

# ESPRESSO & HOT BEVERAGES

*We use Allan Bros. Coffees exclusively in our espresso drinks. Substitute soy or rice milk, add 25¢.  
Make any beverage iced, add 25¢.*

	SINGLE	DOUBLE	GRANDE
Café Espresso	1.00	1.25	
Café Americano	1.00	1.25	
Cappuccino	1.75	2.00	
Café Latté	1.75	2.00	2.25
Café Mocha	2.00	2.25	2.50
Steamed Milk	1.25		
Hot Chocolate	1.50		
Tea	1.25		
Chai Tea	1.50	1.50	1.75

# JUICE BAR

*Only the freshest fruits and vegetables are used to make these delicious and healthy fresh-squeezed juices, blends and smoothies!*

## FRUIT JUICES

	SMALL	LARGE
Orange Juice	1.95	2.95
Grapefruit Juice	1.95	2.95
Pineapple Juice	2.95	4.50
Apple Juice	1.60	3.45
Grape Juice	1.95	3.65
Orange-Pineapple-Banana Blend	2.45	4.75
Pear-Apple Blend	1.95	3.75
Pear-Grape-Apple Blend	2.25	3.95

## VEGETABLE JUICES

	SMALL	LARGE
Carrot Juice	1.50	2.20
Beet Juice	1.60	2.50
Celery Juice	1.60	2.50
Cucumber Juice	1.60	2.50
Carrot-Celery Blend	1.70	2.50
Carrot-Celery-Beet Blend	1.75	2.65
Carrot-Apple Blend	1.70	2.60
Super Veggie Combo	1.90	2.85

## FRUIT SMOOTHIES

	LARGE
Strawberry-Banana with Orange	3.75
Pineapple-Mango with Coconut	3.75

## JUICY EXTRAS

Strawberries	.75
Ginger	.40
Garlic	.40
Wheat Grass	3.00
Protein Powder	.75
Spirulina	1.00
Ginseng	.75



**251 NE Third Street • Downtown McMinnville**

**503-472-5740**

**[www.HarvestFresh.com](http://www.HarvestFresh.com)**

## BOUNTIFUL BAGELS

*Our wonderful bagels are delivered fresh every morning! Choose from plain, onion, asiago, whole wheat, cheddar and bacon, cinnamon and raisin and everything.*

<b>Toasted Bagel with Butter</b>	<b>1.75</b>
<b>Toasted Bagel with Cream Cheese</b>	<b>2.25</b>
<b>Toasted Bagel with Herbed Cream Cheese</b>	<b>2.75</b>
<b>Toasted Bagel with Salmon Lox Cream Cheese</b>	<b>3.75</b>

*Served with lettuce, tomato and onion.*

## HEALTHY & HEARTY SOUPS

*Two delicious choices; one is always vegan, healthy and low-fat.  
Our soups are made fresh daily using only the finest natural and healthy ingredients.  
Enjoy a delicious sandwich or fresh artisan baked bread with your soup!*

<b>Cup</b>	<b>Bowl</b>
<b>3.95</b>	<b>4.95</b>

## SUPERB SALADS

*You won't find fresher, more healthy, scrumptious salads anywhere in McMinnville!  
Of course, all of our salads are created from scratch using only the freshest ingredients available. Bon appetit!*

<b>Side Deli Salad</b> <i>Choose from a wide assortment!</i>	<b>2.00</b>
<b>Side Deli Salad with Bread</b> <i>Your choice plus our delightful bread.</i>	<b>2.25</b>
<b>Mixed Green Salad</b> <i>Fresh mixed field greens with choice of dressing.</i>	<b>SMALL 2.95    LARGE 3.95</b>
<b>Salad Sampler</b> <i>Your choice of 3 deli salads, served with bread.</i>	<b>5.95</b>
<b>Caesar Salad</b> <i>Classic Caesar with creamy garlic dressing.</i>	<b>SMALL 2.75    LARGE 4.25</b>
<b>Chef Salad</b> <i>Ham, turkey, cheddar and Swiss cheeses, olives, sunflower seeds and alfalfa sprouts.</i>	<b>5.75</b>
<b>Cobb Salad</b> <i>Mixed greens with nitrate-free bacon, Amish bleu cheese, boiled egg, fresh tomato and turkey.</i>	<b>5.95</b>

## SOUP AND...

*Try our delicious soup and a sandwich or salad!*

<b>Half Sandwich and Cup of Soup</b>	<b>5.95</b>
<b>Cup of Soup and Mixed Green Salad</b>	<b>5.75</b>
<b>Cup of Soup with Caesar Salad</b>	<b>5.95</b>

## SANDWICHES OF SUBSTANCE

*Our hearty sandwiches are crafted with herb mayonnaise, lettuce, tomatoes and alfalfa sprouts.  
Choice of multi-grain wheat, whole wheat Kaiser roll, sourdough, white, rye swirl or pita pocket.  
Bagel or croissant, add 35¢.*

	<b>HALF</b>	<b>WHOLE</b>
<b>#1 Smoked Turkey Sandwich</b> <i>Served with cream cheese and cranberry relish.</i>	<b>3.25</b>	<b>5.95</b>
<b>#2 Avocado Sandwich</b> <i>Cream cheese, cucumbers, olives and sunflower seeds.</i>	<b>2.95</b>	<b>5.25</b>
<b>#3 Roasted Chicken Sandwich</b> <i>Served with provolone cheese and walnut basil pesto.</i>	<b>3.25</b>	<b>5.95</b>
<b>#4 Curried Chicken Salad Sandwich</b> <i>Our tasty chicken salad with curry.</i>	<b>3.50</b>	<b>5.75</b>
<b>#5 Marinated Baked Tofu Sandwich</b> <i>Served with fresh vegetables in our tahini dressing.</i>	<b>2.95</b>	<b>5.25</b>
<b>#6 Black Forest Ham Sandwich</b> <i>Served with havarti cheese and honey dijon mustard.</i>	<b>3.75</b>	<b>5.95</b>
<b>#7 Focacce Sandwich</b> <i>Roasted eggplant, hummus, cucumber, tomato and onions on focacce bread.</i>	<b>2.95</b>	<b>5.25</b>
<b>#8 Roast Beef Sandwich</b> <i>Served with New York cheddar cheese and roasted garlic mayonnaise on a baguette.</i>	<b>4.00</b>	<b>6.25</b>
<b>#9 Tuna Sandwich</b> <i>Albacore tuna with green olives and pickles.</i>	<b>3.25</b>	<b>5.95</b>

## BOXED LUNCHES

<b>Half Sandwich</b> <i>Half sandwich, side salad and a cookie.</i>	<b>6.50</b>
<b>Whole Sandwich</b> <i>Whole sandwich, side salad, fresh fruit and a cookie.</i>	<b>8.50</b>