

## FARM-FRESH SALADS

Romaine Caesar 9.75

romaine hearts, house-made croutons, shaved parmesan, white anchovies (opt.), anchovy parmesan dressing

Greek Salad 10.50

organic mixed greens, cucumbers, feta, kalamata olives, tomatoes, greek dressing

Spinach Salad 10.50

organic baby spinach, hard-boiled egg, bacon, blue cheese, house-made croutons, citrus shallot vinaigrette

Insalata Asiatica 10.75

romaine hearts, snow peas, red bell peppers, citrus segments, cellophane noodles, almonds, sesame mandarin vinaigrette

Farmer's Garden 11.75

organic baby spinach, carrots, apples, sprouts, red onion, walnuts, goat cheese, tofu miso vinaigrette

Summer Cobb 13.50

organic mixed greens, lemon-poached chicken breast, apples, walnuts, bacon, blue cheese, hard-boiled egg, creamy gorgonzola dressing

Ahi Salad 13.50

organic mixed greens, sushi grade-A ahi, roasted potatoes, tomatoes, kalamata olives, hard-boiled egg, sherry olive vinaigrette

Salmon Spectacular 15.75

romaine hearts, poached salmon, avocado, egg, tomato, almonds, balsamic dressing

## CUSTOM-MADE SALADS

Whole (4 basic toss-ins) 9.75

Half (2 basic toss-ins) 7.50

### Select Greens & Basic Toss-Ins

- organic mixed greens
- organic baby spinach
- romaine hearts
- Kale, arugula or seasonal mix

### Specialty Toss-Ins

- avocado 1.25
- nuts 1.25
- bacon 1.25
- cheese 1.25
- lemon chicken breast 3
- spicy chicken breast 3
- tofu 3
- sushi grade-A ahi tuna 3.50
- poached salmon 6

### House-Made Dressing

- balsamic
- greek
- tofu miso
- citrus shallot
- sherry olive
- no-mayo caesar
- anchovy & parmesan
- honey mustard
- sesame mandarin
- creamy gonzola
- strawberry balsamic
- lemon basil

## SANDWICHES

on Panorama Bakery bread 9.50

- Egg Salad with Smoked Salmon
- Turkey with Sundried Tomatoes
- Chicken Waldorf
- Caprese
- Prosciutto
- Tuna Salad

## ARTISAN SOUPS

8 flavors daily by SOOP of Berkeley

- Mini (8 oz.) 4.75
- Small (12 oz.) 6.75
- Large (16 oz.) 8.25
- Quart (cold only) (32 oz.) 14.50

## SWEETS & SNACKS

- Kettle & Pop Chips 2.50
- Cookies (Vegan options available) 2.50
- Homemade Chocolate Chip Cookies (get them warm!) 3
- Healthy Snack Bars (Picky, Kind, Larabar) 3
- ChocoLove Dark Chocolate Bars 5

## BOTTLED BEVERAGES

- Coke, Diet Coke & Bottled Water 1.75
- Honest T, Limonata, Oranjina & Sparkling Water 2.50
- Sipp Organic Sodas 3.50
- Naked Juice & Kombucha 5

## ESPRESSO, COFFEE & TEA

- Espresso and Coffee by Graffeo of North Beach AQ
- Office Coffee To Go (Serves 10) 18
- Mighty Leaf Tea 3

We recycle all paper, glass, aluminum and plastic.

All prices of taxable items include sales tax to the nearest mil.

## BREAKFAST

- Organic Steel-Cut Oatmeal (with 3 toppings) 6  
Add Fruit 1
- Yogurt, Granola & Fruit Parfait 6.50
- Banana Bread & Croissants 3 - 4
- Fruit Salad 5
- Fresh-Squeezed Juices 7

## CATERING & DELIVERY

- Sandwich Platters
- Salad Bowls
- Soup Tureens
- Box Lunches
- Gourmet Continental Breakfasts
- Organic Juices

(24 hour notice is appreciated on large orders!)

Order Online:  
[www.harvestandrowe.com](http://www.harvestandrowe.com)

## CUSTOM JUICES 9

1) Select a Base or Bases:

- carrot
- cucumber
- celery
- orange
- apple

2) Add 3 Ingredients:

- spinach
- kale
- parsley
- broccoli
- mint
- beet
- pineapple
- apple
- lemon
- orange
- ginger
- tumeric
- cayenne
- cinnamon
- cardamom
- chia

## JUICE BAR

ORGANIC & POWERED BY  
THE VERITABLE VEGETABLE

### 100% Pure (12 oz) 7

- orange
- apple
- carrot
- pineapple
- beet
- cucumber

### Raw Organic Juices (12 oz) 9

#### 1 Dream of Greenie

Spinach, Kale, Cucumber, Pineapple, Mint

#### License to Kale

Kale, Celery, Carrot, Parsley

#### Rawsome

Kale, Spinach, Cucumber, Apple, Lemon, Ginger

#### Chia Chai

Nut Milk, Chia Seeds, Ginger, Cardamom, Agave, Cinnamon

#### Beta Tester

Beet, Apple, Carrot, Lemon

#### Luau Limbo

Pineapple, Cucumber, Orange, Ginger

#### Flu Shot (hot or cold)

Lemon, Ginger, Cayenne, Agave, Turmeric, Filtered Water



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