

HARVEST KITCHEN



Harbord Village

STARTERS

African Peanut Soup 5.⁹⁵

A hearty soup with smokey tomatoes, organic peanuts, sweet bell peppers, cilantro

Crispy Vegetarian Dumplings 7.⁹⁵

Wild mushrooms, ginger, garlic, scallions, Asian dipping sauce

Hand cut Russet Fries 5.⁹⁵

with roasted garlic mayo

Salt Spring Island Mussels 13.⁹⁵

Gallo mussels from B.C., coconut green curry, Thai basil, grilled Persian flatbread

Roasted Brussels Sprouts 5.⁹⁵

with Stirling dairy whey butter and shallots

Green Salad 3.⁹⁵

with cider or ginger balsamic dressing

PASTA

Organic Beef Bolognese 16.⁹⁵

Our famous slow roasted organic beef Bolognese, handmade red fife spaghetti, grated Parmesan

DAILY SPECIAL

Please check out our chalkboard for Today's creation!

SANDWICHES

With your choice of side: soup, salad or fries

Grilled Cheese 11.⁹⁵

Cheddar and Borgonzola, Barbaree flatbread

Chicken Sandwich 12.⁹⁵

Grilled chicken breast, bacon maple jam, avocado, lettuce, tomato, red onion and sweet pepper mayo

BURGER

Organic Burger 12.⁹⁵

Lettuce, tomato, HK pickles, red onion, cheddar, bacon, sofrito, red pepper mayo, challah bun,

Add soup, salad or fries 3.⁹⁵

MEAL SALADS & BOWLS

Chicken & Avocado Salad 16.⁹⁵

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

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

Black & Green Kale 13.⁹⁵

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

*add: chicken 5.⁹⁵ tofu 3.⁹⁵ shrimp 6.⁹⁵ steak 6.⁹⁵

Southern North American Bowl (SNA) 13.⁹⁵

Long-grain brown rice, refried beans, aged cheddar, pico de gallo, lime, cilantro, salsa verde, guacamole and sour cream

*add: chicken 5.⁹⁵ tofu 3.⁹⁵ shrimp 6.⁹⁵ steak 6.⁹⁵

Chicken Pot Pie 16.⁹⁵


Chicken, mixed vegetables & fresh herbs in a white wine cream sauce, puff pastry crust, side salad

Mushroom Pot Pie 16.⁹⁵

Sautéed wild mushrooms & organic edamame in a white wine cream sauce, puff pastry, side salad

*substitute NG crust for pot pies add: \$1.95

Please inform your server of any allergies or dietary restrictions.

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