

# HarvestOwl™

Menu for the week of  
March 4, 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.

### Breakfast Tacos

Local pasture-raised scrambled eggs, roasted potatoes, Niman Ranch bacon, cheddar, fire-roasted tomato salsa, avocado, tortillas. Warm and assemble. *Vegetarian and GF options available.*

### Tofu Peanut Rainbow Bowl

Gochujang peanut sauce, marinated organic tofu, broccoli, red pepper, snow peas, pickled red cabbage, forbidden rice, sesame seeds, green onion. Has a 'lil kick. *Vegan. Available with antibiotic-free chicken, or grass-fed beef.*

### 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.*

### 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 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.

### Wild Salmon Nicoise Salad

Wild sockeye salmon, green beans, kalamata olives, grape tomatoes, artichoke hearts, roasted potato, local pasture-raised egg, mixed greens, lemon basil vinaigrette. *GF. Vegan option available. Also available with antibiotic-free chicken, or grass-fed beef.*

### 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.*

### 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]

Soba Noodle Salad

Soba noodles, red pepper, edamame, carrot, red cabbage, sesame seeds, tamari lime dressing. *Vegan*

## Soup

Pair with a sandwich, wrap, half salad, or side dish.

### Mulligatawny Soup

Tomato curry soup with carrots, lentil, ginger, apple, coconut milk, and spices. *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

### Shamrock Mint Matcha Smoothie 16 fl oz

Peppermint, vanilla, matcha, cashew, coconut milk, spinach, organic yogurt, dark chocolate chunks. *GF.*

## Desserts

### Luna Bakery Cowboy Cookie

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

### 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.

### Shamrock Mint Matcha Smoothie 16 fl oz

Peppermint, vanilla, matcha, cashew, coconut milk, spinach, organic yogurt, dark chocolate chunks. *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)