

HarvestOwl™

Menu for the week of
February 19, 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.

Chana Masala Bowl

Tomatoes and chickpeas stewed with ginger and spices, turmeric roasted cauliflower, brown rice, cilantro. Warming suggested. *GF and Vegan. Also available with anti-biotic free chicken.*

Wild Shrimp Lemon Noodle Bowl

Wild red Argentine shrimp, white wine garlic sauce, spinach, red pepper, whole wheat spaghetti, lemon wedge, red pepper flakes. Warming suggested. *GF option available. Also available with anti-biotic free chicken.*

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.*

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 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.

Italian Chicken Chopped Salad

Grilled chicken, fresh herbs, mozzarella, carrot, cucumber, grape tomato, green pepper, banana pepper, romaine, Italian herb vinaigrette. *GF. Vegan option available. Also available with grass-fed steak.*

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.*

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.

Creamy Broccoli Soup

Rich soup with broccoli florets, cheddar, potato, coconut milk, side of Angelic Bakehouse croutons.

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

Pomegranate Cherry Smoothie 16 fl oz

Cherries, strawberries, pomegranate, banana, red beet, cashews, and coconut milk. *GF and Vegan.*

Desserts

Luna Bakery Apple Oat Bar

A sweet and crumbly apple oat bar with cinnamon.

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.

Pomegranate Cherry Smoothie 16 fl oz

Cherries, strawberries, pomegranate, banana, red beet, cashews, and coconut milk. *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