

HarvestOwl™

Menu for the week of
April 29, 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.

Superfood Power Kale Bowl

Dried blueberries, walnuts, beets, carrots, black lentils, quinoa, millet, brown rice, organic kale, apple turmeric dressing. *GF and Vegan. Available with antibiotic-free chicken or wild sockeye salmon.*

BBQ Chicken Tacos

Ancho chili chicken, housemade BBQ sauce, cabbage, red pepper, corn, black beans, carrot, cilantro, cashew sauce, whole wheat tortillas. Warm and assemble. *GF option available with lettuce wraps. Vegan option available with roasted tofu.*

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.*

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 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.

Asparagus & snow Pea Spring Salad

Asparagus, snow peas, grilled chicken, radish, goat cheese, quinoa, almonds, spinach, mixed greens, lemon vinaigrette. *GF. Vegan option available. Also available with wild sockeye salmon.*

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.*

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.

Red Lentil Soup

A light and slightly spicy red lentil soup with carrot, onion, and tomato. *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

Orange Mango Immunity 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 Ginger Molasses Cookie
A soft and chewy ginger molasses cookie with a hint of cinnamon.

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*

Orange Mango Immunity Smoothie
Mango, orange, baked sweet potato, turmeric, lemon, coconut milk, vanilla. 16 fl oz.

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