

Featured Items

Great deals available in July



July Juice Special!
Purchase the juice of the month and get a 50% off card for your next juice purchase of any flavor

Make the Perfect Gluten Free S'mores!
Equal Exchange Chocolate Bars - \$2.79
S'moreables - \$4.49
Dandies Marshmallows - \$4.99



The Roasterie
Coffee Barbecue Rub - \$5.29
Cof-fee-que Barbecue Sauce - \$5.99

Docturmeric
NEW! Turmeric Drinks
(all flavors) - \$6.29



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

ANNOUNCEMENTS

National Ice Cream Month with Salted Creamery

Come celebrate National Ice Cream Month with us! We will have special deals and events, as well as our regularly scheduled "Here's the Scoop" on Thursdays from 6-8:00pm.

July 9th- 14th - National Ice Cream Day is a Sunday (the 15th) and we are celebrating by offering all pints of ice cream for just \$5 each July 9th-14th!

July 19th- Celebrate National Ice Cream Soda Day with us! Grab a scoop of ice cream and pair it with one of our delicious specialty sodas 6:00-8:00pm.

New Dinner Menu for July!

We're featuring an all new menu AGAIN! Come by and try out our newest dinners; Nacho Bar, Tequila Lime Chicken with Rice and Veggies, and Corn and Bean Chowder. See schedule inside.

Grilling Season

Tis' the Season to dust off the grill! Spice things up with meat rubs and Barbecue sauces from The Roasterie (on special this month!), delicious locally raised and processed meats, and amazing local veggies.

Going Camping?

Bring along some of your favorite snacks from Prairie Harvest! Our Prairie Trail Mixes and Cookies are perfect for nibbling on in the great outdoors. Or sit around the campfire roasting some dairy free, vegan, all natural marshmallows to eat with gluten free graham crackers and fair trade chocolate bars.



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
- Alfredo penne pasta with Steamed Veggies - V

Saturday

- Prairie Chili - V
- Macaroni & Cheese - V

Daily Menu Items

- Turkey with sweet and tangy mustard sandwich or wrap
- Tuna salad sandwich or wrap
- Ham and swiss sandwich or wrap
- Veggie Wrap
- Tuna Salad on Greens
- Chicken Cobb Salad
- Veggie Crunch Salad
- Spinach Salad
- Quinoa Salad
- Banh Mi Roll
- Bison and Cheese Cup
- Grape and Cheese Cup
- Berry Parfait
- Orange Cookie Parfait
- Hummus with veggies
- Hummus with pita
- Hummus 8 oz

THURSDAY DINNER

Join us Thursdays for a delicious scratch made dinner served 4:30-7:30pm. Call ahead to reserve your order by noon.

July 5th

- Nacho Bar

July 12th

- Tequila Lime Chicken with Rice and Veggies

July 19th

- Local Beef Bierocks

July 26th

- Corn and Bean Chowder

Every Thursday

- Cajun Beans & Rice
- Daily Menu Items

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

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