

# 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

## BURGERS

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### Veggie Burger 11.<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 11.<sup>95</sup>

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

Add soup, salad or fries 4.<sup>95</sup>

## SANDWICHES

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With your choice of side: soup, salad or fries

### Organic Chicken Sandwich 14.<sup>95</sup>

Grilled organic chicken breast, maple bacon jam, Guacamole, lettuce, tomato, sweet pepper mayo & red onion on toasted Persian flatbread with tarragon

### Harvest Kitchen egg Sandwich 12.<sup>95</sup>

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

## Feature(s)

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Check the chalkboard for the deet's

## HARVEST HABIT

Until 5 PM

\$5 Wine & Draught

## MEAL SALADS & BOWLS

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### New Farm Spicy Greens Salad 13.<sup>95</sup>

with shoots, sprouts, toasted sunflower seeds, avocado, goat cheese, ginger balsamic dressing

\*add: chicken 6.<sup>95</sup> org. tofu 6.<sup>75</sup> shrimp 7.<sup>95</sup> steak 7.<sup>95</sup>

### Green Curry Bowl 15.<sup>50</sup>

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

\*add: chicken 6.<sup>95</sup> org. tofu 6.<sup>75</sup> shrimp 7.<sup>95</sup>

### Black & Green Kale Bowl 17.<sup>45</sup>

Lightly sautéed, grilled sweet potato, Goats cheese, raisins, toasted walnuts, crispy onions, pomegranate dressing

\*add: chicken 6.<sup>95</sup> org. tofu 6.<sup>75</sup> shrimp 7.<sup>95</sup> steak 7.<sup>95</sup>

### Kale Caesar 15.<sup>95</sup>

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.<sup>95</sup> org. tofu 6.<sup>75</sup> shrimp 7.<sup>95</sup> steak 7.<sup>95</sup>

We love to BRUNCH!  
Saturdays and Sundays, 10am-4pm  
Bennies and mimosas, oh my!

**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!