

BREAKFAST SANDWICH

510-570 cal. \$7.50
HONEY WHEAT, WHITE OR SAVORY BISCUIT,
AGED CHEDDAR CHEESE, FRESH BAKED EGG
PATY, HERB SPREAD, HAM, BACON OR TURKEY.

GRILLED CHEESE

600-650 cal. \$7.50
HONEY WHEAT OR WHITE BREAD, AGED
CHEDDAR AND PROVOLONE CHEESE, BACON,
HAM OR TURKEY, MAYONNAISE AND TOMATO.

ULTIMATE GRILLED CHEESE

630-690 cal. \$7.50
HONEY WHEAT OR WHITE, HERB SPREAD,
AGED CHEDDAR AND PROVOLONE CHEESE,
TOMATO, BABY SPINACH, BACON, HAM OR
TURKEY.



BAKERY CAFE

Bread. The way it ought to be.

BREAKFAST MENU



Deluxe Grilled Cheese

350 Cal \$7.50
HONEY WHEAT OR WHITE BREAD, AGED
CHEDDAR AND PEPPER JACK CHEESE,
AVOCADO, TOMATO, BACON, HAM OR
TURKEY.

French Toast

570-660 cal. \$7.50
TWO WORM SLICES OF CINNAMON CHIP
BREAD, SYRUP AND BUTTER ON THE SIDE,
TOPPED WITH CINNAMON AND POWDERED
SUGAR. ADD FRUITS FOR \$1

Oatmeal Granola

350-370 cal. \$4.95
MADE IN HOUSE GRANOLA, WITH YOUR
CHOICE OF MILK, ADD FRUIT FOR \$1.

Fruit Cup

590-640 cal. \$3.99
FRESH FRUIT OF THE SEASON!!

2,000 calories a day is used for general nutrition
advice, but calorie needs vary.



11526 LAKE MEAD AVE 101

Jacksonville, FL 32256

(904) 551-2263

GreatHarvestJacksonville.com

M - F: 7 AM - 5 PM

Sat: 8 AM - 3 PM

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information is available upon request.

Blueberry Scone

320cal. \$3.00

Soft, and smooth, made with Blueberries, Cream Cheese, Eggs and Unsalted Butter

Cinnamon Chip Scone

340 Cal \$3.00

SOft and Smooth, made with Cinnamon Chips, Cream Cheese, Eggs, Unsalted Butter.

Cranberry Orange Scone

350 cal \$3.00

Very refreshing, made with Dried Cranberries, Fresh Oranges, Buttermilk.

Caramel Apple Scone

350 Cal \$3.00

Soft and Crunchy, Caramel bite lovers, Apple slices, Coconut Flakes, Unsalted butter.



Blueberry Muffin

340 Cal \$3.00

Very soft, and reach flavor, made with Blueberries, Cream Cheese, Butter, Eggs.

Morning Glory

370 Cal \$3.00

Fresh Milled Flour, Carrots, Pineapple Slices, Raisins.

Walnut Pineapple Coconut Muffin

360 Cal \$3.00

Coconut Flakes, Toasted Walnuts, and Pineapple Slices.

Seasonal Muffins

270 Cal \$3.00

Pumpkin Chocolate Chip.
Pumpkin is always in season.
Pumpkin puree, Eggs, Chocolate Chips



Regular Coffe

2-4 cal \$2.99,9

Fresh brewed local coffee.

Cappuccino

350 cal. \$4.95

Local coffee, single shot. Add flavor for \$1.

Espresso

50cal \$3.50

Single Shot

Smoothie

350 cal. \$5.95

Fresh Milk, Plain real Yogurt, fruits.

Latte

350 cal. \$4.95

Single shot espresso, Fresh milk. Add flavor for \$1.

Cold Brew

2-4 cal. N/A

Local brewed coffee. For fresh stronger flavor than regular coffe

Can Soda

150 cal. \$1.50

Different Coke flavors

Soda Machine

100 cal. \$1.75

Different Coke flavors, with the option to refeel.

Jucies

100-200 cal. \$2.50

Regular different flavors

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