

Breakfast Items

Kolaches ~ \$1.69 ea. ~ 18.99 dz. **Breakfast Casserole** ~ \$1.29
Breakfast Wrap ~ \$3.99 **Cinnamon Roll** ~ \$2.59
Breakfast Sandwich ~ \$3.99 **Cream Cheese Danish** ~ \$2.59
Croissant ~ \$1.59

Muffins ~ \$2.39 ea.

\$1.79 Muffin Tops ~ \$ 8.99 Mini Muffins by the Dozen

Cranberry-Apple-Pecan • Morning Glory • Blueberry
Blackberry • Strawberry and Cream • Banana Nut
Sweet Potato • Lemon Poppy Seed • Peaches and Cream
Chocolate and Cream • Organic Seed

Cookies ~ \$1.59 ea.

\$8.99 per half dozen ~ 16.99 per dozen
\$8.99 doz. mini cookies

Oatmeal • Chocolate Haystack • Oatmeal Chocolate Chip
Chocolate Oatmeal • Oatmeal Raisin • Oatmeal Peanut Butter
Oatmeal Raisin Pecan • Snicker Doodle • M&M
Chocolate Chip • Ginger Molasses • Heath Bar

Breads

White Wheat • Cranberry Pecan ~ \$6.99
Red Wheat* • Foccacia* • Cinnamon Raisin Walnut*
Cheddar Herb* • Cheddar Onion* • Cinnamon Swirl*
Jalapeno Cheese* • Sesame Seed* • Seven Grain*
Ezekiel* • Red Wheat Oat Loaf* • Banana Nut*
Pumpkin* • Lemon Blueberry* ~ \$6.99
Mexican Cornbread ~ \$1.59
Whole Wheat Rolls* ~ 12 for \$7.99

* Special Order

Desserts

Cookie \$1.59 ea. ~ \$8.99 half dozen ~ \$16.99 dozen
Cake of the Day by the slice \$2.99 Or pan \$22.00
Brownie by the Slice \$1.79 Or pan \$12.99
Ooey Gooey by the Slice \$1.79 Or pan \$12.99
Bread Pudding Individual serving \$2.29 or pan \$6.99
Granola (Regular or Almond Joy) 12 oz bag \$6.29
King Cake (Seasonal) Small \$12.99 ~ Medium \$16.99 ~ Large \$21.99
16" Cookie Cakes (Special order) \$19.99

Ask about our catering menu

Ask us what we sell by the pound

Gift cards, gift baskets, trays available

Call ahead and drive thru

on those rainy days.



Why choose us?

- All natural deli meat
- NO white refined sugar
- Whole wheat
- NO preservatives



Daily Specials

Soup of the Day

Monday
Potato Bacon
Tuesday
Chicken Tortilla
Wednesday
Broccoli & Cheese
Thursday
Tomato & Three Cheeses
Friday
Corn & Shrimp Bisque

Hot Sandwich of the Day

Monday
Grilled Chicken
Tuesday
Pastrami on Rye
Wednesday
Jalapeno Cornbread Stack-Up
Thursday
Hot Roast Beef & Gravy
Friday
Smothered Chicken

Healthy Combos

<u>Combo 1</u>	<u>Combo 2</u>	<u>Combo 3</u>
1/2 Sandwich, Cup of Soup or Salad \$5.99	Cup of Soup and Salad \$5.99	1/2 Wrap, Cup of Soup or Salad \$5.99

Salad Menu

Garden Salad \$5.99
Mixed greens, tomato wedges, shredded carrots, shredded cheese and choice of dressing

Grilled Chicken Salad \$6.99
Fajita chicken strips, mixed greens, tomatoes, carrots, shredded cheese and whole wheat croutons

Summer Chicken Salad \$7.49
Fajita chicken strips, mixed greens, strawberries, pecan pieces, raisins, pineapple, cantaloupe, grapes, cranberries, shredded cheddar cheese and whole wheat croutons

