

FEATURED ITEMS

Boost Your Health for the New Year!

Probiotics + Prebiotics

Our favorite organic probiotic supplement line now contains BOTH prebiotics and probiotics in one capsule! Prebiotics and probiotics are most effective when taken together, supporting gut health and the immune system. We have 4 formulas for you to choose from: Daily Balance, Settle and Restore, Return to Regular, and Women's Daily- all at 25% off during the month of January!



Doc Turmeric

A tasty turmeric drink available in three flavors and made in Kansas! Turmeric is made up of natural anti-inflammatory compounds which are said to help with type 2 diabetes, obesity, bowel disease and cancer.



CBD

We carry CBD from Medterra grown in the US, and containing zero THC.

CBD regulates the body's homeostasis, impacting your mood, sleep, appetite, hormone regulation and pain and immune response.

Look for 2 new Medterra products coming this month - Good Morning Capsules and Women's Monthly Wellness.



Elderberry Concentrate

Known for boosting the immune system to help the body fight off colds, flu, and other respiratory infections. Ours is produced locally from Wyldewood Cellars.



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prairieharvestks.com

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

Prairie Harvest

Market & Deli



ANNOUNCEMENTS

Visit Our Juice Bar

Juices, Smoothies, Kombucha, oh my! We'll be celebrating our juice bar's first anniversary this month! Come celebrate with us and have a glass of juice! Each juice is packed full of nutrients and soluble fiber, which acts as a prebiotic to support good bacterial growth and digestive health. Follow us on [Facebook](#) all month for more healthy juice tips and special promotions!

Kansas Day - January 29th

There is no better way to celebrate Kansas Day than to support local Kansas farmers and producers! We carry TONS of products made and grown right here in Kansas; fresh produce, Wiebe Cheese, Peabody Sausage, Hamill Pure Honey, Grannie's Mustards, Kansas Country Blessings Jams, Coffee from the Roasterie, Kansas Poured Candles, Zum Soaps, Louisburg Cider Mill BBQ Sauces, Popcorn, Local Artist Cards, and so much more!



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.

January 3rd

- Pesto Chicken Pasta

January 10th

- Indian Curry
- Vegetarian Indian Curry - V

January 17th

- Local Beef Bierocks with Cheesy Potatoes

January 24th

- Jambalaya - GF

January 31st

- Greek Spanikopita - V

Every Thursday

- Cajun Beans & Rice - GF, V
- Daily Menu Items

BAKERY

We offer a wide selection of delicious freshly baked breads (see schedule below) and sweets (available daily)

Bakery Case Items

Rotating Flavors of Cookies, Muffins, Cinnamon Rolls, Cakes, Bars, Energy Bites, & Scones.

Gluten Free Bakery Case Items

Rotating Flavors of Cookies, Muffins, Cupcakes, Pop Tarts, & Brownies.

Bread Schedule

Monday

- 100% Whole Wheat

Tuesday

- Oatmeal and Seven Grain

Wednesday

- Honey Whole Wheat and Cracked Wheat

Thursday

- Cinnamon-Orange Swirl and Seven Grain

Friday

- Zwieback

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.