

# GentleHarvest

HEALTHY PLATE, HEALTHY POCKET

## LUNCH & DINNER

- **BUILD-A-BURGER \$5**
- ♥ Choice of Beef, Turkey or ♻️ Vegan
- ♻️ Choice of Bun: Whole Grain, Calorie Light, Lettuce Wrap
- ♻️ Add Gluten-free Bun \$1.50
- Choice of Toppings:
  - ♻️ Sautéed Onions, Sautéed Mushrooms \$0.75
  - ♥ Bacon, Fried Farm Egg \$1.50
  - ♻️ Lettuce, Tomato, Onion, Pickles, Mayonnaise, Ketchup, Mustard (free)
- Choice of Cheese: Trickling Springs Cheddar \$1.00
  - Organic American, or Organic Swiss \$1.50
- ♥♻️● **SUPERFOOD SALAD \$8:** Roasted Chicken, Legumes (Lentils, Kidney Beans, Chickpeas), Beets, Quinoa, Lettuce and Golden Balsamic Dressing
  - ♻️ Without Roasted Chicken \$6
  - In A Wrap with Chicken \$8.50
    - ♻️ without Chicken \$6.50
  - ♻️ Add Gluten-free Wrap \$1.50
- ♥●● **ROTISSERIE CHICKEN** ● 1/4 Chicken \$7 ● 1/2 Chicken \$10 ● Whole Chicken \$18
  - **JACKET POTATO WITH TOPPINGS \$3.50**
  - ♥● Choice of protein: Pulled Chicken, Bacon, Fried Farm Egg, Braised Beef, ♻️ Superfood Legumes \$2
  - Choice of Cheese: Trickling Springs Cheddar \$1.00
    - Organic American, Organic Swiss \$1.50
  - ♻️ Choice of Toppings: Sautéed Mushrooms, Tomato, Sautéed Onion \$0.75
  - ♻️ Butter, Sour Cream, Coconut Oil, Onions, Scallions (free)
- ♥●● **AYRSHIRE FARM BEEF AND PORK HOT DOG \$4**
  - ♻️ Choice of Bun: Whole Grain or Lettuce Wrap
  - Add Gluten-free Bun \$1
  - ♻️ Choice of Toppings: Sauerkraut, Sautéed Onions, Sautéed Mushrooms \$0.75
  - ♻️ Pickles, Mayonnaise, Ketchup, Mustard, Relish, Onions (free)
  - Choice of Cheese: Trickling Springs Cheddar \$1.00
    - Organic American, or Organic Swiss \$1.50
  - **BONE BROTH 16 OZ \$4**
  - ♥● Organic Beef, Organic Chicken, ♻️ Boneless Broth (Vegetarian)
  - ♻️ Choice of Add-ins: Seasonal Vegetables, Superfood Legumes \$1
  - ♥● Noodles or Fried Farm Egg \$1.25
    - ♻️ Furikake, Chili Spice-blend, Lemongrass, Ginger or Scallions (free)
  - ♥● Pulled Chicken or Braised Beef \$3

♻️ Suitable for Vegetarians ●♥ Meats from Ayrshire Farm or Locally Sourced ♻️ Calorie-Light Option ● Made with Organic Ingredients  
 ● Made with Local Ingredients ♻️ Sustainably Harvested Seafood ♻️ Gluten-free Option

## BREAKFAST

- ♥●● **SAVORY MUFFIN WITH SAUSAGE \$4**  
House-made Sausage, Cheddar, Red Pepper, Sundried Tomato and Onion
- ♥●● **BLT WITH AYRSHIRE FARM HOUSE-CURED BACON \$7**  
Wheat or Gluten-free Toast, Lettuce, Tomato and Sir Kensington's Mayo
- ♻️● **ANCIENT GRAIN WAFFLES \$3.50**  
Served with Local Maple Syrup or Cinnamon Sugar
- ♥●● **FARM EGG, LOCAL CHEESE AND VEGGIES IN A WHOLE WHEAT WRAP \$4**
  - ♻️ Add Gluten-free Wrap or Housemade English Muffin \$1
  - ♻️ Add Housemade Whole Wheat Croissant \$2
  - Add Organic Swiss Cheese or Organic American Cheese \$1
  - ♥● Add Organic Pork or Organic Chicken Sausage \$2
- ♥●● **EGG WHITE BOWL WITH LOCAL CHEESE AND VEGGIES \$6**
  - Add Organic Swiss Cheese or Organic American Cheese \$1
  - ♥● Add Organic Pork or Organic Chicken Sausage \$2

## SIDES

- ♻️● SWEET POTATO S'PUDS (SMALL) \$2.50
- ♻️● SWEET POTATO S'PUDS (LARGE) \$4.50
- ORGANIC COFFEE  
(S) \$2.50 (M) \$3 (L) \$3.50
- ♥●● ORGANIC PORK BREAKFAST SAUSAGE \$2
- ♻️●● GARDEN SALAD \$5
- ♻️● VEGETABLE CHIPS \$3
- ♻️● FRESH VEGGIES WITH BUTTERMILK DIP OR HUMMUS \$4.50
- ♻️● FRESH FRUIT \$3
- ♻️● COOKIES \$2.50  
OATIE SHORTBREAD  
MOLASSES  
LADYBUG

## BEVERAGES

- KOMBUCHA \$4.50
- ORGANIC ICED TEA \$1.50
- ORGANIC MILK OR CHOCOLATE MILK \$2
- ORGANIC APPLE OR ORANGE JUICE \$3
- SPARKLING WATER \$1.50
- LIGHT LEMONADE (AGAVE) \$3



WE USE ORGANIC, LOCAL AND NON-GMO MEATS AND PRODUCE WHEREVER POSSIBLE IN PREPARING THE DISHES ON OUR MENU.

## FOR KIDS

- ♥● **KID'S SIZE BURGER \$3** ● **KID'S SIZE HOT DOG \$2** ● **NAKED CHICKEN STRIPS GLUTEN-FREE \$3.50**
- ♥● **LITTLE BUG BOX \$6**  
Kid's Entrée, Choice of Side (S'puds, Veggies, or Fruit), Ladybug Cookie, and Milk or Juice

## FOR PETS

- ♥● **THE FURRY FOODIE** Raw Dinners for Cats and Dogs made by Ayrshire Farm \$3

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