Served

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

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



30 W. Main St. Frostburg, MD

Call ahead: 301-689-3120

Visit us:

wholesomeharvestcoop.com

Mar. 21st - Mar. 24th

\$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! S6

MAINS

Lamb Meatball Pita

Homemade lamb meatballs topped with our specialty beet hummus, pickled onions, feta cheese, and fresh mint in a warm pita

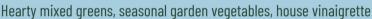
Roasted Veggie Panini 🗸

Roasted eggplant, red onion, mushrooms, and sweet peppers layered with mozzarella cheese and roasted garlic aioli pressed on multigrain bread.

Vegan substitutions available!

Substitute Ranch or Italian dressing on any salad

Super Green Salad V



Greek Salad





Vibrant greens topped with black olives, red onion, tomato, cucumber, and your choice of dairy or plant-based feta cheese, served with house-made zesty garden dressing

SALADS

Lemon Chickpea & Wild Rice Soup 🛞 🧸

Chickpeas, wild rice, carrot, celery and onion in a lemony broth

Honey & Garlic Roasted Carrots

Baby carrots roasted with honey, olive oil, garlic, and fresh herbs

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.