

# HarvestOwl™

Menu for the week of  
March 25, 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.

### Lemon Grilled Chicken Rice Bowl

Grilled chicken, portobello mushroom, green beans, roasted red pepper, brown rice, Parmesan cheese, fresh lemon, olive oil & herb drizzle. Warming suggested. *GF. Vegan and Vegetarian options available.*

### Avocado, Corn & Chicken Tacos

Grilled chicken, stewed black beans, corn salsa, mashed avocado, cilantro, lime, tortillas. Warming suggested. *Available with grass-fed steak. 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.*

### 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 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.

### Southwest Steak Salad

Chipotle-marinated steak, zesty rice, avocado mash, sweet corn, black beans, red peppers, Shagbark tortilla chips, mixed greens, creamy cilantro lime dressing. *GF. Vegan option available. Available with antibiotic free chicken.*

### 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.*

### 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 Club Wrap

Oven roasted turkey, Niman Ranch bacon, roasted tomato, pickled cucumber, green leaf lettuce, maple mustard mayo, whole wheat wrap. *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.*

### Hearty Lentil Chili

Vegetarian chili with lentils, carrots, celery, leeks, spices, and fresh herbs. *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 Chocolate Chip Cookie

Simple and delicious chocolate chip cookie. *Vegan and GF.*

### Luna Bakery Dark Chocolate Cherry Brownie

A fudgy chocolate brownie with dried cherries. *Vegan and GF.*

### Ocho Organic Dark Chocolate Coconut

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

### Antidote Dark Chocolate - Coffee and Cardamom

77% dark chocolate mini bar with coffee and cardamom. Ethically sourced and made in small batches. 0.5 oz. *GF & Vegan.*

## Wise Snacks

### Witzi's Raw Granola

Banana Berry, Golden, and Lemon Raspberry.

### Candied Pecan Nut Butter with Apple Slices

Candied pecan and peanut nut 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](http://harvestowl.com/wisefood-promise)*