

GOODIES

Mini cookies available for \$1.50

Dillon Cookie (C.Chip & Walnut) - M, W, F
240-480 cal. \$2.75
Freshly-baked, melt in your mouth cookie made with whole wheat, oatmeal, walnuts, and chocolate chips.

Oatmeal Raisin Cookie - S, T, Th
80-160 cal. \$2.75
Oatmeal, raisins, and whole wheat flour make this whole grain treat extra delicious!

Golden Raisin Cinn Chip Pecan - M, W
250-500 cal. \$2.75
This 100% whole wheat cookie is packed full of delicious ingredients like cinnamon chips, oats, and pecans.

Pumpkin Choc Chip Muffin & Teacake - M, W, F
190-560 cal. \$4.00/\$9.50
The perfect blend of pumpkin and chocolate chips in every delicious bite.

Cappuccino Chocolate Muffin - S, T, R
450 cal. \$4.00
Our blended dough is mixed with chocolate chips, coffee and chunks of cream cheese for a unique and delicious combination.

Fudge Brownies - S, T, Th
720-730 cal. \$4.35
Chewy, chocolatey brownies filled with chocolate chips, cocoa powder, and vanilla. Each day made brings a new topping.

Savannah Bar - M, T, W, R
550 cal. \$4.35
A delectable oatmeal cookie crust topped with succulent pieces of fruit, wholesome rolled oats, and a hint of coconut. Topped with cookie crumbles.

Ginger Cookie - S, T, Th
220-430 cal. \$2.75
Simply made and perfectly moist - with pure molasses, ginger, and fall spices.

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

(Nov 1-16, 2018)



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

www.greatharvestkauai.com

Sun: 7am-3pm, Mon-Thu: 6am-5:30pm, Fri:
6am-5pm

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HANDCRAFTED BREADS

Made from scratch every day.

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

Perfect blend of five pure ingredients – freshly ground, flavor-rich wheat, pure honey, filtered water, salt, & yeast.

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

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

Dakota - Wed.
170 cal./slice \$12.75

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

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

Flour, cinnamon chips, honey, and ground cinnamon.

Everything Bread - Mon.
140 cal./slice \$11.75

Onion, garlic, sesame, poppy, caraway, flax, and sunflower seeds, millet, oats, polenta, and black pepper.

Sonoma - Mon.
160 cal./slice \$10.95

Fresh lemon and orange pulp, 100% whole wheat flour, pumpkin & sunflower seeds, golden raisins, & cranberries.

Potato Fennel - Wed. (Nov 7 & 14th Only)
150 cal./slice \$10.75

Indulge in the addicting, savory flavor of this whole grain bread made with potato, thyme, fennel, garlic, black pepper, poppy seeds, & 100% whole-wheat flour.

Pumpkin Swirl - S, T
140 cal./slice \$10.75

Made with real pumpkin and fall spices, swirled with a delicious filling of brown sugar, butter, spices and walnuts.

Cranberry Orange - Thu.
130 cal./slice \$10.25

Freshly ground whole wheat flour, cranberries, honey, & fresh oranges.

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Savory Biscuits - S, M, W, F
300 cal. \$3.25

These perfectly fluffy, buttery biscuits will satisfy your homemade cravings!

Menu is Subject to Change.
Dinner Rolls available on Wednesdays.

GOODIES

Fresh, wholesome, made-from-scratch daily!

Cream Cheese Scones - S, M, T, W, Th, F
280-350 cal. \$3.65

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

Cinnamon Rolls - S, W
400 cal. \$5.25

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