

# HARVEST KITCHEN

## COMBOS

Choose your choice of protein and pair with 2 sides

Crispy Organic Tofu	4oz 14. <sup>95</sup> / 8oz 21. <sup>95</sup>
Organic Tempeh	4oz 16. <sup>95</sup> / 8oz 23. <sup>95</sup>
Chicken Breast	4oz 16. <sup>95</sup> / 8oz 22. <sup>95</sup>
Flat Iron Steak	4oz 18. <sup>95</sup> / 8oz 23. <sup>95</sup>
Oceanwise White Shrimp	3oz 16. <sup>95</sup> / 6oz 19. <sup>95</sup>
Vegetarian (choose 3 sides)	12oz 13. <sup>95</sup> / 16oz 19. <sup>95</sup>

## SIDES

Seasonal Market Vegetable *check out the chalkboard!* 7.95

Soup of the Day Cup (6 oz) 5.95

Hand Cut Russet Fries with roasted garlic mayo 4.95

### Green Salad

House greens with cucumber, sprouts, beets carrots, cider dressing 4.95

### Warm Curried Rice with Chick Peas

With raisins and sliced almonds 6.95

### HK Sexy Beans (Hot/NG/Vegan)

Slowly cooked black navy & kidney beans, sautéed with olive oil, garlic, chipotle, carrots and onions 6.95

Long Grain Brown Rice (6 oz) 4.95

## SANDWICHES

add any side and take \$1 off

### Chicken Sandwich

Grilled chicken breast, maple bacon jam, guacamole, lettuce, tomato, sweet pepper mayo & red onion on toasted Persian flatbread with tarragon 11.95

### Veggie Burger (Vg, HK)

A lentil mushroom and black bean patty, with crispy smoked tofu and aged cheddar cheese, boston lettuce, tomato, HK pickles, red onion, sofrito, and red pepper mayo, on a sesame seed challah bun 11.95

### Locally & Naturally raised Beef Burger (HK)

Served with smoked bacon and aged cheddar cheese, boston lettuce, tomato, HK pickles, red onion, sofrito, red pepper mayo, on a sesame seed challah bun 11.95

## BOWLS

Feeling hungry? **Add a Protein** to your Bowl

### Ginger Balsamic Avocado Salad (Vg, Ng)

mixed greens, organic shoots, crunchy sprouts, pumpkin seeds, sunflower seeds, avocado, & goat cheese, with ginger balsamic dressing 14.95

### Kale Caesar (Vg, Ng)

HK vegan Caesar dressing, black and green kale, organic Red Fife croutons, naturally cured bacon bits and parmesan cheese. Veggie? (sub smoked tofu) 16.95

### Southern North American Bowl (Vg, Ng)

Long-grain brown rice, refried beans, pico de gallo, aged cheddar, lime, cilantro, salsa verde, guacamole & sour cream 16.95

### Black & Green Kale (Vg, Ng, HK)

Lightly sautéed green and black kale, with grilled sweet potato, crispy onions, goats cheese, raisins, walnuts & pomegranate dressing 17.95

### Green Curry Bowl (Vn, Ng, HK)

Coconut green curry, Thai basil, lemongrass, coriander, bell peppers, zucchini, eggplant, red onions, long grain brown rice 15.95

### Spaghetti Bolognese (HK)

Our famous slow roasted Bolognese made from locally sourced and naturally raised beef, fresh herbs, mushrooms, red wine and grated Parmesan cheese 19.95

## PROTEINS

### Chicken Breast marinated & grilled

4oz 6.95, 8oz 12.95

### Flat Iron Steak marinated & pan seared

4oz 7.95, 8oz 14.95

### Oceanwise Shrimp Sautéed white wine, fresh herbs, garlic and butter

3oz 7.95, 6oz 14.95

### Crispy Organic Tofu (Vn)

4oz 5.95, 8oz 10.95

### Organic Tempeh pear soy marinated & grilled

4oz 7.95, 8oz 13.95

**HARVEST HABIT** until 5pm  
\$5 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, Culture City Tempeh, local cheese, local and organic/natural chicken, natural/unrefined sweeteners & flours + local veggies when available! (\*18% gratuity is added to groups of 8 people or more)

Ng -No Gluten, Vn -Vegan, HK - Signature Items, Vg -Vegetarian, Nd- No Dairy