

HarvestOwl™

Menu for the week of
March 18, 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.

HarvestOwl Nachos

Shagbark tortilla chips, pico de gallo, vegan nacho cheese, corn, brown rice, black beans, taco-spiced mushrooms and cauliflower, cilantro. Has a lil' kick. Warming suggested. *Vegan and GF. Available with antibiotic-free chicken or grass-fed steak.*

Grapefruit & Broccoli Chopped Kale Bowl

Broccoli, grapefruit, wheat berries, raisins, celery, almonds, organic kale, fresh herb yogurt dressing. *GF option available. Available with antibiotic-free chicken or wild sockeye salmon.*

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.*

Broccoli & Cheddar Noodle Bowl

Broccoli, cheddar, chicken, red pepper, whole wheat penne, butternut squash sauce, Angelic breadcrumbs, fresh rosemary & parsley. Warming suggested. *Vegetarian and GF options available.*

Mediterranean Chicken & Veggie Bowl

Marinated chicken breast, sun-dried tomato dressing, grilled zucchini, red pepper, onion, bulgur wheat, chickpeas, carrot. Warming suggested. *Vegan and GF 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.

Orange & Cashew Chinese Chicken Salad

Orange, grilled chicken, cashews, snow peas, romaine, red cabbage, carrot, napa cabbage, bean sprouts, sesame seeds, green onion, sesame ginger dressing. *GF. Vegan option available. Available with grass-fed steak.*

Grilled Steak Honey Mustard Salad

Grass-fed flank steak, smoked mozzarella, cucumber, red pepper, radish, carrot, chives, mixed greens, honey mustard dressing. *GF.*

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.

Turkey Reuben Sandwich

Oven roasted turkey, Swiss, Cleveland Kraut, leaf lettuce, housemade Thousand Island dressing, Angelic Bakehouse Whole Grain Rye. Served with a dill pickle. *Available on a GF wrap.*

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.

Spicy Black Bean Soup

Black beans slowly simmered with red pepper, carrot, celery, onion, chipotle, and cumin. *Vegan and GF.*

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

Philomena Bake Shop Mango Guava Cake

Locally made cake with mango and guava filling. *Vegan and GF.*

Luna Bakery Dark Chocolate Cherry Brownie

A fudgy chocolate brownie with dried cherries. *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.

Housemade Nut Butter & Apple Slices

Housemade almond and peanut butter with Rittman Orchard apple slices. *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.*

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.

Spicy Deviled Eggs

Local, pasture-raised deviled eggs from New Creation Farm. Two egg halves with local greens. Has a 'lil kick. *GF.*

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