

SALADS & GRAIN BOWLS

Beyond Fresh!

Chicken "Greens" Salad

500 cal. \$8.25
Mixed Greens, Red Onions with our famous
Chicken Salad.

Fresh Seasons Grain Bowl

370-410 cal. \$7.75
Kale & mixed greens, sliced almonds,
sunflower seeds, crumbled cheese, and
seasonal fresh fruit. Tossed with toasted
wheat, quinoa, and our house-made
vinaigrette dressing.

Sesame Chicken

420 cal. \$8.75
Grilled Chicken, peanuts, and cashews on
mixed greens, tossed with carrots, cilantro,
sesame seeds, toasted wheat, quinoa, and
our incredible house-made vinaigrette.

Soup Bowl

110-360 cal. \$5.75
Enjoy one of our daily soup flavors of the
day. (No Soup Sunday)

Half Sandwich & Soup Combo

..... \$11.75
Enjoy half of a cold sandwich with a bowl of
our daily soup.



BAKERY CAFE

Bread. The way it *ought* to be.

Fresh FROM THE CAFE Menu

(Jan 2019-Feb 2019)



ORDER AHEAD

We'll have it ready for you!

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

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

4303 Nawiliwili Rd., Lihu'e
(808)431-4503
www.greatharvestkauai.com

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advice, but calorie needs vary. Additional nutrition
information is available upon request.

SANDWICHES

Fresh made with simple ingredients.

Classic Roast Beef

590-600 cal. (Half - 295-300cal) \$9.50

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

Big Sky Chicken Salad

650-710 cal. (Half - 325-355 cal) \$8.25

White meat chicken fused with golden raisins, cranberries, artichoke hearts, herbs, lemon, and walnuts. Served on Honey Whole Wheat bread with lettuce, tomato, onion, and salt & pepper mix.

Veggie Three-Seed Hummus

520 cal. (Half 260 cal) \$8.00

Roasted sesame, sunflower, and pumpkin seeds puréed with chickpeas in a healthy, protein packed hummus spread served on Honey Whole Wheat bread. Includes lettuce, tomato, onion, and salt & pepper mix.

The Italian

620 cal. (Half 310 cal) \$9.00

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

590-620 cal. (Half 295-310 cal) \$8.00

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

Classic Turkey

590-620 cal. (Half 295-310 cal) \$9.00

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

Tuna Sandwich

620 cal. (Half Sand 310 cal) \$8.25

Chunk albacore tuna with a seasoned mayonnaise dressing, lettuce, tomato, red onion, and salt & pepper mix.

PB & J

650-710 Cal. \$5.00

Creamy Peanut Butter & Jelly/Jam. (Half Sandwich 325-355 cal)

HOT OFF THE GRILL

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

Bacon, Lettuce, Tomato

340-480 cal. \$8.40

Crispy bacon, lettuce, tomato and mayo on our toasted white bread. (Half Sandwich 170-240 cal)

Spicy Apple Bacon Grilled Cheese

620-680 cal. \$10.95

Melted sharp cheddar cheese & provolone, thinly sliced apples, bacon, and pepper jelly. (Half Sandwich 310-340 cal)

Turkey Goddess (Jan 2019 ONLY)

630-690 cal. \$10.95

Our house-made green goddess dressing drizzled over slices of turkey breast and creamy Havarti cheese. Includes lettuce, tomato, onion, and salt & pepper mix.

Grilled Cheese

740-850 cal. (Half 370-425 cal) \$6.25

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 100 cal. or crispy bacon 140 cal. \$1.50, veggie/turkey bacon 140 cal. \$1.75.

BREAKFAST SANDWICH

Good Morning Taste Buds.

Breakfast Sandwich

670-720 cal. (Half 335-360 cal) \$6.50

Choose from a variety of our real food, freshly made breakfast sandwiches on your choice of handcrafted bread or biscuit (when available). Wake up your taste buds with either ham or bacon and your selection of cheese.

(choice of available bread or biscuit, garlic herb spread, ham or bacon, egg, choice of cheese, and tomato, if desired)

Ask about our Combos!

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