

# Vegetarian & Vegan Menu

**BRUNCH SERVED 8:30AM-2:00PM, LUNCH FROM 11:00AM-2:00PM**

**NEW Fried Goat Cheese Waffle** ..... \$14

Belgian waffle topped with fried goat cheese, powdered sugar, basil berry compote, candied pecans & toasted almonds - this is to die for! Don't miss out!

**Vegetarian Harvest Breakfast** ..... \$14

Two eggs\*\* your way, Harvest fried potatoes, sliced avocado & tomato, served with buttered Harvest toast & fruit cup

Harvest English Muffin (+\$2) Poached Eggs (+\$2) Creamy Cheddar Grits (+\$3)

**Vegetarian Quiche Breakfast** ..... \$14

Three cheese or spinach feta quiche, spring greens & fruit cup

**Vegetarian Eggs Benedict** ..... \$18

Two artisan English muffin halves, grilled zucchini, portobello, red peppers & onions, 2 poached eggs\*\*, and house made hollandaise sauce. Served with Harvest potatoes & spring greens

**Vegetarian Huevos Rancheros** ..... \$16

Crispy corn tortilla with black beans on smashed avocado with grilled zucchini, portobello, red peppers & onions, eggs over medium\*\*, Harvest salsa and cilantro cream sauce. Served with cheesy grits & Harvest potatoes with Sriracha ketchup

**Vegan Ranchero** ..... \$14

Crispy tortillas, black beans, salsa, grilled zucchini, portobello, red peppers & onions, avocado & cilantro micro-herbs. Served with Harvest potatoes & sriracha ketchup

**Vegetarian Harvest Waffles** ..... \$12

Harvest waffles, Harvest whipped butter, maple syrup, toasted pecans, fresh berries & whipped cream

Nutella (+\$1), Cookie Butter (+\$1), Add Egg (+\$1.5)

**NEW Açaí Bowl** ..... \$12

Açaí & mixed berry smoothie with oat milk, GF toasted almond granola, almond butter or peanut butter, coconut, strawberries, blueberries, banana, almond butter, chia seeds & local honey or agave.

\*\*Gluten Friendly

**Vegetarian Breakfast Tacos** ..... \$14

Two tacos, with scrambled eggs with cheese, grilled zucchini, portobello, red peppers & onions, salsa & avocado. Served with Harvest potatoes & chipotle ranch. Choice of corn or flour tortilla

**Vegan Breakfast Tacos** ..... \$13

Two tacos with grilled zucchini, portobello, red peppers & onions, salsa, avocado & cilantro microgreens. Served with Harvest potatoes & sriracha ketchup. Choice of corn or flour tortilla (flour tortilla is not vegan)

**Yogurt & Granola Fruit Bowl** ..... \$10

Organic vanilla yogurt with GF toasted almond granola, fresh strawberries, blueberries and banana. Topped with honey.

\*\*Gluten Friendly

**MANY ITEMS AVAILABLE GLUTEN FRIENDLY**

**Avocado Toast** ..... \$14

Harvest toast topped with smashed Avocado, hard boiled egg, salt, pepper & paprika. Served with spring green salad & Harvest potatoes.

Available Gluten Friendly - Poached Egg (+\$1.5)

**SALADS & LUNCH**

**NEW Arugula & Fried Goat Cheese Salad** ..... \$14

Arugula, spring greens, candied pecans, toasted almonds, blueberries & pears tossed in our champagne prickly pear vinaigrette dressing and topped with 2 medallions of fried goat cheese

Add Chicken Breast (+\$4)

**Vegetarian Quiche Lunch** ..... \$16

Three cheese or spinach feta quiche, soup & salad

**NEW Harvest Garden Salad with Portobello** ... \$14

Field greens, cherry tomatoes, red onions, cucumber, almonds & avocado tossed in Harvest lime vinaigrette and topped with grilled or crispy portobello

Vegan

**SANDWICHES & TACOS**

**Portobello Mushroom Burger** ..... \$15

Two grilled portobello mushrooms, with cheddar cheese, mayo, avocado, bibb lettuce, heirloom tomato, red onion & pickles on grilled bun. (American, Bleu or Swiss available) Served with your choice of Harvest potatoes, kettle chips & Harvest dip, fruit cup or soup.

