

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



Economize!

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

Add soup (8oz) \$ 3.15
Add cookie \$ 1.30

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.

CLASSIC SANDWICHES

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



Classic Ham
\$ 6.80 610 cal. +



Classic Turkey
\$ 6.80 570 cal. +



Classic Roast Beef
\$ 6.80 600 cal. +



**Pepper Blue
Roast Beef**
\$ 7.85 470 cal. +



Classic BLT
\$ 6.80 460 cal.



Grilled Cheese
\$ 5.80+ 680 cal. +

SIGNATURE SANDWICHES

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



**Baja Chipotle
Turkey**
\$ 8.90 600 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**
\$ 7.85 630 cal.

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



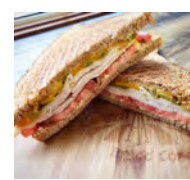
**Veggie Three-
Seed Hummus**
\$ 7.85 540 cal.

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



California Cob
\$ 8.90 550 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**
\$ 8.90 590 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**
\$ 8.90 620 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.



A

Sesame Chicken Grain Bowl
\$ 6.80 520 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.



A

Sesame Portobello Grain Bowl
\$ 7.85 410 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
\$ 7.85 290 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.) \$ 3.15
Add cookie \$ 1.30

WE CATER! Let us make your next event extra special.



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



Chicken Noodle
\$ 3.65 110 cal.
Everyday



Cheddar Broccoli
\$ 3.65 200 cal.
Friday



Tomato Basil
\$ 3.65 270 cal.
Monday and Thursday



A

Chicken Tortilla
\$ 3.65 180 cal.
Tuesday



Chili
\$ 3.65 230 cal.
Wednesday and Saturday

KIDS' SANDWICHES

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

Kids' Grilled Cheese.....	\$ 4.20
Kids' Ham and Cheese.....	\$ 5.25
Kids' Turkey and Cheese.....	\$ 5.25
Kids' Peanut Butter and Jelly.....	\$ 3.70

Economize !

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

Add soup \$ 3.15
Add cookie \$ 1.30



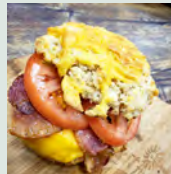
BREAKFAST *We serve breakfast all day.*



Breakfast Sandwich

\$ 6.80 670 cal.+

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



Savory Biscuit

\$ 2.60 300 cal.+

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



Savory Biscuit and Gravy

\$ 3.15 420 cal.

A tender biscuit topped with creamy pepper 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 sausage (1patty)	\$ 1.00
Add toast (2slices)	\$ 1.00
Add avocado	\$ 1.00

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



Brownie*

\$ 2.60 670 cal.+



Savannah Bar

\$ 2.60 520 cal.+



Blondie

\$ 2.60 530 cal.



Monkey Bread

\$ 1.85 310 cal.



Cookie*

\$ 1.85 470 cal.+



Bread Pudding

\$ 2.60 350 cal.



Muffin*

\$ 2.60 470 cal.+



Coffee Cake*

\$ 2.60 740 cal.+



Scone*

\$ 2.60 400 cal.+



Cinnamon Roll

\$ 2.60 400 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 the monthly baking schedule for details. Stop in, samples are always free.*

- 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.

