

SANDWICHES & WRAPS

CHICKEN SALAD SANDWICH 10

Our most popular item, made with quality chicken, locally-sourced pecans, red grapes, and our secret sauce. Served on freshly-made cranberry pecan bread. Or try our whole-wheat or keto flaxseed wrap. P 8g | C 13g | F 3g

SMOTHERED CHICKEN SANDWICH 12

Loaded with quality chicken, premium bacon, sautéed onions and mushrooms, mozzarella cheese and jalapeños, drizzled with chipotle mayo dressing. Served on marbled pumpnickel bread, or in our whole-wheat or keto flaxseed wrap. P 8g C 13g F 3g

GRILLED CHICKEN WRAP 10

Quality chicken breast, fresh spinach, cheddar and mozzarella cheese grilled to perfection on a whole wheat wrap, or try our keto flaxseed wrap. P 8g | C 13g | F 3g

MEDITERRANEAN CHICKEN MELT 10

Premium grilled chicken, fresh spinach, goat cheese, sun dried tomatoes, jalapeños, melted mozzarella cheese, and Vidalia onion dressing. Served on our whole-wheat wrap.

CLUB TRIO 12

Generous portions of hand-sliced premium turkey, ham, and thick bacon, tomato and fresh greens and served on our homemade harvest wheat. Also available on whole-wheat or keto flaxseed wrap. P 8g | C13g | F 3g

BLT 12

A classic mountain of premium thick bacon, fresh greens, and tomatoes served on our homemade wheat bread. Also available in a whole-wheat or keto flaxseed wrap. P 8g | C 13g | F 3g

PICKLE SANDWICH 9.5

Keto-friendly: premium turkey, pepper jack cheese, spinach, tomatoes and mustard bookended by a giant dill pickle.

GHOST CHEESE AND HAM MELT 9.5

Premium hand-sliced ham sandwiched between light-your-face-up hot ghost pepper cheese. Served on fresh wheat bread, or try it with a whole-wheat or keto flaxseed wrap.

SOUTH OF THE BORDER 12

Premium grilled chicken, jalapeños, bell peppers, black olives, avocado, melted cheddar cheese, and enchilada sauce hot pressed in our whole-wheat wrap, or a keto flaxseed wrap.

THE MELTDOWN 10

Your choice of premium hand-cut turkey with melted Swiss cheese, spinach, and tomato, pressed on a panini grill. Served on our homemade wheat bread or try it in our whole-wheat or keto flaxseed wrap.

TURKEY BACON RANCH WRAP 12

Chilled turkey, premium bacon, pepper jack cheese, spinach, and tomato presented in our whole-wheat wrap with our in-house ranch dressing as a dipping sauce. Also available on our keto flaxseed wrap.

TRADITIONAL TURKEY 9.5

Generous portions of hand-sliced premium turkey, pepper jack cheese, tomato, fresh greens, mayo, and mustard on our fresh wheat bread. Served cold or request it as a hot fresh-pressed panini. Or try it with our keto flaxseed wrap.

HAM AND CHEESE 9.5

Our premium ham with American cheese, tomato, spring mix, mayo, and mustard on our fresh wheat bread. Served cold or request it as a hot fresh-pressed panini.

DAILY HARVEST
1105 FORSYTHE AVE
MONROE, LA
318-388-8998

BURGERS & BOWLS

SMOTHERED CHICKEN BOWL 13

Loaded with chicken, bacon, sautéed onions and mushrooms, mozzarella cheese and jalapeños, drizzled with our chipotle mayo dressing. P 8g | C 13g | F 3g

CHAMPION OMELETTE BOWL 12

Scrambled eggs, premium ham, thick bacon, onions, bell pepper, tomato, black olives, and cheddar cheese. P 34g | C 12g | F 39g

GRILLED CHICKEN BOWL 13

Grilled chicken, roasted corn and pepper relish, sautéed onions and mushrooms, black olives, tomato, and cheddar cheese topped with our in-house fresh guacamole. P 33g | C 22g | F 27g

PREMIUM MEAT BOWL 13

Turkey, ham, and thick bacon with roasted corn and pepper relish, sautéed onions and mushrooms, black olives, tomato, and cheddar cheese, topped with our in-house guacamole. P 35g | C 17g | F 35g

BREAKFAST ON A BUN 9

Scrambled eggs, bacon and cheese on our whole-wheat hamburger bun.

TURKEY BURGER OR BOWL 12

Savory ground turkey burger made in-house with spinach, tomato, and pepper jack cheese. Served on a whole wheat bun or naked with a side of our own ranch dressing. P 42g | C 10g | F 39g
*With fresh avocado 14

BLACK BEAN BURGER OR BOWL 10

Black bean burger served with spinach, tomato, purple onion, and a side of in-house ranch dressing. Served on a whole wheat bun or naked. P 12g | C 38g | F 9g *With fresh avocado 11

SALADS

THE GOAT SALAD 14

Goat cheese, avocado, Craisins, carrots, black olives, and purple onion. Served on a bed of mixed greens.

Or try it as a wrap.

*With premium turkey 15

ULTIMATE HARVEST SALAD 12

Fresh greens topped with turkey, ham, tomatoes, carrots, and cheddar cheese.

SUMMER CHICKEN SALAD 14

Our seasonal fruit medley with grilled chicken, cheddar cheese, pecans, raisins, and Craisins, on a spring mix.

