

SALADS & GRAIN BOWLS

Fresh & Delicious!

Mexicali Salad.....\$9.25

Mixed greens, oven-roasted 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.

Greek Salad.....\$8.75

Fresh greens, artichoke hearts, Kalamata olives, roasted red peppers, cucumbers, cherry tomatoes, croutons, and feta cheese, topped with our house-made vinaigrette dressing.

Roasted Carrot Tahini Grain Bowl.....\$10.50

Honey & curry roasted carrots, mixed greens, chickpeas, cucumbers, golden raisins, sliced almonds, and cilantro. Tossed with toasted whole wheat berries, quinoa, & our house-made red wine vinaigrette topped with Tahini yogurt dressing.

The Longmeadow Lunch.....\$10.50

Fresh greens, grilled chicken, golden raisins, honey roasted spiced seed mix, roasted chickpeas, topped with a house-made creamy avocado goddess dressing.

Soups

Cup of any of our hearty Soups with a thick slice of homemade bread of your choice.....\$6.50

Our Soups Change Daily!



Fresh FROM THE CAFE

Menu

We gladly accept Visa, Discover, Mastercard, & American Express.

2018

ORDER AHEAD! (Online or Call)

We'll have it ready for you!

Call 413.754.3460, or visit us at:

714 Bliss Rd
Longmeadow, MA 01106

www.GreatHarvestLongmeadow.com (order online)
Mon - Fri: 7a.m. - 6:00 p.m.
Sat: 8:00 a.m. - 4:00 p.m.



714 Bliss Rd Longmeadow, MA 01106
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M - F: 7 AM - 6 PM & Sat: 8 AM - 4 PM

SANDWICHES

Fresh made with simple ingredients on our home-made bread.

Classic Ham & Cheese \$8.75

Smoked ham with choice of cheese, lettuce, tomato, red onion, Dijon mustard, mayonnaise.

Classic Turkey.....\$8.75

Oven-roasted turkey breast with choice of cheese, lettuce, tomato, red onion, Dijon mustard, mayonnaise.

Classic Roast Beef \$8.95

Roast beef with choice of cheese, lettuce, tomato, red onion, Dijon mustard, mayonnaise.

Chicken Salad Sandwich \$8.95

White meat chicken, seasoned mayo, roasted nuts, and lemon. Topped with lettuce, tomato, onion.

Veggie Three-Seed Hummus \$8.95

Our homemade protein-packed hummus spread with cucumbers, carrots, lettuce, tomato and onion.

Baja Chipotle Turkey \$9.95

Oven-roasted turkey breast with a chipotle honey lime yogurt sauce, shaved cabbage, pickled red onions, tomato, avocado, pepper jack cheese.

The Italian \$9.75

Shaved Genoa salami and smoked ham topped with a roasted red pepper black olive tapenade and provolone cheese drizzled with red wine vinaigrette. Served with lettuce, tomato & onion.

Chimichurri Roast Beef \$9.45

Fresh herb, jalapeño, cumin, coriander, and garlic Chimichurri sauce drizzled over slices of roast beef and Swiss cheese served with lettuce, tomato, red onion.

California Cobb.....\$9.50

Fresh avocado, oven-roasted turkey breast, crispy bacon, and bleu cheese spread with lettuce, tomato, red onion, and salt & pepper mix.

Turkey Goddess.....\$9.95

Oven-roasted turkey, Swiss cheese, hand-crafted avocado goddess dressing, red onions, tomato, and lettuce.

PB & J\$4.95

Creamy Peanut Butter & Jelly.

HOT OFF THE GRILL!

Cubano \$9.95

Oven-roasted turkey, smoked ham, Swiss cheese, sliced dill pickles with our special house-made pickled red onions, and Dijon mustard spread.

Turkey Chile Cheddar Melt\$9.75

Oven-roasted turkey breast loaded with sharp cheddar cheese, fresh tomatoes, and roasted green chiles.

Spicy Apple Bacon Grilled Cheese.....\$9.25

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

Best Ever BLT \$9.95

Bacon, lettuce, tomato, and mayo on our signature breads!

Classic Grilled Cheese.....\$7.95

Grilled cheese with cheddar and provolone, your choice of ham or bacon, topped with our homemade herb spread.

BREAKFAST SANDWICH

Good Morning Taste Buds.

Breakfast Sandwich \$7.50

A freshly made egg sandwich with your choice of cheese, ham or bacon, bread or biscuit, and our homemade herb-spread.

Avocado Toast.....\$5.50

A generous portion of hand sliced avocado, extra virgin olive oil, sea salt, cracked black pepper, and red pepper flakes on our homemade bread.

Add our homemade hummus spread.....\$.50

Goodies

Cookies.....\$2.50	6 Pack.....\$12.50
Muffins.....\$2.95	6 Pack.....\$14.75
Brownie.....\$2.50	6 Pack.....\$12.50
Savannah Bar.....\$2.95	6 Pack.....\$14.75
Scone.....\$3.25	6 Pack.....\$16.25
Cinnamon Rolls...\$3.25	6 Pack.....\$16.25



Ask about our Specials & Combos!