

# HARVEST KITCHEN

Mimosa, Prosecco, orange juice .... \$8.50

HK Caesar, Tag Vodka, Walter Natural Caesar, Extreme Green Bean, secret spices .... \$9.50 (Hold the vodka \$7.50)

Florida Sunrise, Prosecco, Stiegl Radler, Campari .... \$9.50

Start your day the Harvest Kitchen way, get any of the above with a Bennie and get \$2 off your breakfast

## BREAKFAST

### Steel Cut Coconut Oats

Organic steel cut oats, Slow cooked in coconut milk served with Harvest Kitchens' roof top honey, bananas and roasted walnuts... \$12.95

### Corn 'n' Millet Pancakes (NG)

served with maple syrup & whipped butter

Single (1 x very big) ... \$8.25

Double (2 x very big)... \$13.95

add fruit compote...\$2.75

### Bacon 'n' Organic Eggs

Two organic eggs any way you like them, with home-made organic Red Fife English muffin, home fries and your choice of two slices of smoked bacon, Peameal bacon, or smoked organic tofu ... \$13.95

### Power Breakfast

Two organic eggs, twice-baked beans with pico de gallo, guacamole, sliced tomato, Organic Red Fife English muffin and choice of: smoked bacon, Peameal bacon, or smoked organic tofu ... \$15.95

## ORGANIC EGGS BENNIES

### CLASSIC BENNIES

Two poached organic eggs, zesty hollandaise, house-baked organic red fife English muffin, with seared tomato and your choice of side soup, side green salad, fries or home fries

Spinach \$14.95

Pingue's natural Peameal Bacon \$17.95

House cured and tea smoked Ontario Trout \$19.95

switch to: kale side salad \$2.50, gluten free bun \$1

### HK FAVORITES

#### Black & Green Kale Bennie

Two poached organic eggs and zesty hollandaise on a bed of lightly sautéed kale, grilled sweet potato, crispy onions, goat's cheese, raisins, toasted walnuts, and pomegranate dressing ... \$18.95

#### Mushroom French Fry Bennie

Two poached organic eggs and zesty hollandaise on a bed of hand cut Russet fries, sautéed button & wild mushrooms, arugula, kale, baby spinach, grated parmesan ... \$17.95

## SOUP or SALAD

### Soup of the Day

check the chalkboard for the deets, served with grilled Persian Barbaree flatbread cup \$6.95/ bowl \$8.95

### Black & Green Kale

Lightly sautéed, grilled sweet potato, crispy onions, goat's cheese, raisins, toasted walnuts, and pomegranate dressing \$14.95

## SANDWICHES

Served with choice of side daily soup, side green salad, fries or home fries

### Grilled Chicken Sandwich

bacon maple jam, avocado, lettuce, tomato, red pepper mayo, & red onion ... \$14.95

### Breakfast Burrito

twice baked beans, brown long-grain rice, pico de gallo aged cheddar, avocado, salsa verde, sour cream with choice of scrambled eggs or 3oz Nigari tofu ... \$13.95

## SIDES

2 Crispy Smoked Tofu 2.95

2 Strip Bacon 2.95

Seared Flat iron 4oz 7.95/ 8oz 13.95

2 Pingue's Peameal Bacon 3.95

Market Greens 6.95

Russet Fries roasted garlic mayo 6.95

Hollandaise Sauce 3.25

Organic Egg 1.95

Toasted Organic Red Fife English Muffin butter & fruit compote, 2.95

Home Fries herbs, onions, bell peppers 7.50

## ELIXERS 8 oz 6.45

**The Cure** beet, carrot, apple, ginger, lemon

### 2 Minutes for Roughing.

kale, spinach, celery, apple, lemon, ginger

made fresh, available while quantities last

## SMOOTHIES 14 oz 8.95

**Peanut Butter & Banana** with Chocolate almond milk

**MVP** strawberries, bananas, orange juice, cranberry juice, coconut milk

**Mango Lassi** - Mango, cardamom, yogurt, coconut milk

## SPRITZERS 8 oz 3.45

Filtered sparkling water + your choice of

Ginger & Lemongrass

Pomegranate & Elderflower

Please inform your server of any allergies or dietary restrictions. **BRUNCH** Saturdays, Sundays and holidays. 10am-4pm  
18% gratuity will be added to parties of 7 or more.

**COMMITMENT TO SOURCING** We use naturally raised and locally produced Beef, Organic Eggs, Natural/unrefined Sugars, Organic Tofu, Local Chicken, Local Veggies when available ... some of which come from our own farm!