

FRESH DELI SANDWICHES AND MORE AT HARVEST

MEAT AND SEAFOOD SANDWICHES \$6.99

Ol' Smokey: smoked turkey breast, smoked mozzarella, tomato, lettuce, red onion and mayonnaise



Town Line: our own chicken salad, avocado, lettuce, tomato and sprouts

The Rozzie: roast beef, cheddar, tomato and horseradish mayo

Arboretum: cheddar and provolone melted over our own tuna salad

Italian Sub: salami, ham, provolone, pepperoncini, oil and vinegar



Turkey Basil: turkey, roasted red peppers, lettuce and basil mayo

Veggies

lettuce • tomato • grated carrots
red onion • cucumber
alfalfa sprouts



Breads

whole wheat • white french • rye
sourdough • french baguette •
bagel
spinach wrap • tomato wrap

VEGETARIAN AND VEGAN SANDWICHES \$5.99

California Dreamin': avocado with alfalfa sprouts, cheddar and tomato

The Harvest: fresh raw veggies with a tahini poppyseed spread

New Middle Eastern: hummus, black olives, feta, cucumber, lettuce and tomato

Mother Earth: marinated roasted tofu, sautéed onions and tahini poppyseed spread

North End: smoked mozzarella, avocado, lettuce, tomato and basil mayo

Forest Hills: seasonal roasted veggies with provolone cheese

Caprese: fresh mozzarella, basil, tomato and olive oil

Goddess: avocado, carrots, cucumber, tomato, lettuce, sprouts and annie's® goddess dressing

Drinks: soda, coffee, teas, juice, and water

Desserts: cookies, cakes, pies, and fresh fruit

Sides: potato chips, corn chips, and veggie chips



SALADS AND STUFF

Available for Catering

Natural Chicken Salad
Buffalo Chicken Salad

Egg Salad
Tuna Salad
Seafood Salad
Tofu Salad

Roasted Tofu and Onions
BBQ Tofu

Grilled Chicken Breast
BBQ Chicken
Balsamic Turkey Breast

Green Salads
Potato Salad
Macaroni Salad
Cole Slaw

Fresh Beet Salad
Roasted Rosemary Potatoes
Black Beans and Rice
Black Bean Salad
Couscous salad
Lentil Rice salad
Hummus
Tabouli

Lasagna (Veggie or Meat)
Eggplant Parmesan
Dill Tuna Pasta
Pesto Pasta
Chicken Pesto Pasta
Sesame Noodles
Paprika Pasta
Tortellini Salad



Roasted Veggies
Artichoke Salad
Herbed Tomato Salad
Green Bean Salad
Asparagus Salad
Butternut Squash



Fresh Sushi Platters
Egg Rolls
Stuffed Cabbage

Don't see it? Just Ask!

DID YOU KNOW...

- Harvest's deli does catering?
- Harvest's deli has a delicious selection of ready-made salads, soups, and side dishes?
- Harvest has a fresh salad bar?
- Harvest has fresh made sushi?
- Harvest uses all natural chicken in all our chicken dishes?
- Harvest will deliver to your office or place of business?
- Harvest has a wide variety of vegan and vegetarian deli foods, too?

BEFORE PLACING YOUR ORDER, PLEASE
INFORM YOUR SERVER IF A PERSON IN
YOUR PARTY HAS A FOOD ALLERGY



Deli foods available at:
3815 Washington St
Arboretum Place
Jamaica Plain MA 02130
617-405-5300 and at
57 South St, Jamaica
Plain 617-524-1667
and by special order at
580 Mass Ave, Cambridge
617-661-1580

**HARVEST
CO-OP MARKET**
is open to the public
everyday
7am to 10pm

HARVEST CO-OP MARKET Deli Menu



Call ahead with
your order!

Bringing good food and
good people together