

# HarvestOwl™

Menu for the week of  
April 1, 2024



Let us know if there's ever anything we can help you with:

[support@harvestowl.com](mailto:support@harvestowl.com)  
216-672-0655

## Bowls

All dressings and sauces are served on the side.

### Root Vegetable Arrabbiata Bowl

Root veggie arrabbiata sauce, whole wheat spaghetti, basil, Parmesan cheese. Has a lil' kick. Warming suggested. *GF and Vegan options available. Also available with antibiotic-free chicken or grass-fed steak.*

### Chinese Chicken & Vegetable Bowl

Broccoli, carrot, snow peas, bok choy, sauteed mushrooms, grilled chicken, brown rice, green onion, light Chinese sauce. Our take on Moo Goo Gai Pan. Warming suggested. *GF. Also available with wild sockeye salmon.*

### Super Simple Keto Bowl with Cauliflower Rice

Grilled chicken, broccoli, butternut squash, cauliflower rice, parsley, lemon wedge, extra virgin olive oil, pink himalayan sea salt. Warming suggested. Keto and Whole 30 friendly. *GF. Available with grass-fed steak or wild sockeye salmon. Vegan with tempeh.*

### Lemon Grilled Chicken Rice Bowl

Grilled chicken, portobello mushroom, green beans, roasted red pepper, brown rice, Parmesan cheese, fresh lemon, olive oil & herb drizzle. Warming suggested. *GF. Vegan and Vegetarian options available.*

### Avocado, Corn & Chicken Tacos

Grilled chicken, stewed black beans, corn salsa, mashed avocado, cilantro, lime, tortillas. Warming suggested. *Available with grass-fed steak. GF and Vegan Options available.*

### Super Simple Bowl with Brown Rice

Grilled chicken, broccoli, butternut squash, brown rice, parsley, lemon wedge, extra virgin olive oil, pink himalayan sea salt. Warming suggested. *GF. Available with grass-fed steak or wild sockeye salmon. Vegan with tempeh.*

## Market Salads

All dressings and sauces are served on the side.

### Apple, Pecan & Butternut Squash Salad

Rittman Orchard apple, pecan, butternut squash, grilled chicken, pickled red onion, goat cheese, wheat berries, spinach, mixed greens, lemon maple vinaigrette. *GF and Vegan options available.*

### Southwest Steak Salad

Chipotle-marinated steak, zesty rice, avocado mash, sweet corn, black beans, red peppers, Shagbark tortilla chips, mixed greens, creamy cilantro lime dressing. *GF. Vegan option available. Available with antibiotic free chicken.*

### The Doctor's Everyday Salad

Avocado, pumpkin seeds, grape tomato, broccoli, chickpeas, mixed greens. Packets of extra virgin olive oil, balsamic vinegar, himalayan sea salt. Inspired by Dr. Mark Hyman. *GF and Vegan. Available with grilled chicken, grass-fed steak, or wild sockeye salmon.*

## Sandwiches & Wraps

Sandwiches, wraps, and lettuce wraps are served with choice of side dish.

### Turkey Club Wrap

Oven roasted turkey, Niman Ranch bacon, roasted tomato, pickled cucumber, green leaf lettuce, maple mustard mayo, whole wheat wrap. *Available on a GF wrap.*

### Oven Roasted Turkey Sandwich or Wrap

Oven roasted turkey, cheddar cheese, leaf lettuce, and a side of honey mustard or olive oil mayo on Angelic Bakehouse 7-grain bread. *Available on a whole wheat or GF wrap.*

## Side Dishes

Choose one to pair with your sandwich or wrap.

Rittman Orchard Apple

BOOMCHICKAPOP Sea Salt Popcorn

Fresh Veggies & Avocado

Crunchy Pretzel Shells

Hippeas [Vegan White Cheddar]

Sea Salt Potato Chips

Siete Grain Free Tortilla Chips [Lime]

Surprise Fresh Cut Fruit

Popchips [Barbeque]

## Soup

*Pair with a sandwich, wrap, half salad, or side dish.*

### Split Pea & Kale Soup

Split peas and organic kale simmered with carrot, onion, celery, and fresh thyme. *Vegan and GF.*

## Drinks

### San Pellegrino Sparkling Soda 11.1 fl oz

Lemon, Blood Orange

### San Pellegrino Sparkling Mineral Water 250 ml

### Sanzo Sparkling Water 12 fl oz

Mango, Lychee, Calamansi Lime, or Yuzu Lemon

### Vita Coco Pure Coconut Water 330 ml

### Rishi Sparkling Botanicals 12 fl oz

Grapefruit Quince, Black Lemon

### Just Iced Tea 16 fl oz

Original Green, Peach Oolong, or Moroccan Mint

### Mountain Valley Spring Water 16.9 fl oz.

Sparkling, Still, or Sparkling Blackberry Pomegranate

## Specialty Drinks

### Guardian Cold Brew Coffee Local, 12 fl oz

### Brew Dr. Kombucha - Clear Mind, 14 fl oz

### Hoplark Sparkling HopTea [Green Tea] 16 fl oz

### De La Calle Tepache [Ginger Manzana] 12 fl oz

### Garden of Flavor Cold Pressed Juice 16 fl oz

Mean Green, Turmeric Ginger, Aronia Berry

## Desserts

### Philomena Bake Shop Chocolate Chip Cookie

Simple and delicious chocolate chip cookie. *Vegan and GF.*

### Harvest Owl Apple Pecan Crisp

Our homemade dessert with Rittman Orchard apples baked with dates, fresh lemon, and spices. Crunchy pecan topping portioned separately. *Vegan and GF.*

### Ocho Organic Dark Chocolate Coconut

Dark Chocolate filled with coconut. One small square. 0.44 oz. *GF and Vegan.*

### Antidote Dark Chocolate - Coffee and Cardamom

77% dark chocolate mini bar with coffee and cardamom. Ethically sourced and made in small batches. 0.5 oz. *GF & Vegan.*

## Wise Snacks

### Witzi's Raw Granola

Banana Berry, Golden, and Lemon Raspberry.

### Candied Pecan Nut Butter with Apple Slices

Candied pecan and peanut nut butter with Rittman Orchard apple slices. *Available in bulk. GF and Vegan.*

### Elemental Superfood Seedbar

Dark Chocolate Almond Butter or White Chocolate Macadamia Nut. *GF and Vegan.*

### Love, Corn [Smoked BBQ] *GF and Vegan.*

### Sauder's Cage-Free Hard Boiled Egg

### Think Jerky

Classic Beef or Sriracha Honey Turkey. *GF and Paleo.*

### Oloves [Lemon & Rosemary Olives]

### Quinn Peanut Butter Filled Pretzel Nuggets

The perfect ratio of creamy, slightly sweet peanut butter to salty delicious, crunchy pretzel.

### Yes Bar

Dark Chocolate, or Strawberry Coconut.

**Niman Ranch Snack Pack [Pepperoni, Provolone & Dark Chocolate Almonds]** Pepperoni, provolone cheese, and dark chocolate covered almonds. Niman Ranch is a network of U.S. family farms committed to sustainable and humane practices. No antibiotics or hormones are ever used. *GF.*

*We believe in scratch cooking using whole foods. We source meat that is raised without the use of non-therapeutic antibiotics and added hormones. Read more about the ideas that guide our lunch-making passion at: [harvestowl.com/wisefood-promise](http://harvestowl.com/wisefood-promise)*