

HARVEST KITCHEN

Harbord Village

STARTERS

Vegetarian Dumplings	7. ⁹⁵
Wild mushrooms, ginger, garlic, scallions, Asian dipping sauce	
Crispy Eggplant	7. ⁹⁵
fresh herb tempura crusted eggplant with lemon tahini dressing	
Salt Spring Island Mussels 🌊	13. ⁹⁵
Gallo mussels from B.C., coconut green curry, Thai basil, grilled Persian flatbread	
Mezze Plate	14. ⁹⁵
Dukkah, hummus, marinated olives, Niagara feta cheese, pickled cauliflower and tomatoes, grilled Persian flatbread	
Mushroom French Fry 'Salad'	9. ⁹⁵
Russet fries, sautéed button & wild mushrooms, arugula, kale, baby spinach, grainy dijon mayo	
African Peanut Soup	cup 5. ⁹⁵ /bowl 7. ⁴⁵
A hearty soup with smokey tomatoes, organic peanuts, bell peppers, cilantro	

MEAL SALADS

Black & Green Kale	13. ⁹⁵
Lightly sautéed, grilled butternut squash, crispy onions, Borgonzola, raisins, toasted walnuts, and pomegranate dressing	
*add: chicken 5. ⁹⁵ tofu 3. ⁹⁵ 🌊shrimp 6. ⁹⁵ steak 6. ⁹⁵	
Grilled Chicken & Avocado Salad	16. ⁹⁵
Marinated grilled chicken breast, mixed greens, shoots, sprouts, toasted sunflower seeds, avocado, goat cheese, ginger balsamic dressing	

SIDES

Maple Glazed and Roasted Acorn Squash	5. ⁹⁵
Roasted Brussels Sprouts	5. ⁹⁵
Hand cut Russet Fries with roasted garlic mayo	5. ⁹⁵
Green Salad with cider or ginger balsamic dressing	3. ⁹⁵
Black & Green Sautéed Kale Salad	5. ⁹⁵

PROTEIN SIDES

Grilled Chicken Breast	4oz 5. ⁹⁵ / 8oz 10. ⁹⁵
Seared Petite Tenderloin	4oz 6. ⁹⁵ / 8oz 11. ⁹⁵
Sautéed Shrimp	3oz 6. ⁹⁵ / 6oz 11. ⁹⁵
Organic Tofu grilled or flash fried	3oz 3. ⁹⁵ / 6oz 6. ⁹⁵

PASTA

Bolognese	17. ⁹⁵
Our famous slow roasted organic beef Bolognese, fresh red fife spaghetti, grated Parmesan	
Vegetarian Lasagna (no-noodle)	16. ⁹⁵
Oven baked layers of zucchini, wild mushrooms, spinach, chèvre, aged cheddar, with side salad and garlic toast	
Wild Mushroom	16. ⁹⁵
Portobello, Oyster, Shiitake, & Button, mushrooms sautéed with garlic, white wine and fresh herbs, fresh pappardelle, Big Bufala Cheese	
Meatless Meatball and Spaghetti	16. ⁹⁵
Lentil, barley and shiitake with tomato sauce, melted empire cheddar, red fife spaghetti	
Pomodoro	9. ⁹⁵
Quinoa spaghetti, tomato sauce, fresh basil, Big Bufala	

BOWLS


Green Curry Bowl	12. ⁹⁵
Coconut green curry, Thai basil, lemongrass, coriander, bell peppers, zucchini, eggplant, red onions, long grain brown rice	
*add: chicken 5. ⁹⁵ tofu 3. ⁹⁵ 🌊shrimp 6. ⁹⁵	
Southern North American Bowl (SNA)	13. ⁹⁵
Long-grain brown rice, refried beans, pico de gallo, aged cheddar, lime, cilantro, salsa verde, guacamole, sour cream	
*add: chicken 5. ⁹⁵ tofu 3. ⁹⁵ 🌊shrimp 6. ⁹⁵ steak 6. ⁹⁵	

MAINS

Chicken Pot Pie	16. ⁹⁵
Chicken with mixed vegetables and fresh herbs in a white wine cream sauce, puff pastry crust, side salad	
Mushroom Pot Pie	16. ⁹⁵
Sautéed wild mushrooms with organic edamame in a white wine cream sauce, puff pastry crust, side salad	
*substitute NG crust for pot pies add: \$1.95	
Harvest Kitchen Organic Burger	16. ⁹⁵
Lettuce, tomato, HK pickles, red onion, bacon, cheddar, sofrito, red pepper mayo, challah bun with choice of soup, side salad or Russet fries	
Sustainable Catch 🌊	22. ⁹⁵
Ocean wise catch of the day, sautéed kale, long-grain brown rice, shiitake vinaigrette	
Daily Special	p/a
Check the chalkboard!	

Ask about our catering, take out and delivery!

Please inform your server of any allergies or dietary restrictions.

We use grass-fed ground beef,  certified seafood, organic free-range eggs, organic Ying Ying Nigari tofu, local dairy, free range chicken, natural/unrefined sweeteners & flours + local veggies when available, including those from our own farm!