



### CBD

We now carry CBD products from Medterra! Made from all-natural, non-GMO hemp that is grown under strict guidelines in Kentucky, each batch is third-party lab tested and guaranteed to have zero THC. CBD can be ingested by capsule or tincture (orally or infused into foods like honey, beverages, and peanut butter) or can be applied to the skin with topical creams. It is widely regarded to possess potential health benefits such as: pain relief, anti-seizure properties, helps with anxiety, helps fight cancer, reduces the risk of diabetes, and more!

# Prairie Harvest

Market & Deli



## ANNOUNCEMENTS

### Hello Fall!

The first day of fall is this month! It's time for cider, soups, pies, hot cocoa, and all things pumpkin. Find all of the ingredients you need for the perfect fall treats and meals at the store!



### Kombucha

We have handcrafted, small-batch kombucha on tap at our juice bar! Our live probiotic kombucha, from Tea-Biotics, is a wonderful fizzy drink made from green or black organic tea and flavored with cold pressed organic juice and organic extract. Bottles and jugs are available for purchase and can be refilled as many times as you'd like. Kombucha drinkers claim many health benefits including: boosts energy, good for the digestive system, strengthens the immune system, reduces toxins in the liver, and more!

### Construction on the Building

Thank you so much for your patience as we've been fixing things up around the building! We're working on making some improvements to the building's air conditioning to help improve energy efficiency AND a few improvements to the building's structure as well!

### Chili Cook-Off September 29th

Join us at the Harvey County United Way Chili Cook-Off on September 29th! Find us among over 30 booths serving up delicious chilis and enjoy live music and entertainment, while contributing to great local causes.

Buy your tickets ahead of time at our register and save \$3.00! Tickets now available.

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



# 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
- Lasagna (Beef or Black Bean - V)

## Tuesday

- Sicilian Sausage Soup - GF
- Taco Bar (Beef or Pinto Bean - V)

## Wednesday

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

## Thursday

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

## Friday

- Chicken Tortilla Soup - GF
- 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 - V
- Tuna Salad on Greens - GF
- Chicken Cobb Salad
- Veggie Crunch Salad - GF, V
- Spinach Salad - GF, V
- Quinoa Salad - GF, V
- Banh Mi Roll - GF, V
- Bison and Cheese Cup - GF
- Grape and Cheese Cup - GF, V
- Berry Parfait - V
- Orange Cookie Parfait - V
- Hummus with veggies - GF, V
- Hummus with pita - V
- Hummus 8 oz - GF, V

# THURSDAY DINNER

Join us Thursdays for a delicious scratch made dinner served 4:30-7:30pm.

## September 6th

- Chicken or Veggie Stir Fry - V

## September 13th

- Enchiladas Blancas - GF

## September 20th

- Bierocks with Cheesy Potatoes

## September 27th

- Giant Stuffed Shells with Marinara - V

## Every Thursday

- Cajun Beans & Rice - GF, V
- 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 - GF, Date Bars - GF, Peanut Butter Chocolate Bars - GF, Biscotti, Carrot Cake, Lunar Mocha Energy Balls - GF, Monster Cookie Energy Balls - GF, Cranberry Orange Chia Energy Balls - GF, Apple Cinnamon Muffins, Pumpkin Chocolate Chip Muffins

Key: V-vegetarian item, may contain dairy or eggs  
GF - Gluten Free Ingredients item. While these items are made with naturally gluten-free ingredients, please be aware that they are prepared in our kitchen which also produces products containing gluten.