

HarvestOwl™

Menu for the week of
February 26, 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.

Slow Braised Brisket Bowl

Tender braised brisket, roasted potatoes, carrot, green beans, red wine braising sauce, parsley. Warming suggested. *GF*.

Grilled Buffalo Chicken Bowl

Grilled chicken, spicy buffalo sauce, blue cheese, carrot and cucumber slaw, sauteed onion, sundried tomato, broccoli, brown rice, creamy shallot dressing. *GF*.
Vegetarian option available with Tempeh.

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.

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 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.

Brussels Sprout, Cranberry & Cashew Chicken Salad

Roasted brussels sprouts, dried cranberries, cashews, grilled chicken, alfalfa sprouts, parsley, mixed greens, grainy mustard vinaigrette. *GF*. *Vegan option available*. Also available with wild sockeye salmon.

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.

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.

Thai Peanut Chicken Lettuce Wraps

Thai peanut sauce, grilled chicken, red pepper, cucumber, carrots, peanuts, green onion, romaine lettuce cups. *GF*.

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.

Miso Veggie Soup

Miso broth, mushrooms, organic kale, carrot, edamame, green onion. *GF and Vegan.*

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 Spiced Ginger Cookie

Locally made cookie with ginger, cinnamon, nutmeg, and a cane sugar crust. *GF and Vegan.*

Ocho Organic Dark Chocolate Coconut

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

Antidote Dark Chocolate - Rose Salt + Lemon

77% dark chocolate mini bar with rose salt and lemon. Ethically sourced and made in small batches. *GF & Vegan.*

Wise Snacks

Witzi's Raw Granola

Banana Berry, Golden, and Lemon Raspberry.

Cocoa Nut Butter & Banana Chips

Housemade cocoa, almond, and peanut butter. Served with dried banana chips. *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

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