

Featured Items

Great deals available in October

Thayer's
Witch Hazel (all scents) - 15%



Renew Life
Probiotics (all) - 20%

Equal Exchange
Chocolate & Coffee
(all flavors)- 10%



Women's Bean Project
Soup (all flavors) - 20%

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

Taste of Newton - Thursday, October 4th
Grab a bowl of one of our re-mixed favorites! We're serving Gourmet Bacon Mac and Cheese (for those who are meat eaters) and Vegan Mac and Cheese with Caramelized Beets (for those who are not). And for dessert? Salted Creamery ice cream, of course!

Fall Fest - Saturday, October 6th
Look for the Prairie Harvest/Salted Creamery booth at Bethel College's Fall Festival on Saturday, October 6th! Find us with a few of our favorite Prairy products, Salted Creamery Ice Cream, Menno Tea, and more!

18th Anniversary - November 1, 2, & 3
Join us in celebrating our 18th anniversary with an action packed weekend. In addition to our jam packed schedule, you can enjoy giveaways, samples of our favorite products, and of course, a sale!

Thursday Evening, November 1st
Danny O'Neill, founder of The Roasterie, which makes our signature blend of Prairy coffee, will share his personal story of entrepreneurship that has placed his direct-trade coffee business among the most renown specialty roasters in the nation. Come for dinner and stay to hear a great story! Mark your calendar and reserve the date!

Friday Evening, November 2nd
The Newton Mercantile Mezzanine will be open above Prairie Harvest! Join us to sample local wines from Grace Hill Winery along with our own Prairy Wine Tasting Crackers, followed by live music!

Saturday, November 3rd
Stop by for fresh pressed cider made with Kansas apples! Enjoy watching it get made and samples too!



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.

October 4th

- Taste of Newton

October 11th

- Thai Curry - GF

October 18th

- Local Beef Bierocks with Cheesy Potatoes

October 25th

- Autumn Squash Soup - Vegan, GF

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.