

## organic smoothies

served with your choice of dairy or non-dairy yogurt

**Raspberry Patch** 6.49  
raspberries, bananas, milk

**Strawberry Field** 6.49  
strawberries, bananas, milk

**Rainforest** 6.49  
pineapple, mango, orange juice

**Tropical Sunrise** 6.49  
pineapple, strawberries, bananas, orange juice

**Blueberry Hill** 6.99  
blueberries, bananas, peaches, milk

**Berry Garden** 6.99  
raspberries, blueberries, strawberries, apple juice

**Green Smoothie** 8.49  
kale, kiwi, cinnamon, apple juice, lemon juice, lime juice, strawberries, blueberries (no yogurt)

**Joe's Special** 6.99  
blueberries, strawberries, bananas, pineapple juice, orange juice

**Jody's Special** 8.99  
spinach, mango, blueberries, raspberries, bananas, carrots, beet root juice, pomegranate juice, coconut yogurt, protein powder

**Extras \$1.99**  
soy protein, whey protein

### organic drinks

**Apple or Orange Juice** 1.99/2.99  
**Milk (dairy, almond, coconut, soy)** 1.99/2.99  
**Chocolate Milk** 2.49/3.49  
**Hot Cocoa** 2.49/3.49

### organic wellness shots

**Ginger or Beet** 2.99  
**Tumeric** 4.99

## fresh organic juices

**Happy Rabbit** 6.99  
apple, carrot, ginger, parsley

**ABC** 5.99  
apple, beet, carrot

**Fresh Start** 5.99  
carrot, apple, celery

**Pink Lady** 6.99  
beet, pear, romaine, lime

**Mega Green** 7.99  
celery, kale, apple, spinach, cucumber, ginger

**In Between** 7.99  
celery, apple, lemon, spinach, kale, cucumber

## local coffee & tea

**Colectivo Coffee 12oz / 16 oz**  
Coffee of the Day 1.69/1.99  
Espresso single/double 1.49/1.99  
Latte 2.99/3.99  
Iced Latte (16 oz) 3.99  
Cappuccino 2.99/3.99  
Americano 2.99/3.99

**Cadence 7oz / 14oz**  
Cold Brew Coffee on Tap 1.99/3.49  
Seasonal Tap Cold Tea 1.99/3.49  
Growlers 32oz/64oz 13.99/14.99  
Growler Refill 6.49/11.99

**Rishi Tea 12 oz / 16 oz**  
Hot Tea 1.99  
Tap Cold Tea (16 oz) 3.99  
Iced Tea (16 oz) 1.99  
Chai Tea Latte 2.99/3.99

## kombucha

**Nessalla 7oz / 14oz**  
Kombucha on Tap 2.49/3.99  
Growlers 64oz 14.99  
Growler Refill 11.99



# cafe menu

## farm fresh & local

*we use only the finest organic produce*

cafe counter hours:

mon-fri 7am-7pm

sat 8am-6pm

sun 9am-6pm

cafe grill hours:

mon-fri 7am-7pm

sat 8am-3pm

sun 9am-3pm



harvestcafé

2205 Silvernail Rd | Pewaukee, WI 53072  
262-232-8866 | goodharvestmarket.com

## breakfast

Mon-Fri until 11am | Sat-Sun until 3pm

served with your choice of harvest root hash, toast or seasonal fruit.

**Breakfast Sandwich** nf/sf 7.99  
on brioche with egg, tomato, ham and cheddar.

**California Avocado Toast** o/nf/sf/vg 10.99  
with tomato, onion, arugula, tzatziki and 2 eggs to order.

**Breakfast Burrito** nf/sf 8.99  
with egg, cheddar, onion, bell pepper and chorizo. side of pico de gallo and guacamole. sub tempeh for \$.99.

**Rise and Shine** nf/sf/df 7.99  
2 eggs cooked to order. your choice of sausage, bacon or ham.

half order \$4.99

**Harvest Root Hash Bowl** nf/sf 9.99  
root veggies and your choice of (3) additions: ham, chorizo, tempeh, onion, bell pepper, spinach, roasted veggies, pico de gallo or cheddar and 2 eggs to order.

