

FRESH DELI SANDWICHES AND MORE AT HARVEST

HARVEST'S OWN MEAT AND SEAFOOD SANDWICHES \$6.99

Ol' Smokey: smoked turkey breast, smoked mozzarella, tomato, lettuce, red onion and mayonnaise

Tradition: our own chicken salad, avocado, lettuce, tomato and sprouts

Bite of the Beast: roast beef, cheddar, tomato and horseradish mayo

Tuna Melt: cheddar and provolone melted over our own tuna salad

Italian Sub: salami, ham, provolone, pepperoncini, oil and vinegar

Turkey Basil: turkey, roasted red peppers, lettuce and basil mayo

Veggies

lettuce • tomato • grated carrots
red onion • cucumber
alfalfa sprouts

Breads

whole wheat • white french • rye
sourdough • french baguette •
bagel
spinach or tomato wrap

HARVEST'S OWN VEGETARIAN SANDWICHES \$5.99

California Dreamin': avocado with alfalfa sprouts, cheddar and tomato

The Harvest: fresh raw veggies with a tahini poppyseed spread

New Middle Eastern: hummus, black olives, feta, cucumber, lettuce and tomato

Mother Earth: marinated roasted tofu, sauteed onions and tahini poppyseed spread

North End: smoked mozzarella, avocado, lettuce, tomato and basil mayo

Roasted Veggie Melt: seasonal roasted veggies with provolone cheese

Caprese: fresh mozzarella, basil, tomato, and olive oil

Goddess: avocado, carrots, cucumber, tomato, lettuce, sprouts and annie's® goddess dressing

Drinks: soda, coffee, teas, juice, and water

Desserts: cookies, cakes, pies, and fresh fruit

Sides: Potato chips, corn chips, and veggie chips

SALADS AND STUFF

Available for Catering

Natural Chicken Salad
Buffalo Chicken Salad

Egg Salad
Tuna Salad

Seafood Salad
Tofu Salad

Roasted Tofu and Onions
BBQ Tofu

Grilled Chicken Breast
BBQ Chicken

Balsamic Turkey Breast

Green Salads
Potato Salad

Macaroni Salad
Cole Slaw

Fresh Beet Salad

Roasted Rosemary Potatoes

Black Beans and Rice

Black Bean Salad

Couscous salad

Lentil Rice salad

Hummus

Tabouli

Lasagna (Veggie or Meat)

Eggplant Parmesan

Dill Tuna Pasta

Pesto Pasta

Chicken Pesto Pasta

Sesame Noodles

Paprika Pasta

Tortellini Salad

Roasted Veggies

Artichoke Salad

Herbed Tomato Salad

Green Bean Salad

Asparagus Salad

Butternut Squash

Sushi Platters

Egg Rolls

Stuffed Cabbage

Don't see it? Just Ask!

DID YOU KNOW?

- Harvest's deli does catering
- Harvest's deli has a delicious selection of ready-made salads, soups, and side dishes
- Harvest has a fresh salad bar
- Harvest has fresh made in store sushi
- Harvest uses all natural chicken in all our chicken dishes
- Harvest will deliver to your office or place of business
- Harvest has a wide variety of vegan and vegetarian deli foods, too



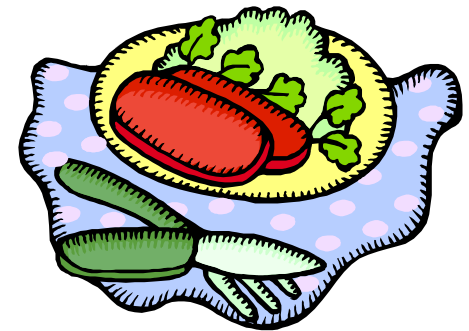
For catering information
or special orders, contact
Marc Cutler at
617-661-1580 x 133 or at
mcutler@harvest.coop

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617-661-1580
www.harvest.coop

HARVEST CO-OP
MARKET
is open to the public
Monday - Saturday 7am to 10pm,
Sunday 7am to 9pm.

HARVEST
CO-OP MARKET
CAMBRIDGE

Catering Menu



Call ahead with
your order!
617-661-1580

bringing good food and
good people together