

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. 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!

\$6

MAINS
\$7

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!

Super Green Salad

Hearty mixed greens, seasonal garden vegetables, house vinaigrette

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
\$6

Substitute
Ranch or Italian
dressing on any
salad

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.