

HARVEST KITCHEN

Harbord Village

STARTERS

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| Vegetarian Dumplings | 7. ⁹⁵ |
| Wild mushrooms, smoked tofu, ginger, garlic, scallions, Asian dipping sauce | |
| Crispy Eggplant (NG) | 7. ⁹⁵ |
| fresh herb tempura crusted eggplant with tahini dressing | |
| Mezze Plate | 14. ⁹⁵ |
| Dukkah, Guacamole, marinated olives, feta cheese, HK pickled vegetables, grilled Persian flatbread | |
| Daily Soup (8oz) | 6. ⁹⁵ |
| check the chalkboard for the deet's! | |
| Mushroom French Fry 'Salad' | 10. ⁹⁵ |
| Russet fries, sautéed button & wild mushrooms, arugula, kale, baby spinach, grainy dijon mayo | |

SPROUTZZA

Sprouted 7 Grain Flatbread only available at HK

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| Margherita | 14. ⁹⁵ |
| Ontario bocconcini, tomato sauce, fresh basil | |
| Wild Mushroom | 17. ⁹⁵ |
| Wild mushrooms with Borgonzola cheese, house mixed greens, pea shoots, drizzled with truffle oil | |
| Carne | 17. ⁹⁵ |
| Naturally cured soppressata, smoked bacon, with bocconcini, tomato sauce and fresh basil | |
| Texicana | 15. ⁹⁵ |
| Our sexy beans puree, salsa verde, bell peppers, red onions, cilantro, Serrano peppers, feta cheese, and sour cream add guacamole \$2 | |

BOWLS

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| Green Curry Bowl | 13. ⁹⁵ |
| Coconut green curry, Thai basil, lemongrass, coriander, bell peppers, zucchini, eggplant, red onions, long grain brown rice | |
| *add: org. chicken 5. ⁹⁵ org. tofu 4. ⁹⁵ shrimp 6. ⁹⁵ | |
| Southern North American Bowl (SNA) | 13. ⁹⁵ |
| Long-grain brown rice, refried beans, pico de gallo, aged cheddar, lime, cilantro, salsa verde, guacamole, sour cream | |
| *add: org. chicken 5. ⁹⁵ org. tofu 4. ⁹⁵ shrimp 6. ⁹⁵ steak 7. ⁹⁵ | |
| Black & Green Kale | 14. ⁹⁵ |
| Lightly sautéed green and black kale, with grilled butternut squash, crispy onions, Borgonzola, raisins, walnuts, & pomegranate dressing | |
| *add: org. chicken 5. ⁹⁵ org. tofu 4. ⁹⁵ shrimp 6. ⁹⁵ steak 7. ⁹⁵ | |

PROTEIN SIDES

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| Grilled Organic Chicken Breast | 4oz 5. ⁹⁵ / 8oz 10. ⁹⁵ |
| Seared Petite Tenderloin | 4oz 7. ⁹⁵ / 8oz 13. ⁹⁵ |
| Sautéed Shrimp | 3oz 6. ⁹⁵ / 6oz 11. ⁹⁵ |
| Organic Tofu grilled or Crispy | 4oz 4. ⁹⁵ / 8oz 7. ⁹⁵ |

PASTA

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| Bolognese | 18. ⁹⁵ |
| Our famous slow roasted Bolognese made from locally sourced and naturally raised beef, with fresh red fife spaghetti, & grated Parmesan | |
| Meatless Meatball and Quinoa Spaghetti | 17. ⁹⁵ |
| Lentil, barley and shiitake with tomato sauce, melted empire cheddar, quinoa spaghetti | |

SALADS

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| Kale Caesar | 13. ⁹⁵ |
| HK vegan Caesar dressing, with black and green kale, organic Red Fife croutons, naturally cured bacon bits and parmesan cheese. Veggie? (sub smoked tofu) | |
| *add: org. chicken 5. ⁹⁵ org. tofu 4. ⁹⁵ shrimp 6. ⁹⁵ steak 7. ⁹⁵ | |
| Grilled Chicken & Avocado Salad | 18. ⁹⁵ |
| Marinated grilled chicken breast, mixed greens, shoots, sprouts, toasted sunflower seeds, avocado, goat cheese, ginger balsamic dressing | |
| Bean Beet & Barley Warm Salad (V/NG) | 13. ⁹⁵ |
| White navy beans, barley and quinoa sautéed with caramelized onion, roasted red peppers, fresh herbs, and toasted almonds tossed in our tahini dressing, on roasted beets, with arugula, spinach and kale | |
| *add: org. chicken 5. ⁹⁵ org. tofu 4. ⁹⁵ shrimp 6. ⁹⁵ steak 7. ⁹⁵ | |

BURGERS

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| Veggie Burger | 15. ⁹⁵ |
| A lentil mushroom and black bean patty, with crispy smoked tofu, boston lettuce, tomato, HK pickles, red onion, aged cheddar, sofrito, and red pepper mayo, on a sesame seed challah bun. Choice of soup, side salad or Russet fries | |
| Locally & Naturally raised Beef Burger | 15. ⁹⁵ |
| Served with smoked bacon and. Boston lettuce, tomato, HK pickles, red onion, sofrito, red pepper mayo, and aged cheddar on a sesame seed challah bun. Choice of soup, side salad or Russet fries | |

MAINS

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| Napoleon Printemps | 18. ⁹⁵ |
| Roasted portobello mushroom cap, with goats cheese, red pepper, sautéed spinach, and grilled eggplant, wrapped in rice paper and baked. Served with warm beet coulis & toasted almonds, on bed of wilted greens. | |
| Feature(s) | P/A |
| Check out the chalkboard for all the deet's | |

SIDES

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| Seasonal Vegetable | check out the chalkboard! | 6. ⁹⁵ |
| Side Kale Caesar | | 6. ⁹⁵ |
| Hand cut Russet Fries | with roasted garlic mayo | 5. ⁹⁵ |
| Black & Green Kale Sautéed | with shallots | 6. ⁹⁵ |
| Pomodoro Pasta | | 8. ⁹⁵ |
| Quinoa spaghetti, tomato sauce, fresh basil, Big Bufala | | |

Please inform your server of any allergies or dietary restrictions.

We use locally farmed naturally raised ground beef, certified organic eggs, organic Ying Ying Nigari tofu, local dairy, Organic chicken, natural/unrefined sweeteners & flours + local veggies when available, including those from our own farm!