

GOODIES

Mini cookies available for \$1.50

Dillon Cookie - M, W, F

240-480 cal. \$2.75

Freshly-baked, melt in your mouth cookie made with whole wheat, oatmeal, walnuts, and chocolate chips.

Peanut Butter Cookie - M, W, F

250-470 cal. \$2.75

Peanut butter, and whole wheat flour - what's not to love?

Oatmeal Raisin Cookie - S, T, Th

80-160 cal. \$2.75

Oatmeal, raisins, & whole wheat flour make this whole grain treat extra delicious!

Chocolate Chip Cookie - S, T, Th

240-480 cal. \$2.75

Freshly baked, melt in your mouth cookie made with whole wheat, oatmeal, and chocolate chips.

Savannah Bars - M, T, W, Th

550 cal. \$4.50

A delectable oatmeal cookie crust topped with succulent pieces of fruit, wholesome rolled oats, and a hint of coconut. Topped with cookie crumbles.

Fudge Brownies - S, T, Th

720-730 cal. \$4.50

Chewy, chocolatey brownies filled with chocolate chips, cocoa powder & vanilla. Toppings vary.

Mexican Chocolate Teacake - S, T, Th

190 cal./slice \$4.00/9.50

Heat up this season with this decadent, dark chocolate bread! Filled with cocoa, chocolate chips, pumpkin seeds, vanilla, cinnamon, and a touch of spice with chipotle and cayenne - the perfect blend of sweet and spicy.

Low Fat Pumpkin Muffin - M, W, F

210 cal. \$4.00

A pumpkin muffin sure to satisfy your cravings!

2,000 calories a day is used for general nutrition advice, but calorie needs vary.




BAKERY CAFE
Bread. The way it *ought* to be.



HANDCRAFTED Breads & Goodies BAKE SCHEDULE

(Apr 28, 2019 - May 24, 2019)



4303 Nawiliwili Rd., Lihu'e
(808) 431-4503
www.greatharvestkauai.com

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

HANDCRAFTED BREADS

Made from scratch every day.

Honey Whole Wheat - S, M, T, W, Th
130 cal./slice \$8.00

A perfect blend of five pure ingredients – freshly ground, flavor-rich wheat, pure honey, filtered water, salt, and yeast.

Harvest White - S, T, Th
130 cal./slice \$8.00

We keep it simple! Unbleached white flour, honey, salt, yeast, and water.

Cinnamon Chip - S, T, Th
160 cal./slice \$8.25

Flour, cinnamon chips, honey and ground cinnamon.

Dakota - Wed
170 cal./slice \$12.75

Freshly ground whole wheat flour, honey, millet, sunflower, sesame & pumpkin seeds.

High 5 Fiber - Mon.
140 cal./slice \$10.50

Whole wheat flour, honey, flax seeds, oat bran, millet, sunflower seeds, and wheat bran.

Green Chili Cheese - Thu.
150 cal./slice \$11.50

Whole wheat and white flour, garlic, onion, green chiles, cumin, paprika, oregano, and cheddar cheese.

Challah - Fri.
140 cal./slice \$8.00

Blend of whole wheat and white flour, honey, eggs, and salt.

Extreme Cinnamon Swirl - S, Th
170 cal./slice \$10.75

Our Cinnamon Chip dough with a healthy dose of some butter and our own "babka" filling.

Cheddar Garlic/Jalapeno - Wed.
170 cal./slice \$11.50

Cheddar cheese, garlic, jalapeños, onion, sesame seeds, and parsley.

Sourdough - Mon.

110 cal./slice \$8.00

This European-style sourdough is moist and chewy inside and loaded with complex flavors. It is a fantastic compliment to any dinner, and it makes great French toast the next morning!

Savory Biscuits - M, W, Th, F
300 cal. \$3.35

Featuring a rich, cinnamon swirled center, this beautiful Eastern-European bread tastes incredible.

Red, White, Blueberry - Tue.
150 cal./slice \$11.00

Flour, honey, cherries, and blueberries.

Menu is subject to change.

All prices are subject to a 4.7% G.E.T.

GOODIES

Fresh, wholesome, made-from-scratch daily!

Cream Cheese Scones - Everyday
280-350 cal. \$3.70

A just crunchy-enough exterior and soft, fluffy inside filled full of berries, chocolate or cinnamon chips and chunks of cream cheese.

Cinnamon Rolls - Sun
400 cal. \$5.25

Cinnamon, brown sugar, and butter rolled in a fluffy dough, topped with our cream cheese frosting.

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