

Featured Items

Great deals available in April

Prairie Harvest
Klean Kanteen 30% off



Tony's Chocolonely
Large Chocolate Bars
(all flavors) 20% off

Prairie
Trail Mix (all sizes
and flavors) 15% off



To Go Ware
Flatware Sets & Kids
Utensil Sets 15% off

RSVP international
Stainless Steel Straws
15% off



601 N. Main Street, Newton, Kansas, 67114
316-283-6623
info@prairieharvestks.com
prairieharvestks.com

Store Hours:
9am-7pm Mon, Tue, Wed, Fri
9am-8pm Thu
9am-5pm Sat
Closed Sunday

Prairie Harvest

Market & Deli

ANNOUNCEMENTS

Take a Hike

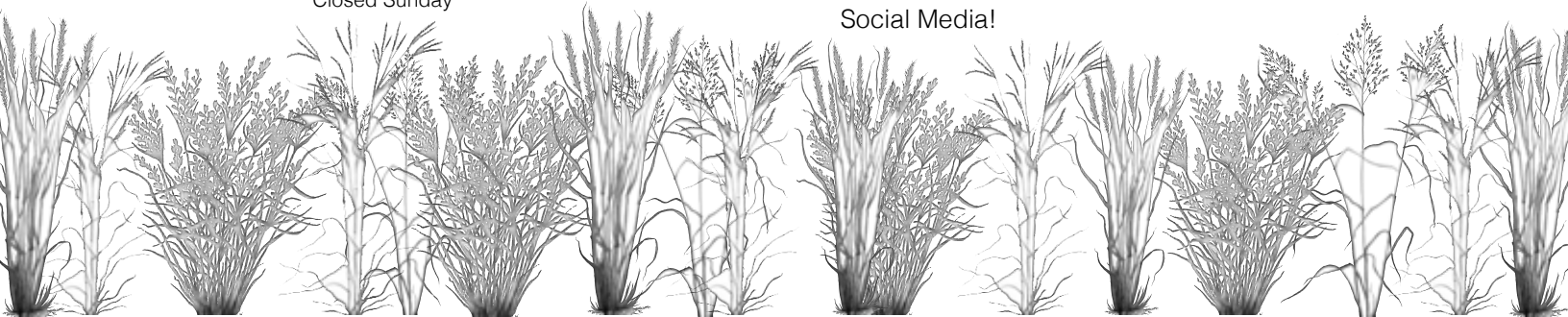
If you are heading outdoors for a hike now that the weather is nice, make sure to stop by the store for all of your outdoor adventure needs! We have a wide selection of snacks perfect for consuming on the go. Check out our three flavors of Prairie Trail mixes; Chisholm Trail Mix, Cranberry Trail Mix, and Prairie Trail Mix. Plus we have a shelf of protein bars including brands like FITJOY, Primal Kitchen, Health Warrior, jerky from Epic, and more!

Earth Day - April 22nd

We celebrate Earth Day all year long and with it coming up we hope you'll come and celebrate with us! Here are a few of the things we do:

- We sell products that reduce waste. You can use less plastic with our bamboo utensil sets, stainless steel straws, reusable bags from Baggu and Blue Q, stainless steel food carriers, and Klean Kanteens.
- We partner with companies like Hildebrand and Graze N' Layz that reuse their packaging. You can return their milk jugs and egg cartons to the store!
- We have a special tub in our deli area for you to drop off your recyclables when you sort out your trash and dishes! Simply drop them in and we'll take care of them for you!
- We decided to install the biggest solar array our roof could handle to generate as much of our own electricity as we can. We have now saved over 8630 lbs in CO2 emissions, the equivalent of planting 100.37 trees!

Watch for a special announcement on Earth Day on our Social Media!



LUNCH

Lunch is served 11-3:30pm. We serve different prepared from scratch meals each day of the week as well as our daily menu items in our deli cooler. Dine in or pick up the family-sized grab and go frozen meals from the freezer.

Monday

- Aunt Millie's Veggie Beef Soup - WF
- Lasagna (Beef or Black Bean - V)

Tuesday

- Sicilian Sausage Soup - WF
- Taco Bar (Beef or Vegetarian)

Wednesday

- Chicken Pot Pie
- Roasted Red Pepper & Tomato Soup with Crispy Chick Peas - Vegan

Thursday

- Vegetable Potato Soup - V
- Cajun Beans & Rice - WF, V

Friday

- Chicken Tortilla Soup - WF
- Macaroni & Cheese - V

Saturday

- Prairie Chili - V
- Macaroni & Cheese - V

Daily Menu Items

- Banh Mi Spring Rolls
- Veggie Wraps
- Tuna Salad on Greens as a Wrap or Sandwich
- Ham and Swiss w/ Spicy Roasted Red Pepper Mayo as a Wrap or Sandwich
- Chicken Cobb Salad
- Spinach Salad w/ Cranberries and Feta - WF, V
- Fruit Salad w/ Seasonal Fruit - WF, V
- Hummus Cup w/ Veggies or Pita Chips- WF, V
- Local Bison & Cheese Plate
- Grape & Cheese Cup - WF, V
- Berry Parfait - WF, V
- Orange Cookie Parfait - WF, V

Key: V-vegetarian item, may contain dairy or eggs
WF-Wheat free item

THURSDAY DINNER

Join us Thursdays for a delicious scratch made dinner served 4:30-8:00 pm. Call ahead to reserve your order by noon.

April 5th

- 7 Bean Soup with Local Sausage

April 12th

- Shepherd's Pie

April 19th

- Local Beef Bierocks

April 26th

- Country Style Scalloped Potatoes & Ham

Every Thursday

- Cajun Beans & Rice - WF, V and Daily Menu Items

Key: V-vegetarian item, may contain dairy or eggs
WF-Wheat free item

BAKING SCHEDULE

Bread is baked fresh in store Monday-Friday each week.

Monday

- 100% Whole Wheat
- Scone Variety

Tuesday

- Oatmeal and Seven Grain

Wednesday

- Honey Whole Wheat and Cracked Wheat

Thursday

- Cinnamon-Orange Swirl and Seven Grain

Friday

- Zwieback

Daily

- Monster Cookies - WF, Date Bars - WF, Peanut Butter Chocolate Bars - WF, Biscotti, Carrot Cake, Lunar Mocha Energy Balls, Monster Cookie Energy Balls, Cranberry Orange Chia Energy Balls, Apple Cinnamon Muffins, Muffin Variety