

HARVEST KITCHEN

Mimosa, Prosecco, orange juice \$8.50

HK Caesar, Tag Vodka, Walter Natural Caesar, Extreme Green Bean, HK pickle \$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

Steak 'n' Organic Eggs

4oz of locally raised flat iron beef with sautéed mushrooms, two organic eggs any way you like them, with home-made organic Red Fife English muffin and home fries ... \$21.95

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

Sautéed Kale \$16.95

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 ... \$18.95

SWEET THINGS

Corn 'n' Millet Pancakes (NG)

served with maple syrup, butter & HK fruit compote

Single (very big, 5oz) ... \$9.50

Steel Cut Coconut Oats

Organic steel cut oats, Slow cooked in coconut milk served with local honey, seasonal fruit and roasted walnuts... \$12.95

SANDWICHES

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

Grilled Chicken Sandwich

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

Breakfast Burrito

twice baked beans, brown long-grain rice, pico de gallo aged cheddar, guacamole, salsa verde, sour cream with choice of scrambled eggs or 3oz of cubed Nigari tofu ... \$14.95

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 3.75

Organic Egg 1.95

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

Home Fries herbs, onions, bell peppers 7.50

Daily Soup check the chalkboard for the deets, cup \$6.95/ bowl \$8.95

ELIXERS 8 oz 6.95

made fresh, available while they last

Cure beet, carrot, apple, ginger, lemon

2 Minutes for Roughing.

kale, spinach, celery, apple, lemon, ginger

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 3.95

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

COMMITMENT TO SOURCING We use naturally raised and locally produced Beef, Organic Eggs, Natural/unrefined Sugars, Organic Tofu, Local Chicken, Local Veggies when available (*18% gratuity is added to groups of 8 people or more)