Chef Salad \$6.99
Mixed greens, ham, turkey, shredded carrots, tomato wedge, shredded cheese, boiled eggs, whole wheat croutons

Pasta Medley Salad \$5.99
Made with pasta medley on a bed of mixed greens, carrots and tomatoes

Tuna Salad Stack \$5.99
Tuna salad on a bed of mixed greens topped with a tomato wedge

Chicken Salad Stack \$5.99
Chicken salad on a bed of mixed greens topped with a tomato wedge

Harvest Salad \$7.49
Mixed greens, grilled chicken, ham, bacon, turkey, tomatoes, shredded carrots, cheddar cheese and croutons

Choice of dressings include, Thousand Island, Ranch, Fat Free Ranch, Italian, Fat Free Italian, Honey mustard and Balsamic Vinaigrette

1105 Forsythe Avenue Monroe, LA 71201 318.812.2253 Monday-Saturday 6:30 a.m.-8:00 p.m. Closed Sunday	4624 Cypress Street West Monroe, LA 71291 318.807.0814 Monday-Saturday 6:30 a.m.-8:00 p.m. Closed Sunday
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www.dailyharvestdeliandbakery.com

Hot Toasted Sandwiches or Grilled Whole Wheat Wraps ~ \$6.39

Served with your choice of chips, fruit cup or pasta salad
Substitute soup or side salad - add \$1.99

Meltdown

Your choice of ham, turkey or roast beef; your choice of cheese melted, mayo, lettuce and tomato on bread of your choice

Grilled Chicken Wrap

Made with grilled fajita chicken strips, mixed greens, shredded cheddar cheese, shredded mozzarella cheese, and vidalia onion dressing on a whole wheat wrap

Grilled Chicken Deluxe Wrap

Made with grilled fajita chicken strips, mixed greens, sun dried tomatoes, shredded cheddar cheese, shredded mozzarella cheese, goat cheese, sliced jalapeños and vidalia onion dressing on a whole wheat wrap

Tomato Basil Wrap

Mixed greens, sun dried tomatoes, tomatoes, basil, shredded mozzarella, shredded cheddar, goat cheese and vidalia onion dressing on a whole wheat wrap

Turkey Burger (1/4 lb.)

Served on a whole wheat bun with your choice of mayo, mustard, onions, tomato, lettuce or cheese

Hot Sandwich of the Day ~ \$6.99

Served with your choice of a side and a pickle

Monday ~ Grilled Chicken Breast

Grilled Chicken, lettuce, tomato, your choice of cheese, mayo or mustard on a toasted whole wheat bun

Tuesday ~ Pastrami on Rye

Pastrami with Dijon mustard, swiss cheese and blue marble jack cheese on marble reuben rye bread.

Wednesday ~ Jalapeno Cornbread Stackup

Jalapeno cornbread topped with homemade turkey chili shredded cheddar cheese, jalapeños, diced onions and sour cream

Thursday ~ Hot Roast Beef

Thin sliced roast beef, sauted onions and bell pepper, mayo, lettuce, tomato and gravy on toasted whole wheat bun

Friday ~ Smothered Chicken Sandwich

Chicken, mushrooms, sauted onions, diced jalapeños, crispy bacon, chipotle mayo and melted mozzarella cheese on marbled reuben rye bread

Kids Menu ~ \$3.59

Comes with one side and a kid size drink

1/2 Grilled Cheese Sandwich

Made with 100% whole wheat bread and American sliced cheese

1/2 Hot Ham or Turkey Sandwich

Melted American cheese with mayo or mustard

1/2 Peanut Butter, Jelly or Banana Sandwich

Made with 100% whole wheat bread

1/2 Grilled Chicken Wrap

Made on whole wheat wrap filled with fajita chicken strips and cheddar cheese

Pig-N-A-Blanket

Whole wheat crust filled with sausage and cheese

1/2 Kids Turkey Burger

Served on a whole wheat bun with mayo and mustard

Sides (without meal purchase)

