

# SALADS & GRAIN BOWLS

*Beyond Fresh!*

## Fresh Seasons Grain Bowl

370-400 cal. .... \$8.00

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

## Yardbird Salad

660 cal. .... \$8.75

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

## Mexicali Salad

300 cal. .... \$8.50

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.



**BAKERY CAFE**

Bread. The way it *ought* to be.

# Fresh FROM THE CAFE Menu

Spring/Summer 2019



## ORDER AHEAD

*We'll have it ready for you!*

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

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

218 Main St. Ste. 110 in Trussville  
(205) 508-5854

[www.greatharvesttrussville.com](http://www.greatharvesttrussville.com)  
M - F: 7 AM - 6 PM & Sat: 7 AM - 4 PM

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## SANDWICHES

*Fresh made with simple ingredients.*

### Baja Chipotle Turkey

630 cal. .... \$8.25

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.

### Chicken Salad

710-770 cal. .... \$7.25

White meat chicken with a seasoned mayonnaise dressing, sweet & spicy pecans, lettuce, tomato, red onion, and salt & pepper mix.

### Pimento Cheese

620-680 cal. .... \$7.50

Our house-made pimento cheese on your choice of bread. Lettuce and tomato upon request.

### Veggie Baja Chipotle

580 cal. .... \$6.25

Avocado, shaved cabbage, pickled red onions, tomato, pepper jack cheese, a chipotle honey lime yogurt sauce, and salt & pepper mix. Fresh made on Honey Whole Wheat bread.

### Classic Ham OR Turkey & Cheese

620-680 cal. .... \$7.50

Smoked ham or turkey with your choice of cheese, lettuce, tomato, red onion, Dijon mustard, mayonnaise, and salt & pepper mix.

### Classic Roast Beef & Cheese

600-660 cal. .... \$8.25

Roast beef with your choice of cheese, lettuce, tomato, red onion, Dijon mustard, mayonnaise, and salt & pepper mix.

### Grilled Cheese

740-790 cal. .... \$5.00

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 40 cal. \$3.00, crispy bacon 60 cal. \$1.50, tomato 10 cal. no cost.

***Ask about our Specials & Combos!***

### PB & J

650-710 Cal. .... \$4.50

Creamy Peanut Butter & Jelly.

## HOT OFF THE GRILL

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

### Spicy Apple Bacon Grilled Cheese

680-730 cal. .... \$8.50

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

### Trussville Roasted Pepper Chipotle Cheesesteak

710-770 cal. .... \$8.50

Roast beef layered with melted provolone cheese, marinated, roasted bell pepper & onions, and chipotle mayo.

### Portobello Pesto Melt

620-680 cal. .... \$7.75

Roasted sliced Portobello mushroom, tomato, fresh basil, baby spinach leaves, melted provolone cheese, and our fresh hand-made artichoke pesto spread.

### Cubano

580 cal. .... \$7.50

Sliced turkey, ham, Swiss cheese, sliced dill pickles with our special house-made pickled red onions, and Dijon mustard spread. Served on white bread.

## BREAKFAST SANDWICH

*Good Morning Taste Buds.*

### Breakfast Sandwich

680-960 cal. .... \$5.50

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)

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