



CAFÉ MENU

502 Burnett Avenue, Ames IA (515) 598-2624 amesia@greatharvest.com

Bread and Biscuit Options

EVERY DAY BREADS

- Farmhouse White ^{DX NX}
- Whifty-Fifty ^{NX}
- Honey Whole Wheat ^{DX NX}
- Dakota ^{DX NX}
- Cinnamon Chip ^{DX NX}
- Cinnamon Chip Raisin ^{DX NX}

SPECIALTY BREADS

For specialty breads, add 50¢.

- Asiago Pesto
- Sourdough ^{NX}
- Gluten-X ^{GIX}
- Vegan Whole Wheat ^{V DX NX}

SAVORY BISCUIT ^{NX}

For biscuit, add 90¢.



Sandwiches

Includes complimentary pickle spear and bag of chips.

VEGETARIAN SANDWICHES

- Peanut Butter and Jam** ^{V DX GIX} 680 cal
Peanut butter • fruit jam 6.00
- Soy Butter and Jam** ^{V DX NX GIX} 690 cal
Wow® soy butter • fruit jam 6.20
- Grilled Cheese** ^{NX GIX} 680 cal
Cheddar • provolone • garlic herb spread 6.60
- Veggie Hummus** ^{V DX NX GIX} 540 cal
Hummus • lettuce • red onion • cucumber • carrot 9.80
- Veggie Baja** ^{NX GIX} 560 cal
Pepper jack • cabbage • pickled red onion • tomato • avocado • chipotle sauce 9.90

TURKEY SANDWICHES

- Classic Turkey** ^{NX GIX} 570 cal
Turkey • provolone • lettuce • tomato • red onion • mustard • mayo 8.80
- Pesto Turkey** ^{GIX} 560 cal
Turkey • provolone • lettuce • tomato • red onion • pesto • garlic herb sauce ... 8.90
- Turkey Chile Cheddar Melt** ^{NX GIX} 590 cal
Turkey • cheddar • roasted chiles • tomato • green chile mayo 9.90
- Baja Chipotle Turkey** ^{NX GIX} 600 cal
Turkey • pepper jack • cabbage • pickled red onion • tomato • avocado • chipotle-lime sauce 10.90

HAM SANDWICHES

- Classic Ham** ^{NX GIX} 610 cal
Ham • cheddar • lettuce • tomato • red onion • mustard • mayo 8.70
- Ham and Brie-Apple** ^{NX GIX} 715 cal
Ham • brie • apple • spiced jam 11.60

BACON SANDWICHES

- BLT** ^{NX GIX} 460 cal
Bacon • lettuce • tomato • mustard • mayo 9.20
- Spicy Apple Bacon** ^{NX GIX} 620 cal
Bacon • cheddar • apple • spiced jam 11.40

ROAST BEEF SANDWICHES

- Classic Roast Beef** ^{NX GIX} 570 cal
Roast beef • cheddar • lettuce • tomato • red onion • mustard • mayo 9.30
- Blue Cheese Beef** ^{NX GIX} 470 cal
Roast beef • lettuce • tomato • red onion • blue cheese-yogurt spread 11.20

CHICKEN SANDWICHES

- Big Sky Chicken Salad** ^{GIX} 620 cal
Chicken • raisin • cranberry • artichoke • lemon • walnut • creamy dressing • lettuce • tomato • red onion 11.20

MULTI-MEAT SANDWICHES

- Cubano** ^{NX GIX} 580 cal
Turkey • ham • swiss • dill pickle • pickled red onion • mustard sauce 10.40
- Turkey BLT** ^{NX GIX} 580 cal
Turkey • bacon • lettuce • tomato • avocado • mayo 10.80
- California Cobb** ^{NX GIX} 550 cal
Turkey • bacon • tomato • lettuce • red onion • avocado • blue cheese spread 11.20
- Chicken Bacon Ranch** ^{NX GIX} 740 cal
Chicken • bacon • cheddar • buttermilk dressing 11.20
- Honey Mustard Chicken Melt** ^{NX GIX} 550 cal
Chicken • bacon • swiss • honey mustard 11.30
- Hickory Melt** ^{NX GIX} 680 cal
Ham • turkey • bacon • cheddar • barbecue sauce 11.50

