

HARVEST KITCHEN

Harbord Village

COMBOS

Choose your choice of protein and pair with 2 sides

Organic Nigari Tofu <i>crispy</i>	4oz 14. ⁹⁵ / 8oz 21. ⁹⁵
Organic Marinated Tempeh <i>grilled</i>	4oz 16. ⁹⁵ / 8oz 23. ⁹⁵
Grilled Chicken Breast	4oz 18. ⁹⁵ / 8oz 22. ⁹⁵
Flat Iron Steak <i>pan seared</i>	4oz 16. ⁹⁵ / 8oz 23. ⁹⁵
Sautéed shrimp	3oz 16. ⁹⁵ / 6oz 19. ⁹⁵
Vegetarian (<i>choose 3 sides</i>)	12oz 13. ⁹⁵ / 16oz 19. ⁹⁵

Sides:

Seasonal Market Vegetable / Soup of the Day /
Hand Cut Russet Fries / Hearty Bean Salad /
Curried Rice and Chickpeas / Green Salad /
HK Sexy Beans

SANDWICHES

Choose any side and take \$1 off

Chicken Sandwich	11. ⁹⁵
Grilled chicken breast, maple bacon jam, guacamole, lettuce, tomato, sweet pepper mayo & red onion on toasted Persian flatbread with tarragon	
Harvest Kitchen Egg Sandwich	9. ⁹⁵
Sprouted grain flatbread with scrambled organic eggs, pico de gallo, shredded lettuce, sour cream and HK sexy beans. add guacamole \$2	
Veggie Burger	11. ⁹⁵
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. ⁹⁵
Served with smoked bacon and aged cheddar, Boston lettuce, tomato, HK pickles, red onion, sofrito and red pepper mayo, on a sesame seed challah bun	

PROTEIN

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

BOWLS

Feeling hungry? Add a Protein to your Bowl

Green Curry Bowl	15. ⁵⁰
Coconut green curry, Thai basil, lemongrass, coriander, bell peppers, zucchini, eggplant, red onions, brown rice	
Vegan Chili - Wild Mushroom & Tempeh	13. ⁹⁵
Classic mix of sautéed portobello, shiitake, oyster & button mushrooms with yellow pea tempeh, black beans, kidney beans in a smoky tomato sauce, served with sour cream	
Black & Green Kale Bowl	17. ⁴⁵
Lightly sautéed shallots and grilled sweet potato, tossed with a mix of black/green kales, goat cheese, raisins, toasted walnuts, crispy onions, & pomegranate dressing	
Kale Caesar	17. ⁴⁵
HK vegan Caesar dressing, with black and green kale, organic Red Fife croutons, naturally cured bacon bits and parmesan cheese. Veggie? (sub smoked tofu)	
Spicy Greens Salad	13. ⁹⁵
House greens with organic pea shoots, crunchy sprouts, goat cheese, toasted sunflower seeds, pumpkin seeds, avocado, ginger balsamic dressing	

SIDES

Seasonal Market Vegetable	7. ⁹⁵
Soup of the Day Cup (6 oz)	5. ⁹⁵
Hand Cut Russet Fries with roasted garlic mayo	4. ⁹⁵
Hearty Bean Salad (cold)	7. ⁹⁵
White & black navy beans, kidney beans, corn, fresh herbs, vegan jalapeño dressing	
Green Salad	4. ⁹⁵
House greens with cucumber, sprouts, beets carrots, cider dressing	
Curried Rice and Chickpeas	6. ⁹⁵
With dried cranberries and sliced almonds	
HK Sexy Beans (Hot/NG/Vegan)	6. ⁹⁵
Black, navy & kidney beans, sautéed with olive oil, garlic, chipotle, carrots and onions, slowly cooked until tender	
Long Grain Brown Rice (6 oz)	4. ⁹⁵

HARVEST HABIT until 5pm

\$5.50 House Wine & Draught (selected varieties)

Please inform your server of any allergies or dietary restrictions.

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