Chips (Veggie, Chickpea & Sesame, Rice & Bean, Doritos, Cheetos, Baked BBQ, Baked Lays, Regular Lays) ~ \$1.49

Fruit cup ~ Pasta salad ~ \$1.49

Soup of the day (see front of menu) ~ Cup \$3.49 ~ Bowl \$4.49

Green side salad ~ \$2.99

Cold Sandwich or Cool Wrap ~ \$6.39

All listed below can be made with whole wheat bread of your choice (white wheat or cranberry pecan) or whole wheat tortilla. Served with your choice of chips, fruit cup or pasta salad. Substitute soup or side salad - add \$1.99

Chicken Salad

Our famous chicken salad served on 100% whole wheat bread, with lettuce and tomato

Tuna Salad

Tuna salad covers our fresh baked whole wheat bread with lettuce and tomato

Turkey

Deli sliced all natural white meat turkey, with your choice of mayo, mustard, lettuce, tomato, cheese, onions on our freshly baked whole wheat bread

Ham

Deli sliced all natural ham, with your choice of mayo, mustard, lettuce, tomato, cheese and onions on our freshly baked whole wheat bread

Roast Beef

Deli sliced all natural roast beef, with your choice of mayo, mustard, lettuce, tomato, cheese and onions on our freshly baked whole wheat bread

Club

Deli sliced all natural ham, deli sliced turkey and roast beef with your choice of mayo, mustard, lettuce, tomato, cheese and onions on our freshly baked whole wheat bread

BLT

Crispy bacon, mayo, lettuce and tomato on toasted whole wheat bread

Grilled Chicken Cool Wrap

Grilled fajita chicken strips on a whole wheat tortilla with mixed greens, vidalia onion dressing, onions and shredded mozzarella and cheddar cheeses

Veggie Wrap

Mixed greens, vidalia onion vinaigrette, bell pepper, onions, black and green olives, carrots, sunflower seeds and tomatoes

Green Wrap

Mixed greens, avocado, onions, tomato, and mozzarella cheese

Pizza (10 inch) ~ \$9.99

Lil' Bit ~ Made with a lil' bit of everything in the kitchen. Ham, bacon, tomato, bell pepper, onions, mozzarella cheese, jalapenos, green olives and black olives. All this placed on top of a thin whole wheat crust is just what you want for lunch.

Tomato 3 Cheese ~ For the cheese lover. Mozzarella cheese, cheddar cheese, goat cheese and thinly sliced tomato. This is a great choice, a light but hot lunch.

The Harvest ~ **Create your own from these toppings** ... Ham, bacon, sausage, tomato, bell pepper, onions, mozzarella cheese, cheddar cheese, goat cheese, jalapenos, green olives and black olives, mushrooms, sun dried tomato

Veggie Pizza ~ Bell pepper, tomatoes, black olives, green olives, jalapeno peppers, mushrooms, onions, mozzarella cheese piled high on a whole white dough

Beverages

Fountain Drink - Coke, Diet Coke, Dr. Pepper, Diet Dr. Pepper, Sprite, Pink Lemonade ~ \$1.75

Bottle Water ~ \$1.29

Tea - Sweet or Un-sweet \$1.75

Tea by the Gallon - Sweet or Un-sweet \$4.99

Fresh Raw Juice ~ Small \$3.69 ~ Large \$4.39

All Natural Smoothie ~ Small \$3.69 ~ Large \$4.39

Regular/Decaf Coffee ~ Small \$1.39 ~ Medium \$1.69 ~ Large \$1.99

Specialty Coffee ~ Small \$2.99 ~ Medium \$3.99 ~ Large \$4.99

Hot Tea ~ \$2.29

Hot Chocolate ~ \$2.29

Regular or Chocolate Milk ~ Small \$1.39 Large \$2.29