

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

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

## appetizers

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### GLUTEN FREE KEFTA KABOBS (gf) | 11

lamb & beef kefta, sundried tomato pesto, chickpea salad, butternut squash hummus

### THE FLAMING ZORBA (v) | 11.5

halloumi saganaki, butternut squash hummus (chickpeas, tahini, squash, garlic), sundried tomato pesto (sundried tomatoes, basil, garlic, arugula), pita bread (wheat, milk) (gf) ~ no pita

### BURATTA (v) | 11

creamy mozzarella, heirloom tomatoes, toasted sourdough, sundried tomato pesto, balsamic, fresh herbs (gf) ~ no bread

### GRILLED BABY OCTOPUS (gf) | 13

slow braised baby octopus, butternut squash, halloumi cheese, fresno chile

### MED DIPS (v) | 12

butternut squash hummus (chickpeas, tahini, squash, garlic, og evoo), olive tapanade (kalamata olives, green olives, roasted red pepper, 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 BEET HUMMUS & PITA (v) | 9

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

### TRUFFLE FRIES (v) | 5

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

add 4 oz. of grilled chicken (\$5), Dr Praegers chicken (vg- soy & pea protein - \$7)

### VEGAN CHOPPED WITH “CHICKEN” (v)(vg)(gf) | 16

“chicken breast” (Dr. Praegers) 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)

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

smoked chicken, romaine hearts, queso fresco, black beans, pepita seeds, diced red pepper, chipotle ranch (v) ~ without chicken

### ROASTED GOLDEN BEETS 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

### SOLSTICE SALAD (v)(gf) | 10

roasted butternut squash, diced pear, pomegranate seeds, quinoa, arugula, pistachios, feta cheese, pickled onions, white goddess dressing, balsamic glaze (vg) no feta cheese

Shared entree charge of \$2 per item ordered will be applied. 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.

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## dinner

add 4 oz. of grilled chicken (\$5), Dr Praegers chicken (vg- soy & pea protein - \$7)

### VEGAN “CHICKEN” BURGER (v)(vg) | 13

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

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

beyond “beef” burger, balsamic caramelized onions, mushrooms, vegan mayo, vegan bun, sweet fries

### VEGETABLE POLENTA (v)(vg) | 16

smoked root vegetables, butternut squash, mushrooms, polenta (cheese butter), black garlic reduction (red wine, veg stock) (vg) no cheese, no butter

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

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

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

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

### CAVATAPPI ORTAGGIO (v) | 16

butternut squash, wild mushrooms, onions, creamy herb pesto (grana cheese, herbs, oil) cavatappi pasta (gf) ~ add \$2 gluten free pasta (vg) ~ no cheese

### THE BLACKBIRD (gf) | 19

spiced chicken breast (blackening season, masala), spaghetti squash (maple syrup, butter), purple cauliflower, organic carrots, braised kale & swiss chard, tarragon beurre blanc (white wine, butter, tarragon)

### HR POT ROAST (gf) | 23

red wine braised beef, creamy polenta (cheese, butter), smoked root vegetables, mushrooms, butternut squash

### PORK SHANK (gf) | 22

white wine tomato reduction, bacon belly beans (black eyed peas, pork belly, garlic, onions), braised kale & swiss chard

### BISTRO FILET (gf) | 28

8oz grass fed beef, horseradish cream (dairy, horseradish), fingerling potatoes, parmesan cauliflower

### GLUTEN FREE SMOQUE MAC & CHEESE (gf) | 23 Award Winning!

14 hr smoked grass fed brisket, jalapeños, four cheese sauce (smoked gouda, cheddar, havarti, cream), strawberry bbq (ketchup, strawberries, vinegar, seasoning, sugar), gluten free pasta

### GLUTEN FREE STEEL MILL BURGER (gf) | 17

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

## children 16 and under 20% off entrees

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