



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 ^{VG} 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 ^{VG} 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 ^{VG} 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 ^{VG} 4

with garlic chili sauce and fresh citrus

Roasted Sweet Potatoes 4

with soy and butter glaze

#AMERICAN HARVESTCO

online ordering now available

^{VG} Denotes Vegan Dish

