



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

Below is what Harvest Room offers for those with dietary restrictions.  
when ordering vegan or GF we ask that you inform your server & please read the ingredients before ordering.

## lunch menu

served until 4pm

### salads

add grass fed steak 12, Faroe Island salmon 12, three gulf shrimp 11, grilled or blackened chicken 6, or vegan "chicken" (soy & pea protein) 7

**ROASTED GOLDEN BEET SALAD & GOAT FRITTER (v) | 16.5**  
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) | 17.5**  
smoked antibiotic free chicken, romaine hearts, queso fresco, black beans, pepita seeds, diced red pepper, chipotle ranch

**VEGAN CHOPPED W/ "CHICKEN BREAST" (v)(vg)(gf) | 18.5**  
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)

**SUMMER SOLSTICE (v)(gf) | 15.5**  
quinoa, apples & strawberries, feta cheese, arugula & romaine, pickled red onion, white goddess vinaigrette & balsamic glaze  
(vg) - no feta

### starters

**GLUTEN FREE KEFTA KABOBS (gf) | 19**  
lamb & beef kefta, olive, cucumber, tomato, red onion, dill yogurt, gluten free bread

**BRAVOCADO TOAST (v) | 12.5**  
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

**BRUSSELS SPROUTS & STRACCIATELLA (v)(gf) | 16**  
roasted brussels sprouts, creamy stracciatella cheese, mushrooms, fresno chile peppers, maple sherry gastrique

**MED DIPS (v) | 15.5**  
hummus (chickpeas, tahini, og evoo), olive tapenade (olives, roasted red peppers, garlic, evoo) spicy feta (feta, giardiniera, cream cheese, herbs), house pickles, candied pecans  
(gf) - no pita, sub veg (vg) - no pita, sub veg, no feta

**HUMMUS (v) | 13.5**  
grilled pita & lemon-garlic-roasted red pepper hummus (lemon, garlic, chickpeas, tahini, og evoo) (vg)(gf) - served with veggies

**BURRATA (v) | 16.25**  
creamy mozzarella, heirloom tomatoes, artisanal sourdough, sundried tomato pesto, balsamic, fresh herbs  
(gf) - sub gluten free bread \$2

**VEGAN TRUFFLE SWEET FRIES (v)(vg)(gf) | 12.5**  
sweet potato fries, vegan cheese, vegan truffle aioli

**TRUFFLE FRIES (v) | 10**  
hand cut fries, parmesan cheese, truffle aioli (vegan mayo, truffle oil)

**BASKET OF SWEET POTATO FRIES (v)(vg)(gf) | 8.5**  
-try them cajun or add vegan seoul chili aioli for .50

20% service charge added to parties of 4 or more. When using credit/debit cards a 3.5% service fee will be added. 2 card max per check. Max table time 1.5 hours

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

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

### lunch entrees

all sandwiches served with choice of VG/GF soup or sweet potato fries  
lettuce, tomatoes, house brined pickles upon request

**ZEN TACOS (v)(vg) | 18**  
blackened zucchini & butternut squash, red peppers, potatoes, roasted corn, guajillo horseradish cream (vegan mayo, guajillo pepper, horseradish), corn tortilla (corn, lime)

**CHARLATAN (v)(vg) | 17.5**  
beyond 'beef' burger (soy free), balsamic caramelized onions, mushrooms, vegan mayo, vegan bun

**VEGAN "CHICKEN" BURGER (v)(vg) | 17**  
Praegers blackened "chicken breast" (soy), superslaw (white goddess), pickles, sliced tomato, arugula pesto (arugula, garlic, non GMO oil), vegan mayo, vegan bun

**OMG BURGER (v)(vg) | 16.5**  
chipotle black bean patty, hummus, avocado, pickled red onions, vegan bun

**THE HEARTY HAVARTI PANINI (v) | 16.5**  
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

**WHITEFISH FILET (gf) | 20**  
sautéed great lakes whitefish filet, pesto (arugula, garlic), superslaw

**GLUTEN FREE BOUGIE MAC BURGER | 19**  
double grass fed beef patty, cheddar, house brined pickles, tomato, shredded lettuce, BG Mac sauce, gluten free bun

**BYOB: BUILD YOUR OWN BURGER**  
grass fed beef on gluten/dairy free bun (gf) | 14.5  
chipotle black bean burger on vegan bun (v)(vg)(gf) | 12.5  
beyond "beef" burger (v)(vg)(gf) | 14.5

#### CHOICES

Crispy Onions (not gf)   1	HR Special Sauce   .5
Roasted Red Peppers   .75	Pesto Sauce   .5
Sauteed Mushrooms   .75	BBQ Sauce   .5
Roasted Jalapenos   .75	Dijonnaise   .5
Balsamic Caramelized Onions   .75	Hummus   1
Chicken Chorizo   2	Vegan Mayo   .5
Uncured Bacon   2.5	Vegan Cheese   1
Fried Egg   2.5	Merkts Cheddar   1.25
Shaved Ham   2.5	Cheddar, Havarti, Swiss,   1.25
Avocado   1.75	Smoked Gouda, Goat Cheese, Feta   2.25

### sides

SEASONAL VEG (V/VG/GF) | 6.5

BRUSSELS SPROUTS (V/VG/GF) | 9.5

FRESH FRUIT (V/VG/GF) | 5.5

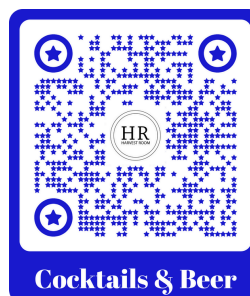
PASTA N CHEESE (V) | 7.5

VEGAN/ GF SOUP OF THE DAY | 5.5

SMALL CHOPPED SALAD (V/GF) | 6.75

HOUSE SALAD (V/VG/GF) | 5.25

SWEET FRIES (V/VG/GF) | 6/8



Cocktails & Beer



Drinks & Craft Teas