

HarvestOwl™

Menu for the week of
January 12, 2026

Let us know if there's ever anything we can help you with:

support@harvestowl.com
216-672-0655



Bowls

All dressings and sauces are served on the side.

Grapefruit & Broccoli Chopped Kale Bowl

Broccoli, grapefruit, wheat berries, raisins, celery, almonds, organic kale, fresh herb yogurt dressing. *GF option available. Available with antibiotic-free chicken or wild sockeye salmon.*

Breakfast Tacos

Local, pasture-raised scrambled eggs, roasted potatoes, Niman Ranch bacon, cheddar, fire-roasted tomato salsa, avocado, tortillas. Warm and assemble. Warming suggested. *GF and Vegetarian options available.*

Super Simple Keto Bowl with Cauliflower Rice

Grilled chicken, broccoli, butternut squash, cauliflower rice, parsley, lemon wedge, extra virgin olive oil, pink himalayan sea salt. Warming suggested. Keto and Whole 30 friendly. *GF. Available with grass-fed steak or wild sockeye salmon. Vegan with organic tofu.*

Shrimp Pesto Pasta Bowl

Poached wild Argentinian shrimp, cilantro pumpkin seed pesto, whole wheat pasta, red pepper sauce, sundried tomatoes, grilled zucchini, ricotta salata cheese. Warming suggested. *GF and Vegan options available. Available with antibiotic-free chicken.*

Slow Braised Brisket Bowl

Tender grass-fed braised brisket, roasted potatoes, carrot, green beans, red wine braising sauce, parsley. Warming suggested. *GF.*

Super Simple Bowl with Brown Rice

Grilled chicken, broccoli, butternut squash, brown rice, parsley, lemon wedge, extra virgin olive oil, pink himalayan sea salt. Warming suggested. *GF. Available with grass-fed steak or wild sockeye salmon. Vegan with organic tofu.*

Market Salads

All dressings and sauces are served on the side.

Red Grape & Walnut Chicken Salad

Grilled chicken, red grapes, toasted walnuts, jicama, quinoa, mixed greens, poppy seed vinaigrette. *GF. Vegan option available. Available with wild sockeye salmon.*

Greek Chicken Salad

Grilled chicken, carrot, green pepper, cucumber, grape tomato, orzo, parsley, Kalamata olive, pickled onions, mixed greens, tangy yogurt dressing. *GF and Vegetarian options available.*

The Doctor's Everyday Salad

Avocado, pumpkin seeds, grape tomato, broccoli, chickpeas, mixed greens. Packets of extra virgin olive oil, balsamic vinegar, himalayan sea salt. Inspired by Dr. Mark Hyman. *GF and Vegan. Available with grilled chicken, grass-fed steak, or wild sockeye salmon.*

Sandwiches & Wraps

Sandwiches, wraps, and lettuce wraps are served with choice of side dish.

Thai Peanut Chicken Lettuce Wraps

Thai peanut sauce, grilled chicken, red pepper, cucumber, carrots, peanuts, green onion, romaine lettuce cups. *GF.*

Oven Roasted Turkey Sandwich or Wrap

Oven roasted turkey, cheddar cheese, leaf lettuce, and a side of honey mustard or olive oil mayo on organic multigrain bread. *Available on a whole wheat wrap or GF wrap.*

Side Dishes

Choose one to pair with your sandwich, wrap, or lettuce wrap.

Rittman Orchard Apple

BOOMCHICKAPOP Sea Salt Popcorn

Fresh Veggies & Avocado

Hippeas [Vegan White Cheddar]

Siete Grain Free Tortilla Chips [Lime]

Sea Salt Potato Chips

Surprise Fresh Cut Fruit

Popchips [Barbeque]

Jackson's Sweet Potato Chips

Crunchy Pretzel Shells

Soup

Butternut Squash Soup

Sweet and savory butternut squash soup pureed with onion, apple, and spices. *GF and Vegan.*

