced apples

730 cal. 8.90 whole/5.30 half

BBQ Chicken Bacon Melt

BBQ all-natural diced chicken, pecan smoked bacon, cheddar cheese, lettuce & tomato

600 cal. 8.95 whole/5.35 half

Turkey Chile Cheddar Melt

Smoked all-natural turkey breast, mild roasted green chile peppers, cheddar cheese, green chile may & tomato

500 cal. 8.45 whole/5.15 half

Dressed Up Pimento

Our home-made pimento cheese with pecan smoked bacon, lettuce & tomato toasted to perfection

600 cal. 8.80 whole/5.30 half

The Best Ever BLT

Pecan smoked bacon, tomato, lettuce, thin sliced red onion and mayo

430 cal. 7.80 whole/4.75 half

Extreme Grilled Cheese

Cheddar and provolone cheese with our garlic herb spread. Add tomato at no charge. Add bacon, ham or turkey - 1.25

460 cal. 5.65 whole/3.40 half