



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

Harvest Room offers the items below 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

ROASTED GOLDEN BEET SALAD & GOAT FRITTER (v) | 17  
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) | 18.5  
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)

THE SOLSTICE (v)(gf) | 16.5  
quinoa, butternut squash, pears, feta cheese, arugula & romaine, pickled red onion, white goddess vinaigrette & balsamic glaze  
(vg) - no feta

*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*

### starters

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

BRAVOCADO TOAST (v) | 13.5  
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

MED DIPS (v) | 16.5  
hummus (red beets, 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) | 14.5  
grilled pita & roasted red beet hummus (lemon, garlic, chickpeas, tahini, og evoo) (vg)(gf) - served with veggies

BURRATA (v) | 17.25  
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) | 9  
-try them cajun or add vegan seoul chili aioli | 1

Harvest Room does not have a gluten free kitchen and cannot guarantee that cross contamination will not occur.  
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 maximum per check. Maximum 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

### lunch entrees

all sandwiches served with choice of VG/GF soup or sweet potato fries  
lettuce, tomatoes, house brined pickles upon request | .75

OMG BURGER (v)(vg) | 17.5  
chipotle black bean patty, hummus, avocado, pickled red onions, vegan bun

CHARLATAN (v)(vg) | 18.5  
beyond 'beef' burger (soy free), balsamic caramelized onions, mushrooms, vegan mayo, vegan bun

VEGAN "CHICKEN" BURGER (v)(vg) | 18  
Praegers blackened "chicken breast" (soy), superslaw (white goddess), pickles, sliced tomato, arugula pesto (arugula, garlic, non GMO oil), vegan mayo, vegan bun

ZEN TACOS (v)(vg) | 18.5  
blackened zucchini & butternut squash, red peppers, potatoes, roasted corn, guajillo horseradish cream (vegan mayo, guajillo pepper, horseradish), corn tortilla (corn, lime)

THE HEARTY HAVARTI PANINI (v) | 16.5  
seasonal hummus (garlic, chickpeas, tahini, roasted red beets), arugula, avocado, tomato, havarti, pesto sauce (arugula, garlic, non GMO oil), sourdough bread  
(vg) - no havarti, sub daiya vegan cheese

WHITEFISH FILET (gf) | 21  
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

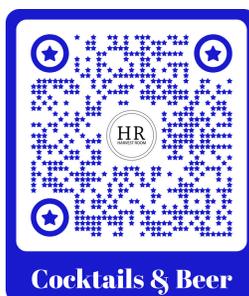
BUILD IT  
• grass fed beef on gluten/dairy free bun (gf) | 16  
• chipotle black bean burger on vegan bun (v)(vg)(gf) | 13.5  
• beyond "beef" burger (v)(vg)(gf) | 15.5

#### CHOICES

Crispy Onions (not gf)   1	HR Special Sauce   .5
Roasted Red Peppers   .75	Pesto Sauce   .5
Sautéed Mushrooms   .75	BBQ Sauce   .5
Roasted Jalapeños   .75	Dijonnaise   .5
Balsamic Caramelized Onions   .75	Hummus   1
Chicken Chorizo   2	Vegan Mayo   .5
Uncured Bacon   3	Vegan Cheese   1
Fried Egg   2.5	Merkts Cheddar   1.25
Shaved Ham   3	Cheddar, Havarti, Swiss, Smoked Gouda,   1
Avocado   2	Goat Cheese, Feta   2.

### sides

SEASONAL VEG (V/VG/GF)   6.5	VEGAN/ GF SOUP OF THE DAY   5.5
BRUSSELS SPROUTS (V/VG/GF)   9.5	SMALL CHOPPED SALAD (V/GF)   6.75
FRESH FRUIT (V/VG/GF)   5.5	HOUSE SALAD (V/VG/GF)   5.25
PASTA N CHEESE (V)   7.5	SWEET FRIES (V/VG/GF)   6/8.5



Cocktails & Beer



Drinks & Craft Teas