



FRESH MADE SANDWICHES

Great Harvest sandwiches are made with only the freshest ingredients, made from scratch spreads, and piled high on our famous breads baked with wheat we mill ourselves every morning.

Turkey Avocado

Baja Chipotle Turkey

Harvest Hummus Veggie

The Italian

Tuscan Chicken

Ham & Swiss Roast Beef

Grilled Turkey Pesto

BLT Chicken Pecan

The Reuben

NEW - Salads & Grain Bowls

**Strawberry Spinach Pecan,
Sesame Portobello Mushroom,
Sesame Chicken, and the Fresh
Seasons Grain Bowl**



Hot Fresh Bread Handcrafted Every Day!

Fall 2016 Breads and Sweets Schedule

EVERYDAY BREADS

Honey Whole Wheat, Country White, Harvest Blend, Cinnamon Burst, Raisin Cinnamon Swirl, Cinnamon Roll Bread

ADDITIONAL SPECIALTY BREADS

Monday: Dakota, Rockridge Crunch, Gluten-X, Cinnaburst Gluten-X, Idaho Rye, Pumpkin Chocolate Chip, Aloha Pineapple-Coconut, Apple Cinnamon Swirl

Tuesday: Sourdough, Asiago Sourdough, High 5 Fiber, Garlic Cheddar, Banana Walnut, Monkey Bread

Wednesday: Dakota, Cranberry Orange, Popeye, Spelt, Pumpkin Chocolate Chip, Aloha Pineapple-Coconut, Apple Cinnamon Swirl

Thursday: Sourdough, Asiago Sourdough, High 5 Fiber, Wholegrain Goodness, Gluten-X, Cinnaburst Gluten-X, Sweet Potato Pecan, Monkey Bread

Friday: Dakota, Rockridge Crunch, Challah, Cheddar Jalapeno, Rosemary Garlic, Pumpkin Chocolate Chip, Aloha Pineapple-Coconut, Apple Cinnamon Swirl

Saturday: High 5 Fiber, Sourdough, Asiago Sourdough, Monkey Bread, Lemon Raspberry

SWEETS

Cinnamon Rolls
Assorted Scones & Muffins
Fruit & Naughty Bars
Bread Pudding
Lemon Bars
Brownies & Blondies
Giant Cookies
Frosted Sugar Cookies
Pumpkin Spice Cake
Savory Sunrise Rolls

GREAT HARVEST MERIDIAN

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Hours: Mon - Sat: 7 a.m. to 6 p.m.