

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, Hummus, marinated olives, feta cheese, HK pickled vegetables, grilled Persian flatbread | |
| Mussels | 12. ⁹⁵ |
| <i>Check the features board for how we are serving them today!</i> | |
| Mushroom French Fry 'Salad' | 12. ⁹⁵ |
| Russet fries, sautéed button & wild mushrooms, arugula, kale, baby spinach, parmesan cheese and grainy dijon mayo | |

SALADS

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| 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 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 | |

BOWLS

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| 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 5. ⁹⁵ 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 5. ⁹⁵ shrimp 7. ⁹⁵ steak 7. ⁹⁵ | |
| Black & Green Kale | 17. ⁴⁵ |
| Lightly sautéed green and black kale, with grilled sweet potato, crispy onions, goats cheese, raisins, walnuts, & pomegranate dressing | |
| *add: chicken 6. ⁹⁵ org. tofu 5. ⁹⁵ shrimp 7. ⁹⁵ steak 7. ⁹⁵ | |

PROTEIN ADD ON'S

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| 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

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| 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

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| 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

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| 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

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| Napoleon Printemps | 22. 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 | |
| Butter Chicken | 19. ⁹⁵ |
| Organic chicken in our version of the Indian classic butter sauce, dairy free with coconut milk. Served with side salad and brown rice | |
| Dinner Feature | TBA |
| <i>Check the chalkboard for all the deets!</i> | |

SIDES

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| Seasonal Vegetable <i>check out the chalkboard!</i> | 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, Culture City Tempeh, local dairy, local and organic chicken, natural/unrefined sweeteners & flours + local veggies when available!