

Served

Tuesday - Friday
11:00 AM - 3:00 PM

Hot & made-to-order
from our co-op
kitchen



Store Hours

Tuesday - Saturday
10:00 AM - 7:00 PM

30 W. Main St.
Frostburg, MD

Call ahead: 301-689-3120

W E E K L Y L U N C H M E N U

Jan. 24th - 27th

\$10: Pick Two:
1 Sandwich + 1 Side **OR** 1 Salad + 1 Side

\$15: Pick Three:
1 Sandwich + 1 Salad + 1 Side

Try our
Smoothie of the
Day!

\$6

SANDWICHES

\$7

Falafel Pita

House-made oven-baked falafel, hummus, pickled onions, pomegranate seeds and your choice of dairy or plant-based feta cheese in a warm pita

BLT Baguette

Crispy bacon, farm fresh greens, house-made tomato jam, burrata cheese, and whipped herb butter on a toasted baguette

Super Green Salad

Hearty mixed greens, seasonal garden vegetables, house vinaigrette

Carrot & Zucchini Ribbon Salad

Fresh carrot and zucchini ribbons, pine nuts, fresh herbs and dairy or plant-based feta cheese over a bed of fresh greens, served with signature lemon dressing

SALADS

\$6

Substitute
Ranch or Italian
dressing on any
salad

Apple & Asiago Bisque

A slightly sweet and savory blend of crisp apples, caramelized onions, chicken stock, cream, and parmesan and asiago cheeses

Beef & Mushroom

Tender beef and vegetables in a savory broth topped with crème fraiche & green onions

AND MORE

\$5

*Wholesome Harvest handles and processes a variety of allergens such as gluten, tree nuts, eggs, and dairy. While we are cautious of cross contamination, we cannot guarantee that allergens will not be present. Please use caution.