

## 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. 8.10 whole/5.60 half

### Garden Salad

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

153 cal. 6.00 whole/4.25 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. 8.50 whole/5.85 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. 6.25

### 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. 2.75

### 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. 3.75

### Groovy Granola

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

312 cal. 3.75



# GREAT HARVEST

BAKERY • CAFE



1721 East Ash Street  
Goldsboro, NC 27530

(919) 288-2401

[goldsboronc.greatharvestbread.com](http://goldsboronc.greatharvestbread.com)

Monday–Friday: 7:30am–3:00 pm

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. 8.75 whole/5.95 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. 9.25 whole/6.40 half

### California Cobb

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

610 cal. 9.10 whole/6.25 half

### Ham & Swiss

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

630 cal. 8.65 whole/5.95 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. 8.85 whole/6.00 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. 7.85 whole/5.50 half

### Tuna Salad Sandwich

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

620 cal. 8.65 whole/5.75 half

### Peanut Butter & Jelly

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

600 cal. 4.00 whole/2.80 half

### Extras:

Extra Meat 1.25–1.50

Extra Avocado 0.75

Extra spreads/dressing/spreads 0.50

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

### Make it a Combo

Chips or Apple and a Drink - 2.90

Cookie and a Drink—3.75

Chips, Cookie and a Drink - 4.75

### Pick Two

Your choice of any half sandwich, half salad or cup of soup  
10.95

### 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. 5.50

## SANDWICHES

Hot and Fresh

### Spicy Apple Bacon

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

730 cal. 9.25 whole/5.95 half

### BBQ Chicken Bacon Melt (Availability Varies)

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

600 cal. 9.25 whole/6.00 half

### Turkey Chile Cheddar Melt

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

500 cal. 8.65 whole/5.95 half

### Dressed Up Pimento

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

600 cal. 8.90 whole/5.95 half

### The Best Ever BLT

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

430 cal. 7.95 whole/5.50 half

### Extreme Grilled Cheese

Cheddar and provolone cheese with our garlic herb spread. Add tomato at no charge. Add bacon (1.50), ham or turkey (1.25)

460 cal. 6.00 whole/4.00 half

### SANDWICH BREAD CHOICES:

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