

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

Fresh 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?

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY



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

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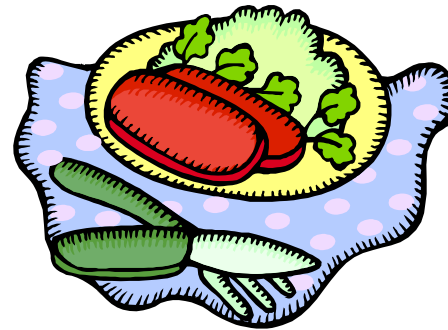
HARVEST CO-OP MARKET

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**

**Free Delivery
(\$20 minimum)**

**bringing good food and
good people together**