Drinks

San Pellegrino Sparkling Soda 11.1 fl oz

Lemon or Blood Orange

Sanzo Sparkling Water 12 fl oz

Calamansi Lime or Mango

Spindrift 12 fl oz

Lemon, Raspberry Lime, Half Tea & Half Lemon

Vita Coco Pure Coconut Water 330 ml

Just Iced Tea 16 fl oz

Unsweetened Green, Peach Oolong, or Unsweetened Black

Mountain Valley Spring Water 11 fl oz

Sparkling, Still, or Sparkling Blackberry Pomegranate

Olipop 12 fl oz

Classic Grape or Classic Root Beer

Local Apple Cider 16 fl oz

Freshly-pressed apple cider with a cinnamon stick. Enjoy chilled or warmed in a mug.

Specialty Drinks

Guardian Cold Brew Coffee Local, 12 fl oz

Hoplark Sparkling HopTea [Green Tea] 16 fl oz

Garden of Flavor Cold Pressed Juice 16 fl oz

Mean Green, Turmeric Crush, or Aronia Berry

Brew Dr. Kombucha - Superberry 14 fl oz

Desserts

Luna Bakery Granola Cookie

Locally made cookie with oats, nuts, cherries, and cranberries.

Cider Poached Pears

Fresh pears poached in apple cider with crystallized ginger and fresh mint. *GF and Vegan.*

Ruani Functional Brownie

Decadent Coffee or Chai Spiced Blondie. Melt-in-your-mouth brownie made with nutrient-rich and functional ingredients. *GF.*

Tcho Dark Chocolate Bar

A mini chocolate bar made with fudgy organic cacao from Ghana's world-renowned farms. 0.8oz. *GF and Vegan.*

Wise Snacks

Housemade Cashew Peanut Butter & Apple Slices

Housemade cashew and peanut butter with Rittman Orchard apple slices. *Nut butter available in bulk (without apple slices). GF and Vegan.*

Witzi's Raw Granola

Banana Berry. *GF and Vegan.*

Elemental Superfood Seedbar

Dark Chocolate Almond Butter. *GF and Vegan.*

Love, Corn

Smoked BBQ. *GF and Vegan.*

Pasture-raised Hard Boiled Egg

Poshi Chili & Garlic Kalamata Olives. *GF and Vegan.*

Niman Ranch Snack Pack

Pepperoni, Provolone & Dark Chocolate Almonds. *GF.*

Think Jerky

Classic Grass-fed Beef. *GF.*

Karma Cashews

Sea Salt. *GF and Vegan.*

Quinn Peanut Butter Filled Pretzel Nuggets GF and Vegan.

Foods Alive Sprouted Crisps

Lemony Lemon or Tomato & Herb. *GF and Vegan.*

Crunchy Roasted Edamame Beans

Ranch.. *GF and Vegan.*

Ingredients you can feel good about.

Our thoughtful ingredient sourcing is part of what makes HarvestOwl HarvestOwl. We hope our extra care and effort shines through in the experience that we provide for you.

Ingredient Sourcing

Chicken and Turkey

no antibiotics ever

Beef

grass-fed flank steak

Salmon

wild sockeye from Alaska

Cooking Oils

we're seed oil-free. we primary cook with expeller pressed avocado oil and extra virgin olive oil

Eggs

free-range from Holistic Acres

Tofu

organic

Bacon

Niman Ranch - no antibiotics ever

Kale

organic

Apples

local from Rittman Orchards

Local Partners

Philomena Bake Shop

gluten free and vegan cookies and cakes

Luna Bakery

assorted desserts

Witzi's Raw Granola

soaked and dehydrated organic granola

Cleveland Kraut

caraway seed fermented sauerkraut

Fresh 'n Crisp Farms

hydroponically grown greens for salads and sandwiches

Holistic Acres

free-range eggs

Rittman Orchards

apples and seasonal veggies

Guardian

cold brew coffee

Shagbark Tortilla Chips

made with Ohio-grown corn

Garden of Flavor

organic cold-pressed juices

Read more about the ideas that guide our lunch-making passion at: harvestowl.com/wisefood-promise