**NEW Vegetarian OMG Goat-Cheese Burger** ... \$18

Grilled portobello mushroom, sherry onions, arugula, espresso aioli, fried goat cheese, over easy egg on a pretzel bun

**NEW Spicy Quinoa Vegan Tacos** ..... \$14

Two vegan tacos with spicy quinoa, grilled portobello, zucchini, red peppers & onions, topped with pico de gallo, avocado slices and cilantro microgreens.

**Portobello & Fried Goat Cheese Sandwich** \$14

Whole grain toast, hummus, grilled portobello, marinated red bell peppers, spring mix, lime vinaigrette & fried goat cheese. Served with Harvest potatoes, kettle chips & Harvest dip, fruit cup or soup.

**Hot Portobello Tacos** ..... \$14

Fried Portobello with our hot spice sauce, chipotle mayo, coleslaw, avocado & cilantro micro greens. Served on corn or flour tortillas. Available vegan.

**Hot Portobello Sandwich** ..... \$15

Two crispy fried portobello mushrooms, with Harvest "Hot" spice sauce, pickles, coleslaw and chipotle mayo on grilled bun. Served with Harvest potatoes, kettle chips & dip, fruit cup or soup. Choose your spice level: no spice, mild, medium or hot

Available Vegan

## SIDES

- Side Salad** ..... \$6  
Greens, tomato, onion, cucumber, almond, avocado & lime dressing
- Creamy Cheddar Grits** ..... \$5
- Avocado & Tomato** ..... \$4
- Black Bean Soup w/ Avocado** ..... \$6
- Harvest Potatoes** ..... \$5
- Kettle Chips & Harvest Dip** ..... \$5
- Fresh Fruit Cup** ..... \$3.5

## LITTLE HARVESTER BREAKFAST

- Vegetarian Kids Harvest Waffle** ..... \$7  
One Harvest waffle, Harvest whipped butter, maple syrup & whipped cream with Nutella on the side.  
Served with fruit cup
- Vegetarian Kids Harvest Breakfast** ..... \$7  
One scrambled egg with cheddar cheese, Harvest potatoes, Harvest toast & fruit cup  
Avocado & tomato (+\$1)

## LITTLE HARVESTER ENTRÉES

- Kids Grilled Cheese** ..... \$8  
Grilled sourdough bread, American cheese, Harvest fried potatoes, kettle chips & dip or fruit cup  
Add Ham (+\$2)

## DESSERTS

- Harvest Carrot Cake** ..... \$7
- Harvest Ice Cream** ..... \$6  
Variety of flavors
- KETO - Cheesecake** ..... \$6  
Net Carbs 6g, Fat 48g, Protein 10g, Calories 490

## DRINKS

- Fresh Squeezed Orange Juice** ..... \$4
- Iced Tea** ..... \$3
- Iced Latte** ..... \$4.5
- Hot Tea** ..... \$2.5
- Coffee** ..... \$3
- Americano** ..... \$4
- Double Shot Espresso** ..... \$4
- Latte or Cappuccino** ..... \$4.5
- Chai Latte** ..... \$4.5

**Non-Dairy Milk & Cream Available**

**ORDER TO-GO 281-396-4727**

### Our Mission...

Our mission is simply to create wholesome food made from scratch using the best locally sourced ingredients and spread love to our community.

Menu items may contain or come into contact with WHEAT, EGGS, PEANUTS, PEANUT OIL, TREE NUTS, and MILK. For more information, please speak with a manager.

We do not have a gluten free kitchen or bakery. If you have a serious health issue, please consider the risk before ordering one of our gluten friendly items.

\*\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. We use PEANUT OIL in our fryers.