

HarvestOwl™

Menu for the week of
April 15, 2024



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

support@harvestowl.com
216-672-0655

Bowls

All dressings and sauces are served on the side.

Hummus & Quinoa Power Kale Bowl

HarvestOwl hummus, quinoa, cucumber, grape tomato, kalamata olives, parsley, organic kale, green cabbage, lemon mint vinaigrette. *GF and Vegan. Available with antibiotic-free chicken, grass-fed steak or wild sockeye salmon.*

Asian Chicken Noodle Bowl

Whole wheat udon noodles, grilled chicken, carrot, snow peas, bean sprouts, scallion, ginger chili sauce, peanuts, fresh lime. Warming suggested. *Vegan option available.*

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.*

Classic Grass-fed Beef Tacos

Taco-spiced grass-fed ground beef, lettuce, pico de gallo, cashew sour cream, cheddar, whole wheat tortillas. Warming suggested. *GF and Vegan options available.*

Sunrise Bowl

Grilled portobello, pasture-raised scrambled eggs, chili sweet potatoes, roasted red pepper, brown rice, quinoa, wheat berries, avocado, scallion, cilantro pumpkin seed pesto. *GF and Vegan options available. Also available with antibiotic free chicken or grass-fed steak.*

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.

Pear & Candied Walnut Chicken Salad

Pear, spiced candied walnuts, grilled chicken, blue cheese, dried cranberries, parsley, mixed greens, sherry vinaigrette. *GF. Vegan option available. Also available with wild sockeye salmon.*

Grilled Chicken Caesar Salad

Grilled chicken, multigrain croutons, Parmesan, pasture-raised hard-boiled egg, green beans, cucumber, mixed greens, housemade Caesar. *GF option available. Also available with wild sockeye salmon or grass-fed steak.*

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.

Grilled Steak Wrap

Grass-fed steak, cheddar, housemade ketchup, olive oil mayo, tomato cucumber relish, leaf lettuce, 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, wrap, or lettuce 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.

Butternut Squash Soup

Sweet and savory butternut squash soup pureed with onion, apple and spices. *GF and Vegan.*

Drinks

San Pellegrino Sparkling Soda 11.1 fl oz

Lemon or 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 or Black Lemon

Just Iced Tea 16 fl oz

Original Green, Peach Oolong, or Moroccan Mint

Mountain Valley Spring Water 11 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

Blueberry Ginger Smoothie 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, or Aronia Berry

Desserts

Philomena Bake Shop Peanut Butter Sea Salt Cookie

Locally made peanut butter cookie with a touch of sea salt. *GF and Vegan.*

Luna Bakery Zucchini Lemon Cake

Zucchini cake with a sweet lemon glaze.

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. 0.5 oz. *GF and Vegan.*

Wise Snacks

Witzi's Raw Granola

Banana Berry or Lemon Raspberry. *GF and Vegan*

Cashew Peanut Butter with Apple Slices

Cashews 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*

Blueberry Ginger Smoothie

Blueberries, fresh ginger, pomegranate, avocado, cashew, spinach, banana, roasted beet, pomegranate, fresh lemon.

Think Jerky

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

Oloves [Lemon & Rosemary Olives] *GF and Vegan*

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. *GF and Vegan*

Niman Ranch Snack Pack

Pepperoni, Provolone & Dark Chocolate Almonds

New Creation Farm Pasture Raised Hard Boiled Egg

Ingredients you can feel good about.

Our thoughtful ingredient sourcing is part of what makes HarvestOwl HarvestOwl. We hope our extra care and effort shines through in the experience that we provide for you.

Ingredient Sourcing

Chicken and Turkey

no antibiotics ever

Beef

grass-fed flank steak

Salmon

wild sockeye from Alaska

Cooking Oils

we're seed oil-free. we primary cook with expeller pressed avocado oil and extra virgin olive oil

Eggs

Pasture-raised from New Creation Farm

Tofu & Tempeh

organic

Bacon

Niman Ranch - no antibiotics ever

Kale

organic

Apples

local from Rittman Orchards

Local Partners

Philomena Bake Shop

gluten free and vegan cookies and cakes

Luna Bakery

assorted desserts

Witzi's Raw Granola

soaked and dehydrated organic granola

Cleveland Kraut

caraway seed fermented sauerkraut

Fresh 'n Crisp Farms

hydroponically grown greens for salads and sandwiches

New Creation Farm

pasture-raised eggs

Rittman Orchards

apples and seasonal veggies

Read more about the ideas that guide our lunch-making passion at: harvestowl.com/wisefood-promise