

# HARVEST KITCHEN

Mimosa, Prosecco, orange juice .... \$7.<sup>95</sup>

HK Caesar, Tag Vodka, Walter Natural Caesar, Extreme Green Bean, secret spices .... \$8.<sup>95</sup> (Hold the vodka \$6.<sup>95</sup>)

Florida Sunrise, Prosecco, Stiegl Radler, Campari .... \$8.<sup>95</sup>

## BREAKFAST

### Steel Cut Oats

Cooked in coconut milk, served black walnut honey and bananas sautéed in maple syrup ... \$9.<sup>95</sup>

### Corn 'n' Millet Pancakes (NG)

served with maple syrup & whipped butter

Single (1 x very big) ... \$7.<sup>95</sup>

Double (2 x very big)... \$11.<sup>95</sup>

add fruit compote .95

### Bacon 'n' Organic Eggs

Two organic eggs any way you like them, with home-made English muffin, home fries and two slices of your choice of strip or Peameal bacon, or smoked organic tofu ... \$11.<sup>95</sup>

### Power Breakfast

Two organic eggs, twice-baked beans with pico de gallo, guacamole, sliced tomato, Red Fife English muffin with choice of: strip or Peameal bacon, smoked organic tofu ... \$12.<sup>95</sup>

## ORGANIC EGGS BENNIES

### CLASSIC BENNIES

Two poached organic eggs, zesty hollandaise, house-baked red fife English muffin, with seared tomato and your choice of side soup side green salad, fries or home fries

Spinach \$12.<sup>95</sup>

Pingue's Peameal Bacon \$14.<sup>95</sup>

Line Caught Albacore Tuna \$16.<sup>95</sup>

switch to: kale side salad \$1.25, gluten free bun \$1

### HK FAVORITES

#### Black & Green Kale Bennie

Two poached organic eggs and zesty hollandaise on a bed of lightly sautéed kale, grilled butternut squash, crispy onions, Borgonzola, raisins, toasted walnuts, and pomegranate dressing ... \$17.<sup>95</sup>

#### Mushroom French Fry Salad

Two poached organic eggs and lemony hollandaise on a bed of hand cut Russet fries, sautéed button & wild mushrooms, arugula, kale, baby spinach, grainy dijon mayo ... \$14.<sup>95</sup>

## SOUP & SALAD

### Soup of the Day

check the chalkboard for the deets, served with grilled Persian Barbaree flatbread cup \$5.95/ bowl \$7.<sup>95</sup>

### Black & Green Kale

Lightly sautéed, grilled butternut squash, crispy onions, Borgonzola, raisins, toasted walnuts, and pomegranate dressing \$13.<sup>95</sup>

## SANDWICHES

### Grilled Chicken Sandwich

bacon maple jam, avocado, lettuce, tomato, red pepper mayo, & red onion ... \$12.<sup>95</sup>

### Breakfast Burrito

twice baked beans, brown long-grain rice, pico de gallo aged cheddar, avocado, salsa verde, sour cream with choice of scrambled eggs or 3oz Nigari tofu ... \$12.<sup>95</sup>

## SIDES

Crispy Smoked Tofu .95 ea

Strip Bacon 1.<sup>25</sup> ea

Seared Petite Tenderloin 4oz 6.<sup>95</sup> / 8oz 11.<sup>95</sup>

Peameal Bacon 1.<sup>45</sup> ea

Sauteed Black and green kale 5.<sup>95</sup>

Russet Fries roasted garlic mayo 5.<sup>95</sup>

Hollandaise Sauce 3.<sup>25</sup>

Organic Egg 1.<sup>95</sup>

Toasted Red Fife English Muffin

butter, compote, honey 1.<sup>95</sup>

Home Fries

herbs, onions, bell peppers 6.<sup>95</sup>

## ELIXERS 8 oz 4.95

**The Cure** beet, carrot, apple, ginger, lemon

**2 Minutes for Roughing.**

kale, spinach, celery, apple, lemon, ginger

made fresh, available while quantities last

## SMOOTHIES 14 oz 7.95

**Peanut Butter & Banana** with Chocolate almond milk

**MVP** strawberries, bananas, orange juice, cranberry juice, coconut milk

**Mango Lassi** - Mango, cardamom, yogurt, coconut milk

## SPRITZERS 8 oz 2.95

filtered sparkling water + your choice of

Ginger & Lemongrass

Pomegranate & Elderflower

Strawberry

Please inform your server of any allergies or dietary restrictions. **BRUNCH** Saturdays, Sundays and holidays.

**PRIVATE EVENTS** from 10-60 people [abunchofusarehungry@harvestkitchen.ca](mailto:abunchofusarehungry@harvestkitchen.ca) 18% gratuity will be added to parties of 7 or more.

**COMMITMENT TO SOURCING** We use Grass Fed Ground Beef, Ocean Wise Seafood, Organic Eggs, Natural/unrefined Sugars, Organic Tofu, & Flours, Free Range Chicken, Local Veggies when available ... some of which come from our own farm.