

HarvestOwl™

Menu for the week of
February 5, 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.

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 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 Noodle Bone Broth Bowl

Housemade chicken bone broth, grilled chicken, carrot, celery, broccoli, fresh dill, egg noodles. Broth served on the side to pour over and warm. *GF option available.*

Latin Steak Rice Bowl

Chimichurri sauce, grass-fed steak, brown rice, grape tomatoes, black beans, queso fresco, zucchini, sautéed onion. Warming suggested. *GF. Vegan option available. Also available with antibiotic-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.

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.*

Apple, Almond & Fresh Herb Salad with Chicken

Rittman Orchard apple, almonds, dates, grilled chicken, fennel, fresh dill, blue cheese, mixed greens, lemon thyme 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.

Egg Salad Toast Kit

Our classic cage-free egg salad, pickled red onions, chives, local greens, Angelic Bakehouse Bread. Toast and assemble. *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.

Chicken Noodle Soup

Housemade chicken bone broth, chicken, carrot, broccoli, celery, fresh dill, egg noodles.

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 Cowboy Cookie

A rich cookie with pecans, dark chocolate, oats, and coconut.

Philomena Bake Shop Blueberry Banana Cake

Locally made cake with blueberries, banana, and a touch of vanilla. *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 Ginger Nut Butter & Apple Slices

Housemade ginger almond peanut 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

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