

HarvestOwl™

Menu for the week of
May 20, 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.

Southwest Steak Bowl

Grass-fed steak, fire-roasted salsa, corn, black beans, zucchini, zesty brown rice, cheddar, Shagbark tortilla chips. Warming suggested. *GF. Vegan option available. Also available with antibiotic-free chicken breast.*

Mushroom Bolognese with Sweet Potato Noodles

Mushroom bolognese with tomato, walnuts, carrot, red wine, and fresh herbs. Served with spiralized sweet potato and zesty cashew Parmesan. *GF and Vegan. Available with antibiotic-free chicken breast or grass-fed steak.*

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.*

Roasted Cauliflower & Carrot Tahini Bowl

Designed by SoCo Tahini, prepared by HarvestOwl. Lemon maple carrots, sumac cauliflower, pickled radish & fennel, black lentils, spiced rice, SoCo tahini dressing. *GF and Vegan. Available with antibiotic-free chicken breast, grass-fed steak or wild sockeye salmon.*

Japanese Chicken Forbidden Rice Bowl

Grilled chicken, forbidden rice, edamame, sesame cabbage slaw, carrot, pickled radish, peanuts, green onion, tamari ginger sauce. *GF. Vegan option available with roasted tofu.*

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.

Blueberry Cashew Chicken Salad

Blueberries, candied sesame cashews, grilled chicken, edamame, cucumber, radish, fresh cilantro, orange rice wine vinaigrette. *GF. Vegan option available with tofu. Also available with wild sockeye salmon.*

Greek Chicken Salad

Grilled chicken, carrot, green pepper, cucumber, grape tomato, orzo, parsley, Kalamata olive, pickled onions, mixed greens, tangy yogurt dressing. *GF and Vegetarian options available.*

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.

Smoked Trout & Cashew Cream Cheese Toast Kit

Smoked steelhead trout, cashew cream cheese, cucumber, dill, everything spice, multigrain sprouted bread. Toast and assemble. *Vegan option available.*

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, wrap, or lettuce wrap.

Rittman Orchard Apple

BOOMCHICKAPOP Sea Salt Popcorn

Fresh Veggies & Avocado

Crunchy Pretzel Shells

Hippeas [Vegan White Cheddar]

Sea Salt Potato Chips

Siete Grain Free Tortilla Chips [Lime]

Surprise Fresh Cut Fruit

Popchips [Barbeque]

Jackson's Sweet Potato Chips

Soup

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

Minestrone Soup

Tomato-based soup with green beans, corn, white beans, fresh parsley & basil, and orzo. *Vegan.*

Drinks

San Pellegrino Sparkling Soda 11.1 fl oz

Lemon or 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 or Black Lemon

Just Iced Tea 16 fl oz

Original Green, Peach Oolong, or Moroccan Mint

Mountain Valley Spring Water 11 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

Garden of Flavor Cold Pressed Juice 16 fl oz

Mean Green, Turmeric Ginger, or Aronia Berry

De La Calle Tepache [Ginger Manzana] 12 fl oz

Desserts

Dark Chocolate Tahini Truffle

Rich truffle with SoCo tahini, dates, cacao powder, vanilla, and sesame seeds. *GF and Vegan.*

Philomena Bake Shop Snickerdoodle Cookie

Cinnamon and sugar snickerdoodle cookie. Locally made. *GF and Vegan.*

Ruani Functional Brownie

Melt-in-your-mouth brownie made with nutrient-rich and functional ingredients. *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

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

Wise Snacks

Witzi's Raw Granola

Banana Berry or Lemon Raspberry. *GF and Vegan*

Cocoa Nut Butter & Rittman Orchard Apple Slices

Housemade cocoa, 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*

Karma Cashews [Cocoa Dusted] & [Sea Salt]

Cocoa dusted cashews in their natural skins. Lightly sweetened and roasted without oil. 1.5 oz

Think Jerky

Classic Beef, Sweet Chipotle or Sesame Teriyaki. *GF and Paleo.*

Oloves [Chili & Garlic Kalamata Olives] *GF and Vegan*

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 Apple Cinnamon Crisp. *GF and Vegan*

Niman Ranch Snack Pack

Pepperoni, Provolone & Dark Chocolate Almonds

New Creation Farm Pasture Raised Hard Boiled Egg

Ingredients you can feel good about.

Our thoughtful ingredient sourcing is part of what makes HarvestOwl HarvestOwl. We hope our extra care and effort shines through in the experience that we provide for you.

Ingredient Sourcing

Chicken and Turkey

no antibiotics ever

Beef

grass-fed flank steak

Salmon

wild sockeye from Alaska

Cooking Oils

we're seed oil-free. we primary cook with expeller pressed avocado oil and extra virgin olive oil

Eggs

Pasture-raised from New Creation Farm

Tofu & Tempeh

organic

Bacon

Niman Ranch - no antibiotics ever

Kale

organic

Apples

local from Rittman Orchards

Local Partners

Philomena Bake Shop

gluten free and vegan cookies and cakes

Luna Bakery

assorted desserts

Witzi's Raw Granola

soaked and dehydrated organic granola

Cleveland Kraut

caraway seed fermented sauerkraut

Fresh 'n Crisp Farms

hydroponically grown greens for salads and sandwiches

New Creation Farm

pasture-raised eggs

Rittman Orchards

apples and seasonal veggies

Read more about the ideas that guide our lunch-making passion at: harvestowl.com/wisefood-promise