

# GREAT HARVEST BAKERY & CAFÉ


BREADS • SANDWICHES • SALADS • SOUPS • BREAKFAST • SWEETS

502 Burnett Avenue, Ames  
(515) 598 2624

Monday - Friday 7:00 a.m. to 6:00 p.m.  
Saturday 7:00 a.m. to 1:00 p.m.



## ALLERGY ALERT

We use tree nuts and peanuts in many of our products. While **all items may contain traces of nuts**, those which are specifically made with nuts are denoted with .

At Great Harvest, we exclusively use **non-GMO** wheat—**milled on site** so it's fresh—and endeavor to **recycle** as much as possible. Because a healthier planet means healthier food and a healthier you.



# GREAT HARVEST BAKERY & CAFÉ MENU

502 Burnett Avenue, Ames  
(515) 598-2624



## CHOOSE YOUR BREAD



**Farmhouse White:** Dubbed “the yummy bread” by one of our baker’s children, this traditional bread is simple and classic.



**Honey Whole Wheat:** Made from 100% whole wheat with a touch of honey.



**Dakota:** A hearty bread made from 100% whole wheat with sunflower seeds, pumpkin seeds, sesame seeds, and millet.

### Economize!

Add a bowl of soup and /or cookie to any sandwich at a reduced price.

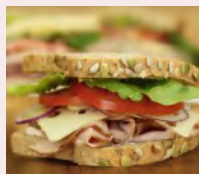
Add soup (8 oz.) \$ 3.00  
Add cookie \$ 1.25

## CLASSIC SANDWICHES

Your choice of bread and ingredients. Every sandwich comes with a complimentary bag of chips or pretzels.



**Classic Ham**  
\$ 6.50 610 cal. +



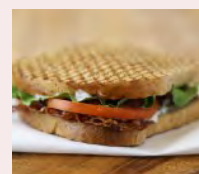
**Classic Turkey**  
\$ 6.50 570 cal. +



**Classic Roast Beef**  
\$ 6.50 600 cal. +



**Pepper Blue Roast Beef**  
\$ 6.50 470 cal. +



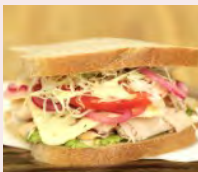
**Classic BLT**  
\$ 6.50 460 cal.



**Grilled Cheese**  
\$ 5.50+ 680 cal. +

## SIGNATURE SANDWICHES

Your choice of bread and ingredients. Every sandwich comes with a complimentary bag of chips or pretzels.



**Baja Chipotle Turkey**  
\$ 8.50 600 cal.

Smoked turkey breast with a chipotle honey lime yogurt sauce, shaved cabbage, pickled red onions, tomato, avocado, pepper jack cheese and salt and pepper mix.



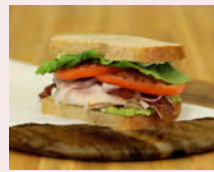
**Big Sky Chicken Salad**  
\$ 7.50 630 cal.

White chicken meat fused with golden raisins, cranberries, artichoke hearts, herbs, lemon and walnuts. Includes lettuce, tomato and onion.



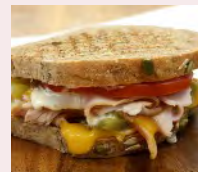
**Veggie Three-Seed Hummus**  
\$ 7.50 540 cal.

Roasted sesame, sunflower and pumpkin seeds pureed with chickpeas in a healthy, protein packed hummus spread. Includes lettuce, tomato and onion.



**California Cob**  
\$ 8.50 550 cal.

Fresh avocado, smoked turkey breast, crispy bacon, and blue cheese spread with lettuce, tomato, red onion, and salt & pepper mix



**Turkey Chile Cheddar Melt**  
\$ 8.50 590 cal.

Smoked turkey breast loaded with cheddar cheese, fresh tomatoes, roasted green chiles and a house-made green chile mayo.



**Spicy Apple Bacon Grilled Cheese**  
\$ 8.50 620 cal.

Melted cheddar and provolone with a generous helping of bacon, thinly sliced apples and a light coating of pepper jelly.

# SALADS Every salad includes a complimentary roll or slice of bread.



**Sesame Chicken Grain Bowl**  
\$ 6.50 520 cal.

Grilled chicken breast with peanuts and cashews on a bed of mixed greens and cabbage. Tossed with grated carrots, cilantro, crunchy sesame seeds, toasted wheat, quinoa and our house-made miso vinaigrette. Finished with a sprinkle of salt and pepper.



**Sesame Portobello Grain Bowl**  
\$ 7.50 410 cal.

Grilled portobello with peanuts and cashews on a bed of mixed greens and cabbage. Tossed with grated carrots, cilantro, crunchy sesame seeds, toasted wheat, quinoa and our house-made miso vinaigrette. Finished with a sprinkle of salt and pepper.



