

# Vegetarian(v) / Vegan(vg) / Gluten Free(gf) Menu

Below is what Harvest Room offers for those with dietary restrictions. Since you are fully knowledgeable of your own dietary needs, we ask that you inform your server & please read the ingredients before ordering.

## lunch

served until 4 pm

### appetizers

### salads

add 4oz. of grilled chicken (\$5) OR  
dr praegers "chicken" (soy protein \$6)

#### ROASTED GOLDEN BEET SALAD (v) | 11.5

herbed goat cheese fritters, sliced golden beets, candied walnuts, dried cranberries, organic spring greens, maple sherry vinaigrette (sherry vinegar, non gmo oil blend, maple syrup, dijon, herbs) (vg)(gf) - no goat cheese fritters

#### HARVEST CHOPPED WITH SMOKED CHICKEN (gf) | 13

smoked free range chicken, romaine hearts, queso fresco, black beans, pepita seeds, diced red pepper, chipotle ranch

#### VEGAN CHOPPED W/ "CHICKEN BREAST" (v)(vg)(gf) | 16

Praegers 'chicken breast' (soy), organic spring greens, romaine hearts, daiya vegan cheese, chick peas, pepita seeds, avocado, dried cranberries, maple sherry vinaigrette (sherry vinegar, non gmo oil blend, maple syrup, dijon, herbs)

#### SOLSTICE SALAD (v)(gf) | 11

roasted butternut squash, diced pear, pomegranate seeds, quinoa, arugula, kale, pistachios, feta cheese, pickled onions, white goddess dressing (white vinegar, non GMO oil blend, spices), balsamic glaze (vg) no feta cheese

#### MED DIPS (v) | 12

butternut squash hummus (chickpeas, tahini, squash, cayenne, og evoo), olive tapanade (olives, roasted red peppers, garlic, evoo) spicy feta (feta, giardiniera, cream cheese, herbs), house pickles, grilled pita (gf) - no pita, sub veg (vg) - no pita, sub veg, no feta

#### BUTTERNUT SQUASH HUMMUS (v) | 9

pita chips & butternut squash hummus (chickpeas, tahini, squash, cayenne, og evoo) (vg)(gf) - served with veggies

#### BURRATA (v) | 10

creamy mozzarella, heirloom tomatoes, toasted sourdough, sundried tomato pesto, balsamic, fresh herbs (gf) - sub gluten free bread \$2

#### TRUFFLE FRIES (v) | 5

hand cut fries, parmesan cheese, truffle aioli (egg yolks, oil, truffle oil),

#### BASKET OF SWEET POTATO FRIES (v)(vg)(gf) | 6.5

### lunch entrees

All sandwiches served with choice VG/GF soup or sweet potato fries

#### WHITEFISH FILET (gf) | 14

pesto (arugula, garlic, non GMO oil), super slaw

#### CHARLATAN (v)(vg) | 13

beyond 'beef' burger (soy free), balsamic caramelized onions, mushrooms, vegan mayo, vegan bun

#### VEGAN FRESNO TACOS (v)(vg) | 14

Praegers "chicken" (white goddess, garam masala), purple cauliflower, pickled cabbage, fresno chili aioli (vegan mayo, fresno peppers, herbs), cilantro

#### VEGAN "CHICKEN" BURGER (v)(vg) | 13

Praegers blackened "chicken breast" (soy), super slaw (white goddess), pickles, sliced tomato, arugula pesto (arugula, garlic, non GMO oil), vegan mayo, vegan bun

#### OMG BURGER (v)(vg) | 13

quinoa & veggie patty (contains walnuts), butternut squash hummus, avocado, pickled red onions, vegan bun, sweet potato fries

#### THE HEARTY HAVARTI PANINI (v) | 10.5

butternut squash hummus (garlic, chickpeas, squash tahini, lemon juice), arugula, avocado, tomato, havarti, pesto sauce (arugula, garlic, non GMO oil), sourdough bread. (vg) - no havarti, sub daiya vegan cheese

#### GLUTEN FREE LEGHORN (gf) | 13.5

brown sugar chicken thighs, tomatoes, spring mix, sundried tomato pesto, roasted red pepper crema, gluten free bun

#### GLUTEN FREE STEEL MILL BURGER (gf) | 16.5

2 grass fed beef patties, house brined pickle relish (pickles, sriracha, honey), balsamic caramelized onions, cheddar cheese, HR special sauce (aioli, strawberries, BBQ sauce, mustard), sweet potato fries

### BYOB: BUILD YOUR OWN BURGER

grass fed beef on gluten/dairy free bun (gf) | 13  
quinoa & veggie burger (contains nuts) on vegan bun (v)(vg)(gf) | 11.5  
beyond "beef" burger (v)(vg)(gf) | 12

#### CHOICES

Crispy Onions (not GF)   1	HR Special Sauce   .5
Roasted Red Peppers   .5	Pesto Sauce   .5
Sauteed Mushrooms   .5	BBQ Sauce   .5
Roasted Jalapeños   .5	Dijonnaise   .5
Balsamic Carm Onions   .5	Hummus   1
Black N Blue Style   4	Vegan Mayo   .5
Chicken Chorizo   2	Vegan Cheese   1
Uncured Bacon   2	Mercks Cheddar   1
Fried Egg   1.5	Cheddar, Havarti, Swiss   1
Shaved Ham   2	Smoked Gouda, Goat, Blue   2
Avocado   1	

Dietary restrictions menu available upon request. 20% service charge added to parties of 6 or more. Corkage fee of \$15 per bottle.

Eating raw or undercooked meat, poultry, eggs, or seafood poses a health risk to everyone, but especially to the elderly, young children under age 4, pregnant women and other highly susceptible individuals. Harvest Room does not have a gluten free kitchen and cannot guarantee that cross contamination may occur.