

Salads & Grain Bowls

Fresh and Delicious!!

Longmeadow Lunch

630 cal. \$9.50

Fresh greens, grilled chicken, golden raisins, honey-roasted seeds, nuts and chickpeas, topped with shredded parmesan cheese, and our house-made avocado goddess dressing.

Roasted Carrot Tahini Grain Bowl

410 cal. \$10.50

Mixed greens, honey and curry-roasted carrots, chickpeas, cucumbers, golden raisins, and sliced almonds. Topped with toasted whole wheat berries, quinoa and our house-made red-wine vinaigrette, with tahini yogurt dressing.

Mexicali

300 cal. \$9.95

Mixed greens, oven-roasted turkey breast, fresh avocado, shaved cabbage, grape tomatoes, red onion, and black beans. Topped with our house-made chipotle honey-lime yogurt dressing.

Garden Salad

440 cal. \$6.95

Fresh mixed greens, with shredded carrots, cucumbers, grape tomatoes, and red onion. Topped with your choice of dressing.

SOUPS

Cup (12oz.) \$6.50

Hearty soup with a thick slice of home-made bread of your choice

(Pint \$8.50, Quart \$15.00)

Our Soups Change Daily

Vegan Options Available

ORDER AHEAD & CATERING

Online or Call

413-754-3460

www.greatharvestlongmeadow.com

Mon-Fri: 7AM-6PM

Sat: 8AM-4PM

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



BAKERY CAFE

Bread. The way it *ought* to be.

Fresh FROM THE CAFE Menu

2019



714 Bliss Rd

(413) 754-3460

www.greatharvestlongmeadow.com

M - F: 7 AM - 6 PM & Sat: 8 AM - 4 PM

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SANDWICHES

Hand crafted on our home-made bread.

Classic Turkey

570 cal. \$9.95
Oven-roasted turkey breast with choice of cheese, lettuce, tomato, onion.

Classic Ham & Cheese

610 cal. \$9.75
Honey-roasted ham with choice of cheese, lettuce, tomato, onion.

Classic Roast Beef

600 cal. \$10.95
Roast Beef with choice of cheese, lettuce, tomato, onion.

Chicken Salad Sandwich

690 cal. \$10.25
White-meat chicken, our own seasoned mayo, roasted nuts and lemon, lettuce, tomato and onion.

Tuna Salad Sandwich

620 cal. \$8.75
Fresh-made Tuna Salad and our own seasoned mayo, lettuce, tomato and onion.

Veggie Three-Seed Hummus

540 cal. \$8.95
Our homemade hummus, cucumbers, carrots, lettuce, tomato and onion.

Roast Beef & Bleu

470 cal. \$9.75
Roast beef with our hand-made bleu cheese spread, lettuce, tomato, & onion.

Baja Chipotle Turkey

620 cal. \$9.95
Oven-roasted turkey breast with chipotle honey-lime sauce, cabbage, pickled red onions, tomato, avocado, and pepper jack.

California Cobb

540 cal. \$9.95
Oven-roasted turkey breast, avocado, crispy bacon, and hand-made bleu-cheese spread with lettuce, tomato, and onion.

Turkey Goddess

630 cal. \$10.25
Oven-roasted turkey, swiss cheese, hand-crafted avocado goddess dressing, lettuce, tomato, and onion.

HOT OFF THE GRILL

Cubano

580 cal. \$9.50
Oven-roasted turkey, honey ham, swiss cheese, sliced dill pickles, with our house-made pickled red onions and dijon mustard.

Turkey Chile Cheddar Melt

590 cal. \$10.95
Oven-roasted turkey breast, with sharp cheddar cheese, tomatoes, green chilies, and our house-made green chile mayo.

Spicy Apple Bacon Grilled Cheese

620 cal. \$9.25
Melted sharp cheddar and provolone cheese, sliced fresh apples, bacon and our mandarin pepper jelly.

Best Ever BLT

460 cal. \$9.95
A generous portion of bacon, with lettuce, tomato and mayo.

FOR THE KIDS

PB & J

650 cal. \$4.95
Creamy peanut butter & jelly

Classic Grilled Cheese

680 cal. \$7.95
Melted cheddar and provolone cheese. Your choice of ham or bacon, with our house-made garlic-herb spread.

BREAKFAST

Breakfast Sandwich

670-690 cal. \$7.50
A freshly-made egg sandwich with your choice of ham or bacon, bread or biscuit and our house-made garlic-herb spread.

Avocado Toast

350 cal. \$7.25
A generous portion of hand-sliced avocado, extra virgin olive oil, sea salt, cracked black pepper, your choice of red pepper flakes or sesame seeds on our avocado spread or our house-made three-seed hummus.

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