CHICKEN SALAD STACK 12

A large scoop of our chicken salad with tomato wedges on a spring mix.

SOUTHWEST COBB SALAD 14

Fresh greens topped with grilled chicken breast, roasted corn and pepper relish, house-made guacamole, cheddar cheese, and tomato. Served with chipotle dressing.

YE OLDE COBB SALAD 14

Chicken, boiled eggs, tomato, bacon, and goat cheese on a spring mix.

*With fresh avocado 15

GARDEN SALAD 10

Fresh mixed greens or spinach topped with tomatoes, carrots, and cheese.

SIDES & EXTRAS

COOKIES 2

CHIPS 2

VEGGIE CHIPS 2

FRUIT CUP 3

PASTA SALAD 3

CUP OF SOUP 6

BOWL OF SOUP 8

ADD ONS:

*green pepper, yellow or purple onion, carrots, tomatoes, boiled egg, black or green olives, seasonal fruit medley, locally-sourced pecans, pumpkin seeds, sunflower seeds and cheddar cheese .50

*goat cheese, fresh-sliced avocado 1

*premium grilled chicken, hand-sliced turkey or ham 2

KIDS

CLASSIC PB&J 6

Peanut butter and grape jelly with your choice of side.

GRILLED CHEESE

QUESADILLA 6

Melted mozzarella cheese in a whole wheat tortilla with your choice of side.

½ TURKEY OR HAM

SANDWICH 8

Premium hand-cut turkey or ham with your choice of side.

MONDAY SPECIAL

Homemade Chicken Tortilla Soup 8

With in-house made tortilla strips.

TUESDAY SPECIAL

Sausage and Kale Soup with Keto Biscuit 9

Keto Day

WEDNESDAY SPECIAL

AWARD-WINNING TURKEY CHILI STACK/FRITO PIE 10

Served over our fresh-made Mexican cornbread. Wednesday only.

BEVERAGES

FOUNTAIN DRINKS 2.5

Coke Products - free refills

SWEET/UNSWEET TEA 2.5

free refills

100% FRESH RAW JUICE

All-natural ingredients juiced to order.

SM 6.5 LG 9

COFFEE

Louisiana-based coffee in decaf and regular.

SM 3 MD 4 LG 5

THURSDAY SPECIAL

GUMBO 10

A local favorite, claimed by some critics as the "Best Gumbo in Town"! Served with a slice of garlic bread.

BAKERY

BREAD BY THE LOAF:

WHEAT 7

CRANBERRY PECAN 7

BANANA NUT 7

SOURDOUGH AND EZEKIEL 9

MUFFINS 3

MINI-BREAD LOAVES 3

COOKIES 2

BROWNIES 3

PAN OF BROWNIES 15

CINNAMON ROLLS 5

CREAM CHEESE DANISHES 5

BLUEBERRY DANISHES 5

KOLACHES 2.5

OMELETTE BOMBS 3

On-the-go handheld snacks of egg, premium thick bacon, cheddar cheese, and green pepper. P 13g C 1g F 15g

DAILY HARVEST
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Daily Harvest

Deli | Bakery | Crepiere

The Banana Split 12

Banana, strawberry, Nutella, and our famous sweet cream cheese dusted with powdered sugar topped with a scoop of vanilla ice cream.

The Cinnamon Roll 9

Cinnamon, sugar, butter, our famous sweet cream cheese, and locally sourced pecans dusted with powdered sugar.

Nutella 6

Nutella dusted with powdered sugar.

Fruit and Cream Cheese 8

Strawberries, blueberries, or banana with our famous sweet cream cheese filling dusted with powdered sugar.

Fruit and Nutella 8

Strawberries, blueberries, or banana with Nutella dusted with powdered sugar.

Cinnamon Toast 6

Cinnamon, sugar, and butter dusted with powdered sugar.

Sweet Lemon 6

Fresh squeezed lemon and sugar dusted with powdered sugar (add berries .5).

The Monkey 9

Peanut butter, Nutella, and banana dusted with powdered sugar.

Fruit Preserves 6

Freshly-made fruit preserves dusted with powdered sugar.

PB&J 6

Freshly-made preserves and peanut butter dusted with powdered sugar.

Mixed Berries and Cream 8

Blueberries, strawberries, and cream cheese dusted with powdered sugar.

Monte Cristo 12

Grilled chicken, ham, cheddar cheese, freshly-made fruit preserves, and honey Dijon mustard dusted with powdered sugar.

Tomato Basil 9

Fresh Basil, tomato, and mozzarella cheese (add meat 2).

Smothered Chicken 12

Grilled chicken, bacon, sauteed onions, mushrooms, and mozzarella cheese with our in-house chipotle dressing.

Morning Crepe 11

Ham or bacon, eggs, and cheddar cheese drizzled with maple syrup.

SBT 10

Bacon, spinach, and tomato drizzled with ranch dressing.

Hot Ham and Cheese 9

Ham and cheddar cheese.

Simple Breakfast Crepe 8

Eggs and cheddar or mozzarella cheese drizzled with maple syrup.

Cheesy Crepe 6

Swiss, cheddar, mozzarella, pepper jack, or ghost pepper cheese.

1105 Forsythe Ave., Monroe, LA 71201

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M-F 7:30am-6:00pm Saturdays 8:00am-3:00pm