



## HANDHELDS

**American Harvest Burger\* 10**  
*angus, chuck short rib, brisket blend, fontina cheese, house mayo, caramelized onions, served on a martin's potato bun*

**Garden Burger 9**  
*curried quinoa & shitake patty, harvest yogurt dressing, pickles, served on naan bread with a small mixed green salad*

**No Mayo Chicken Salad Sandwich 11**  
*roasted chicken, avocado, bacon & pumpkin seed crumble, toasted pecans, granny smith apple, yogurt sauce, served on naan bread*

**Blue's Tacos**  
*gmo-free organic blue corn tortillas*  
steak\* 13 | chicken 10 | veggie 8

**Farmer's Veggie Sandwich 9**  
*zucchini, squash, mushrooms, red peppers, red onions, black bean hummus, mixed greens, pesto, served on naan bread*

**Steak Sandwich\* 13**  
*steak, harvest mayo, caramelized onion, red peppers, fontina cheese, mixed greens, served on naan bread*

**Asian Tuna Lettuce Wrap 14**  
*tuna, kale slaw, kelp noodle, radish, scallions*

## SALADS

**Harvest Cobb Salad 10**  
*fresh mixed greens, bacon & pumpkin seed crumble, black beans, queso fresco, diced avocado, baby heirloom tomatoes, chimichurri vinaigrette*

**Sweet Potato House Salad 9**  
*roasted sweet potato, toasted pecans, fresh mixed greens croutons, charred lemon vinaigrette*

**Asian Salad <sup>VG</sup> 8**  
*soy seared vegetables, kelp noodles, almonds, red peppers, spice Asian dressing*

**Quinoa Veggie Salad 12**  
*quinoa, fresh mixed greens, tomato, queso fresco, basil, red peppers oregano-goat cheese vinaigrette*

## SKILLETS & BOWLS

**Roasted Chicken Skillet 10**  
*hormone free chicken quarter with chimichurri vinaigrette served with roasted sweet potatoes topped with mushroom "bacon", scallions*

**Pesto Harvest Skillet 9**  
*green & yellow squash, cauliflower, red onion, portobello mushrooms, red peppers, carrots, shredded parmesan, toasted almonds, baby heirloom tomatoes tossed in an almond basil pesto dressing*

**Cauliflower Skillet 9**  
*roasted cauliflower, roasted garlic & kimchee brussels sprouts, fresh herbs and citrus, Greek yogurt sauce*

**Curry Roasted Vegetable Bowl <sup>VG</sup> 9**  
*quinoa, green & yellow squash, red peppers, portobello mushrooms, cauliflower, carrots, red onion, edamame, basil, coconut curry sauce*

**Asian Noodle Bowl 9**  
*zucchini, squash, carrots, cauliflower, red onion, red bell pepper, portabella mushroom, kelp noodles, lo mien noodles, Thai soy dressing*

**Cuban Hipster Bowl 7**  
*seasoned black beans, Spanish style faro, oven baked plantains, queso fresco, fresh lime*

### ADD PROTEIN

Chicken Breast 4 | No Mayo Chicken Salad 4 | Curried Quinoa & Shitake Patty <sup>VG</sup> 5 | Steak\* 5 | Tuna 7

## BITES

**Black Bean Hummus & Chips 4**  
*black beans, garbanzos, queso fresco, fresh lime with white corn chips*

**Mashed Avocado & Chips 4**  
*fresh avocado, queso fresco, cilantro & lime with white corn chips*

**Roasted Brussels Sprouts <sup>VG</sup> 4**  
*with garlic chili sauce and fresh citrus*

**Roasted Sweet Potatoes 4**  
*with soy and butter glaze*

**#AMERICAN HARVESTCO**

online ordering now available

<sup>VG</sup> Denotes Vegan Dish

