



GREAT HARVEST BAKERY AND CAFÉ
 502 Burnett Avenue, Ames IA
 (515) 598-2624
 amesia@greatharvest.com
 ames.greatharvestbread.com

Tuesday - Saturday 7 am - 2 pm

ORDER ONLINE:
 ames.greatharvestbread.com

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 ORDER AND EARN REWARDS:**
 Great Harvest Rewards



**CAFÉ
 MENU**

EVERY DAY BREAD

- Farmhouse White
- Whifty-Fifty
- Honey Whole Wheat
- Dakota

SPECIALTY BREAD

- Asiago Pesto
- Sourdough
- Gluten-X
- Vegan Whole Wheat



SELECT SANDWICHES

Your choice of every day bread. For specialty bread, add 50¢. Choose cold or toasted preparation. Includes complimentary pickle spear and bag of chips.

Baja Chipotle Turkey Smoked turkey breast, shaved cabbage, pickled red onions, tomato, avocado, and pepper jack cheese with a chipotle-honey-lime yogurt sauce. (600 cal) 9.95

Blue Cheese Pepper Beef Roast beef, tomatoes, lettuce, and onion with a creamy blue cheese-yogurt spread. (470 cal) 9.95

California Cobb Turkey, tomato, lettuce, avocado, onion, and bacon dressed with a creamy blue cheese-yogurt spread. (550 cal) 9.95

Chicken Bacon Ranch Tender chicken and crispy bacon complemented by a buttermilk-based dressing and topped with steamed cheddar cheese. (740 cal) 9.95

Hickory Melt Steamed cheddar cheese with ham, turkey, and crispy bacon, topped with a zesty barbecue sauce. (680 cal) 9.95

Spicy Apple Bacon Steamed cheddar and provolone cheese with a generous helping of crispy bacon, thinly sliced apples, and a light coating of pepper jelly. (620 cal) 9.95

FRUIT AND SALAD

Fresh Cut Fruit (calories vary) 6-oz cup 3.15 / 12-oz bowl 5.35

Harvest Salad A fresh mix of tomato, cucumber, and carrots arranged on a bed of lettuce and topped with our house-made croutons. (230 cal) ... 5.55

Harvest Salad Supreme Nuts An upgrade of our Harvest salad with grilled chicken, almonds, cashews, and Parmesan cheese. (460 cal) 7.10

SOUP & CHILI

Your choice of every day bread. For specialty bread, add 30¢.

Soup of the Day (calories vary) 4.80

CLASSIC SANDWICHES

Your choice of every day bread. For specialty bread, add 50¢. Your choice of lettuce, tomato, onion, cheese, and condiments. Choose cold or toasted preparation. Includes complimentary pickle spear and bag of chips.

- PB&J Nuts** (420 cal) 5.50
- Grilled Cheese** (680 cal) 5.80
- Turkey** (570 cal) 7.30
- Ham** (610 cal) 7.40
- BLT** (460 cal) 7.40
- Roast Beef** (600 cal) 7.80

SIGNATURE SANDWICHES

Your choice of every day bread. For specialty bread, add 50¢. Choose cold or toasted preparation. Includes complimentary pickle spear and bag of chips.

Big Sky Chicken Salad Nuts White chicken meat with golden raisins, cranberries, artichoke hearts, lemon, and walnuts. (620 cal) 8.95

Cubano Ham, turkey, Swiss cheese, and dill pickles bathed in pickled red onions and Dijon mustard sauce. (580 cal) 8.95

Veggie Baja A vegetarian version of our baja chipotle turkey sandwich. (580 cal) 8.95

Veggie Three-Seed Hummus Roasted seeds and chickpeas puréed into a protein-packed spread with crisp lettuce, onion, cucumber, and carrots. (540 cal) 8.95

Turkey Chile Cheddar Melt Smoked turkey breast sandwich loaded with cheddar cheese, fresh tomato, roasted chiles, and house-made green chile mayonnaise dressing. (590 cal) 8.95