Soup, Chili, & Pasta

- Mac 'n' Cheese** (570 cal) 5.10
- Soup of the Day** calories vary 5.90
- Soup & Half Sandwich Special** calories vary 11.00 to 14.20*

** price depends on sandwich choice*

Salad & Grains

VEGETARIAN SALADS & GRAINS

- Fresh Cut Fruit** ^{V DX NX GIX} calories vary 5.40
- Harvest Salad** ^{V DX NX GIX} 230 cal
Lettuce • carrot • cucumber • tomato • housemade croutons 8.25
- Carrot Tahini Grain Bowl** 410 cal
Lettuce • wheat berry • quinoa • sesame carrot • cucumber • chickpea • lemon tahini yogurt • golden raisin • almond • cilantro • red wine vinaigrette 8.90

CHICKEN SALADS & GRAINS

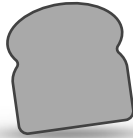
- Big Sky Chicken Salad** ^{GIX} 530 cal 7.10
- Harvest Salad Supreme** ^{DX GIX} 460 cal
Chicken • lettuce • carrot • cucumber • tomato • cashew • peanut • parmesan • housemade croutons 9.80
- Sesame Chicken Grain Bowl** 520 cal
Chicken • cabbage • wheat berry • quinoa • carrot • cashew • peanut • honey miso vinaigrette 9.80

BREAKFAST & SNACK MENU



X designations denote that the recipe does not contain the listed ingredient, but because we use common allergens in our bakery, all items may contain traces of allergens. Additionally, we occasionally update our recipes so ingredients may vary at any point in time. Always ask about ingredients if allergic. →

see bread and biscuit options under sandwiches on front page



Special Diet Menu Key	
V	Vegan when ordered with vegan bread, crouton, and vinaigrette
DX	Dairy X when ordered with dairy-x bread, crouton, or vinaigrette
NX	Nut-X when ordered with nut-x bread or crouton
GIX	Gluten X when ordered with gluten-x bread or crouton
Keto	Keto Friendly

Breakfast Sandwiches

VEGETARIAN SANDWICHES

Southwestern Sunrise NX GIX 540 cal
Egg • pepper jack • tomato • avocado • chipotle sauce7.40

MEATY SANDWICHES

Sausage Sunup NX GIX 705 cal
Sausage • egg • cheddar7.80

American Morning NX GIX 685 cal
Bacon • egg • cheddar8.10

Power Start NX GIX 710 cal
Ham • egg • cheddar • avocado8.80

Loaded Bacon NX GIX 810 cal
Bacon • egg • cheddar • avocado • tomato • garlic-herb spread8.90

Omelets

Generous four-egg omelets with complimentary slice of plain toast.

VEGETARIAN OMELETS

Fresh Veggie NX GIX 255 cal
Egg • swiss • green pepper • tomato • onion7.60

MEATY OMELETS

Denver NX GIX Keto 295 cal
Egg • ham • cheddar • onion • green pepper8.10

Farmer NX GIX Keto 500 cal
Egg • bacon • ham • sausage • cheddar8.60

Special Breakfast Options

Biscuit & Gravy NX 420 cal
Savory biscuit • black pepper gravy • sausage5.80

French Toast NX GIX 350 cal
Cinnamon chip bread (two slices) • custard batter6.20

Toast

Plain V DX NX GIX 270 calories vary
Choose butter, honey, and/or jam1.70

The Hulk V DX GIX 270 cal
Avocado • smoked paprika • chia seeds • sea salt4.40

Specialty Sweets

Cinnamon Roll NX 335 / 480 cal2.95 / 4.40

Silk Fruit Roll NX 320 / 460 cal2.95 / 4.40

Bread Pudding NX 350 cal4.40

Cream Cheese Scone 370 - 440 cal4.25

Jumbo Muffin 400 - 490 cal3.50

Monkey Bread NX 310 cal2.95

Cookies & Bars

Cashew Crunch Bar DX 340 cal3.95

Brownie 510 - 690 cal3.50

Lemon Bar NX 430 cal2.60

Cookie 370 - 520 cal2.95

Gluten-X Cookie GIX 340 - 370+ cal3.30

Vegan Cookie V DX 320 - 360 cal3.50

Health Bars

Harvest Bar DX GIX NX 260 calories2.45

Trek Bar DX GIX 400 calories2.45

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