

# HARVEST KITCHEN

*Harbord Village*

## STARTERS

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### **African Peanut Soup cup 5.<sup>95</sup>**

A hearty tomato and peanut soup with smoky tomatoes, bell peppers, finished with roasted peanuts and cilantro

### **Daily Soup cup 5.<sup>95</sup>**

check the chalkboard for the deet's!

### **Seasonal Vegetables 5.<sup>95</sup>**

Checkout the chalkboard!

### **Hand cut Russet Fries 5.<sup>95</sup>**

with roasted garlic mayo

## MEAL SALADS & BOWLS

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### **Kale Caesar 13.<sup>95</sup>**

HK Caesar dressing with black and green kale with organic Red Fife croutons, naturally cured bacon bits and parmesan cheese. Vegan? (sub smoked tofu)

\*add: org. chicken 5.<sup>95</sup> org. tofu 4.<sup>95</sup> shrimp 6.<sup>95</sup> steak 7.<sup>95</sup>

### **Bean Beet & Barley Warm Salad (V/NG)13.<sup>95</sup>**

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.<sup>95</sup> org. tofu 4.<sup>95</sup> shrimp 6.<sup>95</sup> steak 7.<sup>95</sup>

### **Chicken & Avocado Salad 17.<sup>95</sup>**

Marinated grilled chicken breast, mixed greens, shoots, sprouts, toasted sunflower seeds, avocado, goat cheese, ginger balsamic dressing

### **Green Curry Bowl 13.<sup>95</sup>**

Coconut green curry, Thai basil, lemongrass, coriander, bell peppers, zucchini, eggplant, red onions, brown rice

\*add: org. chicken 5.<sup>95</sup> org. tofu 4.<sup>95</sup> shrimp 6.<sup>95</sup>

### **Black & Green Kale Bowl 14.<sup>95</sup>**

Lightly sautéed, grilled butternut squash, Borgonzola cheese, raisins, toasted walnuts, , crispy onions, pomegranate dressing

\*add: org. chicken 5.<sup>95</sup> org. tofu 4.<sup>95</sup> shrimp 6.<sup>95</sup> steak 7.<sup>95</sup>

## HARVEST HABIT

3 PM - 5 PM & 8:30 PM till Late

\$5 Wine & Draught

\$5 Plates

## BURGERS

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### **Veggie Burger 10.<sup>95</sup>**

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.

### **Locally and Naturally Raised Beef Burger 10.<sup>95</sup>**

Served with smoked bacon and boston lettuce, tomato, HK pickles, red onion, sofrito, red pepper mayo, and cheddar on a sesame seed challah bun.

Add soup, salad or fries 3.<sup>95</sup>

## SANDWICHES

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With your choice of side: soup, salad or fries

### **Daily Sproutzadilla 12.<sup>95</sup>**

An awesome quesadilla made with our sprouted grain flatbread. check out our chalkboard to see what tasty creation(s) our Chef has in store for you today

### **Chicken Sandwich 12.<sup>95</sup>**

Grilled chicken breast, bacon maple jam, Guacamole, lettuce, tomato, sweet pepper mayo & red onion

### **Harvest Kitchen egg Sandwich 11.95**

Sprouted grain flatbread with scrambled organic eggs with pico de gallo, shredded lettuces, sour cream and our signature refried beans  
add Guacamole \$2

## NEWS FLASH!

**HK Cafe Now Open  
Tuesday through Friday at 8AM**