

HARVEST KITCHEN

Mimosa, Prosecco, orange juice \$7.⁹⁵

HK Caesar, Tag Vodka, Walter Natural Caesar, Extreme Green Bean, secret spices \$8.⁹⁵ (Hold the vodka \$6.⁹⁵)

Florida Sunrise, Prosecco, Stiegl Radler, Campari \$8.⁹⁵

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... \$10.⁹⁵

Corn 'n' Millet Pancakes ^(NG)

served with maple syrup & whipped butter

Single (1 x very big) ... \$8.²⁵

Double (2 x very big)... \$12.⁹⁵

add fruit compote...\$1.²⁵

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 ... \$12.⁹⁵

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 ... \$14.⁵⁰

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 \$13.⁹⁵

Pingue's natural Peameal Bacon \$15.⁹⁵

House cured and Pan smoked Ontario Trout \$17.⁵⁰

switch to: kale side salad \$1.95, 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 butternut squash, crispy onions, Borgonzola, raisins, toasted walnuts, and pomegranate dressing ... \$18.⁹⁵

Mushroom French Fry Bennie

Two poached organic eggs and lemony hollandaise on a bed of hand cut Russet fries, sautéed button & wild mushrooms, arugula, kale, baby spinach, grated parmesan ... \$15.⁹⁵

SOUP or SALAD

Soup of the Day

check the chalkboard for the deets, served with grilled Persian Barbaree flatbread cup \$6.25/ bowl \$8.95

Black & Green Kale

Lightly sautéed, grilled butternut squash, crispy onions, Borgonzola, raisins, toasted walnuts, and pomegranate dressing \$14.⁹⁵

SANDWICHES

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

Grilled Organic Chicken Sandwich

bacon maple jam, avocado, lettuce, tomato, red pepper mayo, & red onion ... \$13.95

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

Crispy Smoked Tofu .⁹⁵ ea

Strip Bacon 1.²⁵ ea

Seared Flat iron 4oz 6.⁹⁵/ 8oz 11.⁹⁵

Peameal Bacon 1.⁶⁵ ea

Market Greens 6.⁹⁵

Russet Fries roasted garlic mayo 5.⁹⁵

Hollandaise Sauce 3.²⁵

Organic Egg 1.⁹⁵

Toasted Organic Red Fife English Muffin butter & fruit compote, 1.⁹⁵

Home Fries herbs, onions, bell peppers 6.⁹⁵

ELIXERS 8 oz 5.55

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 8.45

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 2.95

Filtered sparkling water + your choice of Ginger & Lemongrass

Pomegranate & Elderflower

Strawberry

When dining on our back patio please be considerate of the noise levels as we aim to be respectful of all things including our neighbours private spaces.

Please inform your server of any allergies or dietary restrictions. **BRUNCH** Saturdays, Sundays and holidays.

PRIVATE EVENTS from 10-60 people abunchofusarehungry@harvestkitchen.ca 18% gratuity will be added to parties of 7 or more.

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