

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.

Oatmeal Raisin Cookie - S, T, Th

80-160 cal. \$2.75

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

Banana Muffin & Teacake - S, T, Th

150-450 cal. \$4.00/\$9.50

Who doesn't love fresh baked Banana bread? Our moist & delightful version of this classic favorite is sure to impress with loads of banana flavor!

Oatberry Muffins - M, W, F

410-420 cal. \$4.00

100% whole wheat muffin marries rolled oats, oat-bran, and berries for a nourishing morning or anytime goodie.

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.

Chocolate Brownie Bread (Beg. Jan 7th) - M, W, F

180 cal./slice \$9.50

If you love a rich chocolatey brownie, this breads for you! This luscious cake bread is blended with chocolate chips for an extra chocolate kick. It a heavenly treat morning, noon, or night!



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



HANDCRAFTED Breads & Goodies BAKE SCHEDULE

(Jan 2019 - Feb 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. \$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. \$8.00

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

Dakota - Wed
170 cal. \$12.75

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

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

Flour, cinnamon chips, honey, and ground cinnamon.

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

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

Nine Grain Bread - Thu
140 cal./slice \$10.25

Red and white cracked wheat, rye, barley, corn, millet, oats, flax, and buckwheat kernels.

Popeye - Mon.
120 cal./slice \$11.50

Whole wheat and white flour blend, spinach, Parmesan cheese, honey, red peppers, onion, and garlic.

White Chocolate Cherry (Feb 1-14) - Wed.
160 cal/slice \$12.00

White chocolate chips, cherries, flour, honey, brown sugar, and vanilla.

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

Flour, honey, cheddar cheese, sesame seeds, onion, garlic, and parsley.

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Sourdough (Begins Jan 7th) - 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. \$3.25

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

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

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.