

# GREAT HARVEST BAKERY AND CAFÉ



# CATERING

Breakfast · Lunch · Dinner · Boxed Meals · Sweets

ORDER BY EMAIL:  
[GreatHarvestAmesIA@outlook.com](mailto:GreatHarvestAmesIA@outlook.com)

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- Payment to be made at time of order.
- Best availability when orders placed at least 48 hours in advance.
- Delivery available; priced according to distance.
- All prices include appropriate tableware and condiments.
- Orders can be customized; portions can be modified; and flavors not listed on this menu can be requested. Just let us know what you want.
- Our catering professionals can consult on quantity, assortment, and availability to match your needs.



502 Burnett Avenue, Ames, Iowa

**ALLERGY ALERT:** We use tree nuts and peanuts in many of our products. While all items may contain traces of nuts, those specifically containing nuts are denoted with <sup>Nuts</sup>.

## BREAKFAST



### Breakfast Pastries

Multiple flavors of scones and muffins with tasty mix-ins such as fruit, chocolate, and sometimes nuts are available.

**12-SERVING PLATTER**  
**\$30.00 - \$32.00**

Cinnamon Rolls (400 calories) .....	\$2.80
Scones (400-500 calories) .....	\$2.60
Muffins (350 - 470 calories) .....	\$2.60

### Breakfast Sandwiches

Breakfast sandwiches made with bread or biscuit.

**12-SERVING PLATTER**  
**\$73.00 - \$80.00**

<b>American Morning</b> Sausage or bacon paired with egg and cheese. (690 calories) .....	\$6.80
<b>Power Start</b> A hearty sandwich stuffed with ham, egg, provolone cheese, and avocado. (710 calories) .....	\$6.80
<b>Southwestern Sunrise</b> A spicy, cheesy omelet in a sandwich. Includes tomato and avocado. (540 calories) .....	\$6.20

## LUNCH AND DINNER



### Classic Sandwiches

Served on choice of bread, including Gluten X.

**12-SERVING PLATTER**  
**\$80.00**

<b>Classic Ham</b> (610 calories) .....	\$6.80
<b>Classic Turkey</b> (570 calories) .....	\$6.80
<b>Classic Roast Beef</b> (600 calories) .....	\$6.80
<b>Classic Bacon Lettuce Tomato</b> (460 calories) .....	\$6.80

### Signature Sandwiches

Served on choice of bread, including Gluten X.

**12-SERVING PLATTER**  
**\$94.00 - \$105.00**

<b>Baja Chipotle Turkey</b> Turkey with chipotle-honey-lime yogurt sauce. (600 calories) .....	\$8.90
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- Big Sky Chicken Salad** <sup>Nuts</sup> Chicken with raisins, cranberries, artichokes, lemon, and walnuts. Also includes lettuce, tomato, and onion. (630 calories) .....\$7.85
- Blue Cheese Pepper Beef** Roast beef, tomatoes, and lettuce dressed with a blue cheese-yogurt spread. (740 calories).....\$7.85
- California Cob** Turkey, tomato, lettuce, avocado, onion, and bacon accompanied by a blue cheese-yogurt spread. (550 calories) ..\$8.90
- Cubano** Ham, turkey and Swiss cheese with Dijon mustard and red onion with a touch of honey and spices. (580 calories).....\$7.85
- Spicy Apple Bacon Grilled Cheese** Melted cheddar and provolone cheeses with bacon, apples, and pepper jelly. (620 calories) .....\$8.90
- Turkey Chili Cheddar Melt** Turkey with cheddar cheese, tomato, and chilis. (590 calories).....\$8.90
- Veggie Three-Seed Hummus** Roasted sesame, sunflower, and pumpkin seeds with pureed chickpeas, lettuce, and onions. (540 calories) .....\$7.85

## Salads and Grain Bowls

**12-SERVING BOWL**  
\$80.00 - \$93.00

- Mexicali Salad** Turkey, black beans, tomato, avocado, cilantro, and tortilla chips on a bed of mixed greens. Served with chipotle dressing. (290 calories) .....\$7.85
- Sesame Chicken Grain Bowl** <sup>Nuts</sup> Grilled chicken with nuts on a bed of greens. Tossed with carrots, sesame, wheat, and quinoa. Served with vinaigrette. (520 calories) .....\$6.80
- Sesame Portobello Grain Bowl** <sup>Nuts</sup> Portobello mushrooms with nuts on a bed of greens. Tossed with carrots, sesame, wheat, and quinoa. Served with vinaigrette. (410 calories) .....\$7.85

## Soup and Chili

*Sliced bread or rolls included. Serving size is 8 ounces.*

**16-SERVING CONTAINER**  
\$42.00

- Chicken Noodle** (110 calories) .....\$3.50
- Chicken Tortilla** (180 calories) .....\$3.50
- Tomato Basil** (270 calories) .....\$3.50
- Cheddar Broccoli** (200 calories) .....\$3.50
- Hearty Chili** (230 calories) .....\$3.70

## Individual Boxed Meals

*Each box includes sandwich, chips, pickle slice, and cookie.*

- Classic Sandwich Box** .....\$8.65
- Signature Sandwich Box** .....\$9.70 - \$10.75
- Kids' Deli Box** .....\$7.10

## FRESH FRUIT



## Cut Fruit

*A blend of in-season, freshly cut fruit. Serving size is one cup.*

**PER 12-SERVING BOWL**  
\$22.00

2,000 calories per day used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.



## Cookies

*Several varieties of cookies available, or customize your own.*

**12-SERVING PLATTER**  
\$17.50

- Cookie** (470-520 calories) .....\$1.85
- Chocolate Chip
  - Oatmeal Raisin
  - M & M<sup>®</sup>
  - Sugar
  - Chocolate Bliss
  - Salted Caramel
  - Snickerdoodle
  - Turtle <sup>Nuts</sup>
  - Dillon <sup>Nuts</sup>
  - Gluten X Chocolate Chip

## Bars

*Several varieties of bars available, or customize your own.*

**12-SERVING PLATTER**  
\$25.00

- Bar** (430-500 calories) .....\$2.75
- Brownie (mix-ins possible)
  - Blondie (mix-ins possible)
  - Lemon
  - Cashew Crunch <sup>Nuts</sup>
  - Salted Caramel
  - Savannah
  - Congo
  - Gluten X Dairy X Berry

## Health Bars

**12-SERVING PLATTER**  
\$18.00

- Harvest** A health bar of oats, seeds, and fruit. (260 calories) ....\$1.60
- Trek** <sup>Nuts</sup> A health bar made from peanuts. (400 calories) .....\$1.60

## BEVERAGES

### Hot Beverages

*Serving size is 12 ounces.*

**PER 6-SERVING CONTAINER**  
\$9.00

- Coffee** Caffe D'arte Italian roasted coffee. (7 calories) .....\$1.75
- Tea** (0 calories) .....\$1.75
- Hot Chocolate** (265 calories) .....\$1.75

### Cold Beverages

*Cold beverages served in single-serving bottles of 10-16 ounces.*

- Water / Soda / Juice** .....\$1.89
- Tea / Milk** .....\$2.25



**Does your event include a raffle or door prizes?**

**We customize gift baskets, too!**