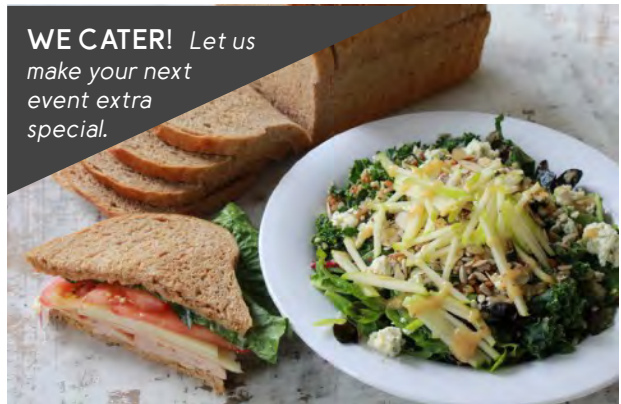
**Mexicali Salad**  
\$ 7.50 290 cal.

Turkey, black beans, red onion, tomato, avocado, cilantro and tortilla chips on a bed of mixed greens and cabbage, topped with salt and pepper mix and our original chipotle dressing.

**Economize !**  
Add a bowl of soup and /or cookie to any salad at a reduced price.

**\$ave**

Add soup (8 oz.) \$ 3.00  
Add cookie \$ 1.25



# SOUPS Soup offerings vary daily. Each 8-ounce bowl of soup includes a complimentary roll or slice of bread.



**Chicken Noodle**  
\$ 3.50 110 cal.



**Cheddar Broccoli**  
\$ 3.50 200 cal.



**Tomato Basil**  
\$ 3.50 270 cal.



**Chicken Tortilla**  
\$ 3.50 180 cal.



**Chili**  
\$ 3.50 230 cal.

## KIDS' SANDWICHES

*Smaller portions for children under 12. Each kids' sandwich comes with a complimentary bag of chips/pretzels and applesauce.*

Kids' Grilled Cheese.....	\$ 4.00
Kids' Ham and Cheese.....	\$ 5.00
Kids' Turkey and Cheese.....	\$ 5.00
Kids' Peanut Butter and Jelly.....	\$ 3.50

**Economize !**

Add a soup and/or cookie to your kids' sandwich at a reduced price.

**\$ave**

Add soup \$ 3.00  
Add cookie \$ 1.25





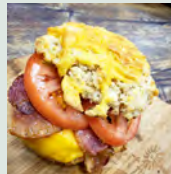
# BREAKFAST *We serve breakfast all day.*



**Breakfast Sandwich**

**\$ 6.50** 670 cal. +

Choose any bread or biscuit, and we will fill it with your choice of meat, cheese, tomato, and egg.



**Savory Biscuit**

**\$ 2.50** 300 cal. +

Our bakers make a different flavor of savory biscuit each day.



**Savory Biscuit and Gravy**

**\$ 3.00** 420 cal.

A tender biscuit topped with creamy sausage gravy.

## *Economize !*

*Add a side to your breakfast at a reduced price.*

**Add coffee** (12 ounces) **\$ 1.25**

**Add bacon** (3 slices) **\$ 1.00**

**Add ham** (1.5 ounces) **\$ 1.00**

**Add toast** (2 slices) **\$ 1.25**

# SWEETS *Our bakers will fill special requests. Just call ahead.*



**Brownie\***

**\$ 2.75** 670 cal. +



**Savannah Bar**

**\$ 2.50** 520 cal. +



**Blondie**

**\$ 2.50** 530 cal.



**Monkey Bread**

**\$ 1.75** 310 cal.



**Cookie\***

**\$ 1.75** 470 cal. +



**Bread Pudding**

**\$ 2.75** 350 cal.



**Muffin\***

**\$ 2.50** 470 cal. +



**Coffee Cake\***

**\$ 2.50** 740 cal. +



**Scone\***

**\$ 2.50** 400 cal. +



**Cinnamon Roll**

**\$ 2.50** 400 cal.

\* Our brownie, cookie, muffin, coffee cake and scone flavors vary from day to day. Grab a baking schedule from our ordering counter—to discover which delicious flavors we have available today.

# SPECIALTY BREADS *See our monthly baking schedule to see what we are making or try a free sample.*

- Asiago Pesto
- Autumn Apple
- Pumpkin Swirl
- Cinnamon Chip
- Tuscan Herb
- Raisin Cinnamon Chip
- Cheddar Garlic
- High 5 Fiber
- Cracked Pepper Parmesan
- Bacon Cheddar Beer
- Pumpernickel Rye
- High Fiber Apple Cinnamon Walnut
- Swedish Rye
- Potato Cheddar Chive
- Red, White and Blue
- Others by request

## **WE MAKE GIFT BASKETS!**

Customize a gift basket to fit your occasion.

