

# HarvestOwl™

Menu for the week of  
February 12, 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.

### Mango & Black Bean Steak Tacos

Mango and black bean salsa, guacamole, grass-fed steak, smoky ancho chili rub, whole wheat tortillas. Warm and assemble. *GF and Vegan options available.*

### Red Beans & Rice with Cajun Spiced Chicken

Our take on the New Orleans staple. Red beans simmered with onion, celery, green pepper, and spices, tomato & pepper relish, cajun-spiced chicken, scallion, parsley, brown rice, hot sauce. Warming suggested. *GF. 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.*

### Apple & Butternut Squash Power Kale Bowl

Rittman Orchard apple, dried cranberries, butternut squash, pumpkin seeds, quinoa, brown rice, sage, organic kale, green cabbage, lemon thyme vinaigrette. *GF and Vegan.*

### Grilled Chicken Enchilada Bowl

Whole wheat enchiladas, grilled chicken, cheddar, enchilada sauce, green onion, carrot, brown rice, beans. Warming suggested. *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.

### Blood Orange & Pomegranate Winter Salad

Blood orange, pomegranate seeds, sumac roasted cauliflower, delicata squash, fennel, walnuts, arugula, local greens, spinach, parsley, lemon maple vinaigrette. *GF and Vegan.*

### Thai Peanut Salad

Napa cabbage, red cabbage, romaine, carrot, edamame, red pepper, soba noodles, tofu, peanuts, sesame seeds, cilantro, chili lime vinaigrette. *Vegan. Also available GF or 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.

### Cajun Turkey Sandwich

Oven roasted turkey, provolone, red pepper and olive tapenade, leaf lettuce, Cajun remoulade sauce, Angelic Bakehouse 7-grain bread. *GF option available with lettuce wraps.*

### 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

Lesser Evil Paleo Puffs

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.*

### Turkey Gumbo

Okra, green peppers, celery, onion, turkey, and rice. Has a 'lil kick.

## 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

**Luna Bakery Mini King Cake**

Happy Mardi Gras, y'all! Cinnamon-spiced cake with frosting and sugar garnish.

**Philomena Bake Shop Snickerdoodle Cookie**

Cinnamon and sugar snickerdoodle cookie. Locally made. *GF and Vegan.*

**Ocho Organic Dark Chocolate Coconut**

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

**NibMor Organic Dark Chocolate Mini Bar**

Deliciously smooth dark chocolate with cacao nibs and sea salt. 80% cacao. 0.6 oz. *GF and Vegan.*

## Wise Snacks

**Witzi's Raw Granola**

Banana Berry, Golden, and Lemon Raspberry.

**Housemade Cashew Peanut Butter & Apple Slices**

Housemade cashew and peanut nut butter with Rittman Orchard apple slices. *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**

**Freshly Made Guac [With Shagbark Tortilla Chips]**

**Freshly Made Guac [With Fresh Veggies]**

**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.

**Samoa Chia Pudding**

Chia seeds, coconut milk, almond milk, honey, coconut, cacao nibs, almonds. *GF and Vegan.*

*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)*