**Cinna-Nilla French Toast** o/nf/sf/vg 7.99  
three slices of pane rustico bread topped with housemade local honey butter. served with your choice of local honey or pure maple syrup.

**3-Egg Omelette** nf/sf 9.99  
choose any two additions: spinach, onion, bell pepper, roasted vegetables, pico de gallo, ham, chorizo, tempeh or cheddar.

**Oatmeal** o/gf/sf/df/v 5.99  
with granola, cinnamon and almonds.

## breakfast sides

toast/gf toast 1.99  
egg to order 1.99  
root hash 1.99  
sausage, bacon or ham 2.99  
seasonal fruit bowl 2.99

## weekend brunch

Saturday 8am-3pm | Sunday 9am-3pm

choose from any breakfast item or one of the following:

**Buttermilk Griddlecakes** o/nf/sf/vg 6.99  
topped with housemade local honey butter. served with your choice of local honey or pure maple syrup.

**Whole Oat Griddlecakes** o/gf/sf/vg 6.99  
topped with housemade local honey butter. served with your choice of local honey or pure maple syrup.

## kid's menu

Available all day, every day

**Kid's Rise and Shine** nf/sf/df 4.99  
one each: egg, toast. choice of ham, sausage or bacon.

**Kid's Deli Sandwich** nf/sf 5.99  
ham, turkey or cheese. served grilled or cold with a side of fruit, chips or yogurt.

**Kid's Cheese Pizza** nf/sf/vg 5.99  
shredded mozzarella and pizza sauce.

## daily features

- hot bar selections change daily with mostly organic and local ingredients: choose from a variety of meat, gluten free, dairy free, soy free, vegetarian & vegan options 9.99/lb
- (hot bar hours: Mon-Fri 11am-2pm & 4pm-7pm)
- organic salad bar daily selections of organic produce, deli salads and toppings 9.99/lb
- organic house-made soup four options served daily with gluten free, dairy free, soy free and vegan options
- 8 oz 3.99 | 16 oz 5.99 | 32 oz 9.99

gf=gluten free | df=dairy free | sf=soy free  
nf=nut free | vg=vegetarian | v=vegan | o=organic

(menu and prices are subject to change)

## lunch & dinner

items can be prepared as a sandwich or salad. served with side of house power greens or substitute soup/salad bar bowl for \$2.99.

**Ham & Apple Panini** nf/sf 11.99  
with baby swiss, roasted garlic, mustard and arugula.

**Tuna Melt** nf/sf 8.99  
housemade tuna salad with cheddar, romaine, tomato and onion.

**Falafel Wrap** o/nf/sf/vg 8.99  
with hummus, romaine, tomato, cucumber, onion and tzatziki.

**Pesto Chicken Avocado** o/sf/df 11.99  
with provolone, tomato, arugula, roasted garlic and pesto.

**Curried Chicken Avocado** o/sf 11.99  
with arugula, tomato and chicken salad.

**Good Harvest Burger** nf/sf 11.99  
with lettuce, tomato and onion. your choice of cheddar, baby swiss or provolone.

**Deli Wrap** nf/sf 9.99  
choose from ham or turkey. with lettuce, tomato, onion. your choice of cheddar, provolone or baby swiss and mayo or mustard.

**Quesadilla** o/nf/sf 9.99  
your choice of shredded chicken or roasted vegetables. with spinach and a southwest corn & black bean cheese blend. pico de gallo and guacamole served on the side.

**Mediterranean Grill Panini** o/sf/df/v 8.99  
roasted eggplant, portobello, zucchini, yellow squash, bell pepper and onion.

**Tempeh Vegetable Muffaletta** nf/sf/v 12.99  
with pesto, onion, tomato, arugula, tapenade and balsamic vinaigrette.

**California Avocado Toast** o/nf/sf/vg 10.99  
with tomato, onion, arugula, tzatziki and 2 eggs to order.