HALF SANDWICH & SOUP SPECIAL

- Classic Half Sandwich with Soup 8.50
- Signature Half Sandwich with Soup 9.50
- Select Half Sandwich with Soup 10.50



BAKERY MENU

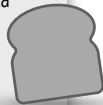
EVERY DAY BREAD

Farmhouse White • Whifty-Fifty
Honey Whole Wheat • Dakota

SPECIALTY BREAD

Asiago Pesto • Sourdough
Gluten-X • Vegan Whole Wheat

SAVORY BISCUIT



BREAKFAST MENU

BREAKFAST SANDWICHES

Your choice of every day bread. For specialty bread, add 50¢. For biscuit, add 60¢.

American Morning Choose sausage or bacon paired with egg and cheese for a substantial American morning feast. (690 cal)6.50

Power Start This protein-packed sandwich will start you off right with ham, egg, provolone cheese, and smooth avocado. (710 cal)6.50

Southwestern Sunrise Egg, cheese, tomato, and avocado, garnished with spicy chipotle pepper sauce and fresh cilantro. (540 cal) 6.10

OMELETS WITH TOAST

Your choice of every day bread. For specialty bread, add 30¢.

Fresh Veggie Green pepper, tomato, and onion smothered in Swiss cheese and enveloped by egg. (235 cal)5.60

Denver Ham and cheddar cheese with onion and green pepper in true Denver omelet fashion. (275 cal) 5.80

Farmer Packed with bacon, ham, sausage, and cheese. (460 cal) 6.20

SPECIAL BREAKFAST OPTIONS

Avocado Toast Two slices of toasted bread brushed with olive oil and topped with avocado and chia seeds. (340 cal)3.90

Biscuit & Gravy A jumbo biscuit submerged in a creamy black pepper gravy. (420 cal)4.40

French Toast Two slices of cinnamon bread dipped in a custard batter and lightly grilled. (350 cal) 4.80

SPECIALTY SWEETS

High Rise Cinnamon Roll Made with whole wheat and loaded with cinnamon, you can enjoy our cinnamon rolls any time of day. (400 cal) ... 3.30

Cream Cheese Scone ^{Nuts possible} A moist delicacy with a slightly crisp exterior. Various flavors every day. (370 - 440 cal)3.20

Bread Pudding Our moist bread pudding is chock full of spicy cinnamon and sweet raisins. (350 cal)3.50

Monkey Bread An addictive cinnamon pull-apart roll topped with ribbons of icing. (310 cal) 2.10

COOKIES

Cookie Our cookies are soft, chewy, and slightly oversized so you can enjoy them a little longer. (370 - 520 cal)2.10

- Chocolate Chip
- Oatmeal Raisin
- Snickerdoodle
- Sugar
- M&M®
- Turtle ^{Nuts}

Gluten-X Cookie Flavor section varies daily. (340 - 370 cal)2.45

- Snickerdoodle
- Chocolate Chip ^{Nuts possible}

BARS

Brownie ^{Nuts Possible} Choco-phoria. (510-730 cal)2.20

Lemon Bar Lemony goodness with a chewy cookie base. (430 cal)2.30

Cashew Crunch Bar ^{Nuts} Packed full of cashews, peanuts, and pumpkin seeds, this creation is for serious nut enthusiasts. Sweetened with honey. (340 cal)3.10

HEALTH BARS

Harvest Bar With 6 grams of protein and 4 grams of fiber, this wholesome bar is packed with oats, seeds, flax, and dried fruit. (260 cal)1.95

Trek Bar ^{Nuts} This peanut butter and seed bar will satisfy the hungriest of appetites with 11 grams of protein and 6 grams of fiber. (400 cal) 1.95

ALLERGY ALERT: We use tree nuts and peanuts in many of our products. Hence, **all items may contain traces of nuts**. Selections made specifically with nuts are denoted with ^{Nuts}. Please be aware that some flavors of sweets and breads may contain nuts, while other flavors do not. Always ask about ingredients if allergic to nuts.