

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

May 30th - June 2nd

\$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

Chicken Panini

Local chicken breast, fresh mozzarella, house-made garlic scape pesto, balsamic glaze, spinach and roasted red peppers pressed on ciabatta bread

Italian Sausage Sub

Field Roast Italian Garlic and Fennel sausage split and smothered with sauteed peppers and onions on a toasted sub roll.

Super Green Salad

Hearty mixed greens, seasonal garden vegetables, house vinaigrette

Chopped Cobb

Chopped mixed greens topped with cucumber, carrot, onion, hard boiled egg, fresh dill and bacon and served with thousand island dressing

Broccoli Salad

Fresh broccoli, onion, grapes, celery and cheddar cheese tossed in a light and creamy poppyseed dressing with fresh herbs

Lemon Dill Pasta Salad

Spiral pasta tossed with zucchini, Spanish olives, and fresh herbs in a lemon avocado dressing

SALADS
\$6

Substitute
Ranch or Italian
dressing on any
salad

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.