

# HarvestOwl™

Menu for the week of  
April 22, 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.

### Chicken Peanut Satay Bowl

Grilled chicken, peanut sauce, red and green bell pepper, bok choy, carrot, scallion, spiced brown rice. Warming suggested. *GF*.

### Grass-fed Steak and Eggs

Local pasture-raised scrambled eggs, grass-fed steak, roasted potato hash with red pepper and onion, chives, salsa verde, Cholula hot sauce packet. Warming suggested. *GF*. Vegetarian *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*.

### 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 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.

### Turkey Cobb Salad

Oven roasted turkey, Niman Ranch bacon, grape tomatoes, local pasture-raised egg, cucumber, blue cheese, mixed greens, red wine vinaigrette. *GF*. Vegetarian *option available with chickpeas*.

### 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*.

### 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.

### Curry Chicken Salad Lettuce Wraps

Chicken salad with cashews, raisins, celery, egg, olive oil curry mayo. Served with artisan romaine lettuce cups. Paleo and Whole30 friendly. *GF*. Vegetarian *option available with chickpeas*

### 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]

Jackson's Sweet Potato Chips

## Soup

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

### Tuscan White Bean & Kale Soup

Comforting and creamy soup with white beans, organic kale, tomatoes, and herbs. *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 Oatmeal Chocolate Chunk Cookie

A soft and chewy oatmeal cookie with rich dark chocolate. *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*

### Blueberry Jam & Nut Butter with Celery Sticks

Almond and peanut butter with housemade blueberry jam. Served with celery sticks for dipping. *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](http://harvestowl.com/wisefood-promise)*