

SALADS & GRAIN BOWLS

Beyond Fresh!

Chicken "Greens" Salad

500 cal. \$8.35
Mixed Greens, Red Onions with our famous
Chicken Salad.

Sesame Chicken Grain Bowl

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.

Fresh Mixed Salad

..... \$5.00
A smaller serving of mixed greens, diced
tomatoes, & shredded carrots with our
house-made vinaigrette dressing. Add
diced chicken for \$2.50.

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

(8 Sep 2019-31 Oct 2019)



ORDER ONLINE

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
Order Online

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information is available upon request.

SANDWICHES

Fresh made with simple ingredients.

Classic Roast Beef

590-600 cal. (Half - 295-300cal) \$9.75

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) \$8.35

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) \$8.35

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) \$9.25

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

590-620 cal. (Half 295-310 cal) \$8.25

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) \$9.50

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

Tuna Sandwich

620 cal. (Half 310 cal) \$8.35

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 325-355 cal)

HOT OFF THE GRILL

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

Bacon, Lettuce, Tomato

340-480 cal. \$8.50

Crispy bacon, lettuce, tomato and mayo on our toasted white bread.

Grilled Cheese

740-8500 cal. (Half 370-425) \$6.50

Our version of an old favorite featuring cheddar & provolone cheese with a light taste of our garlic herb spread on white bread. Add ham (100 cal) or crispy bacon (140 cal), or veggie/turkey bacon (140 cal) \$2.50

Pat Victorino Special (aka Cubano)

580 cal. \$10.95

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

ASK ABOUT OUR MONTHLY SPECIAL

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 & your selection of cheese.

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

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STOP WAITING IN LINE, SIMPLY ORDER ONLINE