

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, W, F

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.

Apple Spice Cake - S, T, Th

540 cal. \$4.25

This whole grain goodie combines apples, brown sugar, cinnamon, & nutmeg and a delicious streusel topping.

Pumpkin Chocolate Chip - M, W, F

560 cal. \$4.25

The perfect blend of pumpkin and chocolate chips in every delicious bite.




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



HANDCRAFTED Breads & Goodies BAKE SCHEDULE

(Aug 7, 2019 - Oct 31, 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.

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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.

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

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

Autum Apple - Wed.
150 cal./slice \$10.75

Apples, golden raisins, sunflower seeds, oats, maple syrup, and nutmeg.

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 - Wed.
170 cal./slice \$11.50

Cheddar cheese, garlic, 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.

Cinnamon Raisin Blend - Mon.
140 cal./slice \$9.95

Blend of 100% whole wheat flour & white, with cinnamon and juicy raisins.

Halloween Specials -
Spiders & Witches Fingers are available for your Halloween festivities. Place an order NLT COB Sunday, 10/27.

Menu is subject to change.

All prices are subject to State of HI 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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