

Catering



We have a flyer to help your guests choose their own meal. Let us know if you would like a copy.



#### Special Diet Menu Key

Notify staff when someone has an allergy so we can include the appropriate bread / dressing / croutons.

- V Vegan when ordered with vegan bread / crouton / vinaigrette
- DX Dairy X when ordered with dairy-x bread / crouton / vinaigrette
- NX Nut-X when ordered with nut-x bread / crouton
- GIX Gluten-X when ordered with gluten-x bread / crouton
- Keto Keto Friendly

Soup & Chili

Soup of the Day Hearty Chili

5.80 5.80



Fresh Cut Fruit v DX NX GIX5.20Harvest Salad v DX NX GIX8.25Harvest Salad Supreme DX GIX9.80

Grains Sesame Chicken Grain Bowl 9.80

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# Make it a Meal

Sandwiches	Sandwich only	Sandwich Chips Cookie / Bar	Sandwich Cut Fruit	Half Sandwich Soup Cookie/Bar	Choice of Cookie or Bar for brown bag for meals
VEGETARIAN					COOKIES
Peanut Butter and Jam v DX GIX	6.00	8.75	11.20	11.65	Chocolate Chip NX
Soy Butter and Jam V DX NX GIX	6.20	8.95	11.40	11.85	Chocolate Crinkle NX M&M <sup>® NX</sup>
Veggie Hummus v dx nx gix	9.70	12.45	14.90	15.35	Monster
Veggie Baja nx gix Chicken	9.80	12.55	15.00	15.45	Oatmeal Raisin ™ Turtle
Big Sky Chicken Salad GIX	11.10	13.85	16.30	16.75	Sugar <sup>NX</sup> Snickerdoodle <sup>NX</sup> Cowboy
Classic Turkey NX GIX	8.70	11.45	13.90	14.35	Dillon Gluten-X (add 35¢) <sup>GIX.</sup>
Pesto Turkey NX GIX	8.80	11.55	14.00	14.45	Vegan (add 35¢) <sup>V DX</sup>
Turkey Chile Cheddar Melt NX GIX	9.80	12.55	15.00	15.45	BARS
Baja Chipotle Turkey NX GIX HAM	10.80	13.55	16.00	16.45	Brownie Harvest Health Bar DX NX
Classic Ham NX GIX	8.60	11.35	13.80	14.25	Trek Health Bar DX GIX
Ham and Brie-Apple NX GIX BACON	11.50	14.25	16.70	17.15	Choice of Bread
BLT NX GIX	9.10	11.85	14.30	14.75	
Spicy Apple Bacon NX GIX ROAST BEEF	11.30	14.05	16.50	16.95	EVERY DAY BREADS Included in sandwich price. Farmhouse White DX NX
Classic Roast Beef NX GIX	9.20	11.95	14.40	14.85	Whifty Fifty NX
Blue Cheese Pepper Beef NX GIX MULTI-MEAT	11.10	13.85	16.30	16.75	Honey Whole Wheat DX NX Dakota DX NX
Cubano NX GIX	10.30	13.05	15.50	15.95	SPECIALTY BREADS
California Cobb NX GIX	11.10	13.85	16.30	16.75	For specialty bread, add 50¢.
Chicken Bacon Ranch NX GIX	11.10	13.85	16.30	16.75	Sourdough NX Asiago Pesto
Honey Mustard Chicken Melt NX GIX	11.20	13.95	16.40	16.85	Gluten-X GIX
Hickory Melt NX GIX	11.40	14.15	16.60	17.05	Vegan Whole Wheat <sup>V DX NX</sup>



Great Harvest Bakery and Café 502 Burnett Avenue, Ames IA

Breakfast Sandwiches

VEGETARIAN	
Southwestern Sunrise NX GIX	7.20
MEATY SANDWICHES	
Sausage Sunup NX GIX	7.60
American Morning NX GIX	7.90
Power Start NX GIX	8.60
Loaded Bacon NX GIX	8.70

Toast Hulk Avocado Toast v NX GIX 4.30

#### Choice of Bread

### **EVERY DAY BREADS**

Included in sandwich price. Farmhouse White DX NX Whifty Fifty NX Honey Whole Wheat DX NX Dakota DX NX

SPECIALTY BREADS For specialty bread, add 50¢.

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

Breakfast and Bakery 4-Egg Omelets Cookies

4-Egg Omelets

VEGETARIAN Fresh Veggie NX GIX 7.40 MEATY OMELETS Denver NX GIX Keto 7.90 Farmer NX GIX Keto 8.70

Fruit Cut Fresh Fruit v DX NX GIX 5.20

# Breakfast Sweets

Caramel Pecan Roll 3.00/4.50 Cinnamon Roll NX 2.85/4.30 Silk Fruit Roll NX 2.85/4.30 **Cream Cheese Scone** 4.15 Jumbo Muffin 3.40 Monkey Bread NX 2.85

## Cold Drinks 1.60

**Orange Juice** 1.75 **Apple Juice** 1.75 Lemonade 1.90 Milk 2.20 Soda 2.20 Sweet Tea 2.35

Chocolate Chip NX	2.85
M&M® NX	2.85
Monster	2.85
Oatmeal Rasin NX	2.85
Turtle	2.85
Sugar NX	2.85
Snickerdoodle NX	2.85
Gluten-X GIX	3.30
Vegan v dx	3.50

## Bars

Ultimate Brownie	3.35
Cashew Crunch Bar DX	3.95
Lemon Bar NX	2.50
Harvest Health Bar DX NX	2.45
Trek Health Bar DX GIX	2.45

### Hot Thermos to serve 8 persons

IWe serve Caffé d'Arte Coffee: Dark, Medium, and Decaffeinated.

Coffee 16.00 Hot Chocolate 16.00 Hot Water & Tea Bags 10.00

# To Order



amesgreatharvest.com Click on the "Order Catering" button.



**EMAIL** amesia@greatharvest.com



We welcome special requests, including requests for flavors not listed. Best availability when orders are placed at least 48 hours in advance. To qualify for catering prices, orders must include multiple meals or items. Payment due at time of ordering. Delivery available in Ames for \$15. For delivery outside of Ames, please inquire when ordering.

Beverages Water