

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)	7. ⁵⁰
check the chalkboard for the deet's!	
Mushroom French Fry 'Salad'	12. ⁹⁵
Russet fries, sautéed button & wild mushrooms, arugula, kale, baby spinach, parmesan cheese and grainy dijon mayo	

SALADS

Kale Caesar	15. 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: chicken 6. ⁹⁵ org. tofu 6. ⁷⁵ 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	

BOWLS

Green Curry Bowl	15. ⁵⁰
Coconut green curry, Thai basil, lemongrass, coriander, bell peppers, zucchini, eggplant, red onions, long grain brown rice	
*add: chicken 6. ⁹⁵ org. tofu 6. ⁷⁵ shrimp 7. ⁹⁵	
Southern North American Bowl (SNA)	16. ⁵⁰
Long-grain brown rice, refried beans, pico de gallo, aged cheddar, lime, cilantro, salsa verde, guacamole, sour cream	
*add: chicken 6. ⁹⁵ org. tofu 6. ⁷⁵ shrimp 7. ⁹⁵ steak 7. ⁹⁵	
Black & Green Kale	17. ⁴⁵
Lightly sautéed green and black kale, with grilled butternut squash, crispy onions, goats cheese, raisins, walnuts, & pomegranate dressing	
*add: chicken 6. ⁹⁵ org. tofu 6. ⁷⁵ shrimp 7. ⁹⁵ steak 7. ⁹⁵	

PROTEIN ADD ON'S

Organic Chicken Breast <i>grilled</i>	4oz 6. ⁹⁵ / 8oz 12. ⁹⁵
Flat Iron Steak <i>seared</i>	4oz 7. ⁹⁵ / 8oz 13. ⁹⁵
Sautéed Shrimp	3oz 7. ⁹⁵ / 6oz 12. ⁹⁵
Organic Tofu <i>crispy</i>	4oz 5. ⁹⁵ / 8oz 10. ⁹⁵
Organic Tempeh <i>grilled</i>	4oz 7. ⁹⁵ / 8oz 14. ⁹⁵

PASTA

Spaghetti Bolognese	19. ⁹⁵
Our famous slow roasted Bolognese made from locally sourced and naturally raised beef, fresh herbs, mushrooms, red wine and grated Parmesan cheese	

POT PIES

Chicken Pot Pie (NG)	19. ⁹⁵
Chicken with mixed vegetables and fresh herbs in a white wine cream sauce, puff pastry crust, side salad	
Mushroom Pot Pie (NG)	19. ⁹⁵
Sautéed wild mushrooms with organic edamame in a white wine cream sauce, puff pastry crust, side salad	

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	21. 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	26. ⁹⁵
served with naturally farmed brown rice, and sautéed kale with warm shiitake vinaigrette	

SIDES

Seasonal Vegetable check out the chalkboard!	7. ⁹⁵
Side Kale Caesar	8. ⁵⁰
Hand cut Russet Fries with roasted garlic mayo	6. ⁹⁵
Black & Green Kale Sautéed with shallots	7. ⁹⁵
Pomodoro Pasta	9. 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, organic eggs, Ying Ying Organic Nigari tofu, local dairy, local and naturally raised chicken, natural/unrefined sweeteners & flours + local veggies when available, including those from our own farm!