



**GREAT HARVEST FAX NUMBERS:**

Mangrove Ave.: 899-0863

Forest Ave.: 345-7141

East Ave.: 566-9607

Name: \_\_\_\_\_ Tel #: \_\_\_\_\_

(Circle one) HERE / TO GO Pick-up time: \_\_\_\_\_

## NUTRISHOP APPROVED SANDWICHES:

**THE LOW-FAT TURKEY \$6.30** - Smoked turkey, tomato, cucumber, red onion, lettuce, salt & pepper with dijon mustard, served on your choice of Honey Whole Wheat or multi grain bread.

(circle bread choice)

\*Extra Meat \$1.20 \_\_\_\_\_ (check here)

**THE PROTEIN COMBO \$6.30** - Roast beef, turkey, tomato, red onion, lettuce, and pepper with mustard on your choice of Honey Whole Wheat or multi grain bread.

(circle bread choice)

\*Extra Meat \$1.20 \_\_\_\_\_ (check here)

**TURKEY HUMMUS COMBO \$6.30** - Roasted turkey breast with our homemade hummus, tomato, red onion, cucumber, and lettuce served on your choice of Honey Whole Wheat or multi grain bread. (circle bread choice)

\*Extra Meat \$1.20 \_\_\_\_\_ (check here)

**HAM AND TURKEY COMBO \$6.30** - Black Forest Ham and roasted Turkey with Sierra Nevada Porter Mustard with cucumber, tomato, red onion and lettuce served on your choice of Honey Whole Wheat or multi grain bread. (circle bread choice)

\*Extra Meat \$1.20 \_\_\_\_\_ (check here)

## NUTRISHOP APPROVED SALADS:

**FUJI APPLE CHICKEN SALAD \$7.35** - Spring greens, red onions, sliced Fuji apple, chicken breast, and walnuts served with a balsamic vinaigrette.

**HOUSE CHICKEN SALAD \$6.50** - Sliced chicken breast on a bed of spring greens and red leaf lettuce, red onions, Roma tomatoes, cucumber and croutons with a balsamic vinaigrette.

**SPRING GREENS WITH CHICKEN AND CRANBERRIES \$7.35** - sliced chicken breast on a bed of spring greens with tangy cranberries, crunchy walnuts, red onion, and blue cheese, served with our balsamic vinaigrette.

Nutrishop has recommended the following:

Women - 3 oz meat

Men - 6 oz meat

All Great Harvest sandwiches have 3 oz meat.

Please be sure to check extra meat if you would like 6 oz.

\*For any questions regarding specific nutritional requirements, please contact our neighbors at Nutrishop (Tel: 898-1600)