

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



30 W. Main St.
Frostburg, MD
Call ahead: 301-689-3120

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

Visit us:
wholesomeharvestcoop.com

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

Mar. 13th - 17th

\$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

MAINS
\$7

Hot Turkey Sandwich

Roast turkey and gravy served open-faced over homemade toast with mashed potatoes and cranberry chutney

Apple Beer Brat

Field Roast brand plant-based caramelized onion and beer sausage smothered in house-made apple chutney, saurkraut and beer mustard on a Caporale's bun

Super Green Salad

Hearty mixed greens, seasonal garden vegetables, house vinaigrette

Irish Flag Salad

Roasted golden beets, your choice of regular or plant-based feta cheese, and pumpkin seeds served over spinach and mixed greens with citrus vinaigrette.

SALADS
\$6

Substitute
Ranch or Italian
dressing on any
salad

AND MORE
\$5

Brisket Stew

Hearty stew of brisket, potatoes, mushrooms, carrots and other veggies

Macaroni Salad

Classic creamy macaroni salad

*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.