



vegetarian (v) / vegan (vg) / gluten free (gf)

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 menu

served until 4pm

salads

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

ROASTED GOLDEN BEET SALAD (v) | 12

herbed goat cheese fritters (contains gluten), 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) | 14

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) | 12

quinoa, roasted butternut squash, feta, pear, pistachios, arugula & romaine, pickled red onion, white goddess & balsamic glaze
(vg) - no feta

starters

GLUTEN FREE KEFTA KABOBS (gf) | 13

lamb & beef kefta, cucumber & olive, sundried tomato pesto, dill yogurt, gluten free bread

BRAVOCADO TOAST (v) | 9

griddled english muffin, avocado, white goddess dressing, mozzarella, heirloom tomatoes, pickled red onion black salt
(vg) - sub sourdough, sub vegan cheese | 1
(gf) - sub gluten free bun | 2

BRUSSEL SPROUTS & STRACCIATELLA (v)(gf) | 12

roasted brussels sprouts, creamy stracciatella cheese, pine nut gremolata, maple sherry gastrique

MED DIPS (v) | 12

smoked hummus (chickpeas, tahini, og evoo), pine nuts, olive tapenade (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

SMOKED HUMMUS & PINE NUT GREMOLATA (v) | 10

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

BURRATA (v) | 12

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

20% service charge added to parties of 6 or more. Corkage fee of \$15 per bottle.

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Eating Raw or undercooked meat, poultry, eggs, or seafood poses a health risk to everyone, but especially to the elderly, young children under 4, pregnant women and other highly susceptible individuals.

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Harvest Room does not have a gluten free kitchen and cannot guarantee that cross contamination may occur.

lunch entrees

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

ZEN TACOS (v)(vg) | 13.5

blackened zucchini, red peppers, butternut squash, potatoes, jalapeño pickled corn, guajillo horseradish cream (vegan mayo, guajillo pepper, horseradish), corn tortilla (corn, lime)

WHITEFISH FILET (gf) | 15

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

CHARLATAN (v)(vg) | 13.5

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

VEGAN "CHICKEN" TACOS (v)(vg) | 14

sweet glaze (liquid amino, pineapple, sugar), peanut butter slaw (peanut butter, sesame oil), fresno chile, corn tortillas (corn, lime)

VEGAN "CHICKEN" BURGER (v)(vg) | 14

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) | 13.5

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

THE HEARTY HAVARTI PANINI (v) | 12.5

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

LAZARUS (gf) | 15.5

house made roast beef, guajillo horseradish mayo, swiss cheese, organic sauerkraut, gluten free bread

LEVEL UP TURKEY BURGER (gf) | 16.5

double patty turkey burger, smoked brisket jam, pickled jalapenos, smoked gouda, HR special sauce, gluten free bun

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

Roasted Red Peppers | .5

Sauteed Mushrooms | .5

Roasted Jalapenos | .5

Balsamic Carm Onions | .5

Black N Blue Style | 4

Chicken Chorizo | 2

Uncured Bacon | 2

Fried Egg | 1.5

Shaved Ham | 2

Avocado | 1

HR Special Sauce | .5

Pesto Sauce | .5

BBQ Sauce | .5

Dijonnaise | .5

Hummus | 1

Vegan Mayo | .5

Vegan Cheese | 1

Mercks Cheddar | 1

Cheddar, Havarti, Swiss | 1

Smoked Gouda, Goat | 2