

HARVEST KITCHEN

Harbord Village

STARTERS

- 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, Hummus, 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'** 11.⁹⁵
Russet fries, sautéed button & wild mushrooms, arugula, kale, baby spinach, grainy dijon mayo

SALADS

- Kale Caesar** 14.⁹⁵
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 6.⁹⁵ org. tofu 5.⁹⁵ shrimp 7.⁹⁵ steak 7.⁹⁵
- Grilled Chicken & Avocado Salad** 19.⁹⁵
Marinated grilled chicken breast, mixed greens, shoots, sprouts, toasted sunflower seeds, avocado, goat cheese, ginger balsamic dressing
- Summer Bean Salad (V)** 13.⁹⁵
White and Black Navy Beans, Kidney Beans, corn, roasted beets, with fresh herbs (cilantro/parsley/basil), and New Farm spicy mixed greens tossed in a cider olive oil vinaigrette. Garnished with Sliced almonds & crunchy sprouts (served cold).
*add: org. chicken 6.⁹⁵ org. tofu 5.⁹⁵ shrimp 7.⁹⁵ steak 7.⁹⁵

BOWLS

- 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 5.⁹⁵ shrimp 7.⁹⁵
- Southern North American Bowl (SNA)** 14.⁹⁵
Long-grain brown rice, refried beans, pico de gallo, aged cheddar, lime, cilantro, salsa verde, guacamole, sour cream
*add: org. chicken 6.⁹⁵ org. tofu 5.⁹⁵ shrimp 7.⁹⁵ steak 7.⁹⁵
- Black & Green Kale** 15.⁹⁵
Lightly sautéed green and black kale, with grilled butternut squash, crispy onions, goats cheese, raisins, walnuts, & pomegranate dressing
*add: org. chicken 6.⁹⁵ org. tofu 5.⁹⁵ shrimp 7.⁹⁵ steak 7.⁹⁵

PROTEIN ADD ON'S

- Grilled Organic Chicken Breast** 4oz 6.⁹⁵ / 8oz 11.⁹⁵
- Seared Flat iron** 4oz 7.⁹⁵ / 8oz 13.⁹⁵
- Sautéed Shrimp** 3oz 7.⁹⁵ / 6oz 12.⁹⁵
- Organic Tofu** grilled or Crispy 4oz 5.⁹⁵ / 8oz 8.⁹⁵

Please inform your server of any allergies or dietary restrictions.

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

PASTA

- Spaghetti Bolognese** 18.⁹⁵
Our famous slow roasted Bolognese made from locally sourced and naturally raised beef, fresh herbs, mushrooms, red wine and grated Parmesan cheese

SPROUTZZA

Sprouted 7 Grain Flatbread only available at HK

- Margherita** 14.⁹⁵
Ontario bocconcini, tomato sauce, fresh basil
- Wild Mushroom** 17.⁹⁵
Wild mushrooms with Goats cheese, house mixed greens, pea shoots, drizzled with truffle oil

BURGERS

- Veggie Burger** 16.⁹⁵
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** 17.⁹⁵
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

- Napoleon Printemps** 19.⁹⁵
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.
- Crispy Butter Duck Confit** 23.⁹⁵
Slowly cooked duck leg in our version of the Indian classic, Butter sauce. Served with side salad and brown rice
- The Sustainable Catch of the Day** 24.⁹⁵
served with naturally farmed brown rice, and sautéed ale with warm shiitake vinaigrette

SIDES

- Seasonal Vegetable** check out the chalkboard! 7.⁹⁵
- Side Kale Caesar** 7.⁹⁵
- 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