

BREAKFAST ITEMS & BAKED GOODS

Homemade Granola & Low-fat Yogurt Parfait	4.25
Add blueberries, strawberries, or fresh bananas	.75 ea
Homemade Granola w/ fresh bananas and milk	4.25
Bagels - plain	.95
Butter +.35 Cream cheese +.65 Jelly +.35	
Organic Peanut butter +.75 Cream cheese & Jelly +.85	
Smoked Salmon w/ cream cheese and tomato on bagel	5.50
Oatmeal with cinnamon & brown sugar	sm 2.50/lg 3.25
add raisins +.50 add blueberries +.95	
Breakfast Sandwiches on Multi-grain Roll, Wrap, Sliced 8-grain or Bagel	
Egg & Cheese	3.00
Bacon, Egg, & Cheese (with turkey bacon or turkey sausage, +.50)	3.50
Bacon & Egg (with turkey bacon or turkey sausage, +.50)	3.25
Any breakfast sandwich on croissant, add	.75
Homemade Baked Goods	
Blueberry Muffin	1.25
Croissant	1.75
Jumbo Oatmeal Raisin or Chocolate Chip Cookie	1.75
Killer Triple Chocolate Brownie	2.00
Homemade Granola Bar with seeds, nuts, & other yummy goodness	2.00

BOTTLED DRINKS & SPECIALTY BEVERAGES

Inko's All Natural White Iced Tea, Sparkling Water, & Vitamin Water	1.95
Soy Milk	1.75
Tropicana Orange Juice, Organic Apple Juice, Poland Spring water	1.25
<i>The following drinks may be hot, iced, or frozen</i>	
Mochaccino (espresso, steamed milk, and chocolate syrup)	
Cappuccino (espresso, steamed milk, and foam)	
Latte (espresso and steamed milk)	
Chai Latte (a sweet blend of tea and spices with steamed milk)	
Chocolate Hazelnut Latte (latte with chocolate and hazelnut syrups)	Add vanilla,
Cafe Caramel (American coffee with caramel syrup)	hazelnut,
Italian Espresso - single, double	caramel,
Red Eye (American coffee with shot of espresso)	chocolate
"Milky Way"--Caramel Hot Chocolate	syrup for .40
Hot Chocolate	Add soy milk
American Coffee & Assorted Herbal Tea	for .50

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Harvest Table
 Fresh Food Eatery
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Free Wi-Fi

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PANINI, SANDWICHES, & WRAPS

"Create Your Own"

1. Choose your bread: fresh multi-grain roll, multi-grain panini flat bread, sliced 8-grain, or wrap (honey wheat or spinach)

2. Choose your toppings (1 from ea. category):
Meats & Fish: baked chicken breast, bacon, house-roasted turkey, prosciutto, smoked salmon (add \$1.00), or tuna fish

Cheeses: brie, cheddar, goat cheese, fresh mozzarella, pepperjack, provolone, or white American

Veggies: sliced apple, carrots, cucumbers, roasted peppers, roasted eggplant, jalapenos, tomatoes, or roasted zucchini

Spreads: basil pesto, sun dried tomato pesto, mayo, spicy brown mustard, olive spread, caesar, russian, ranch

"Create Your Own"

Sandwiches include:

1 meat or fish
 1 cheese
 1 veggie
 1 spread/dressing
 lettuce, pickles, & onions
6.50

Add .75 for each additional cheese, veggie, or spread
 Add 1.25 for each additional protein

SOUPS

Our fabulous seasonal soup selection varies. Call for today's options. All soups come with bread.

12 oz. or 16 oz.
 Prices vary

SMOOTHIES

1. Choose your base: apple juice, orange juice, milk, soy milk (add .50)

2. Choose any 3 add-ins: bananas, blueberries, fresh ginger, mango, peaches, pineapple, strawberries, chocolate, honey, peanut butter, yogurt (add .75)

Add Protein Boost or Flax Seed +.50

Small (16 oz.)	4.25
Medium (20 oz.)	4.75
Large (24 oz.)	5.25
Protein Boost	.50
Flax Seed	.50

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HOUSE FAVORITES

Burgers

- Grilled Portobello "Burger"** with fresh mozzarella, spinach, tomatoes, and basil pesto on a multi-grain roll. Served with side salad. 6.75
- Homemade Turkey Burger** with lettuce, tomatoes, American cheese and Russian dressing on multi-grain roll, with side salad 6.95
- Salmon Burger** with lettuce, tomatoes, red onion, and teriyaki wasabi dressing on multi-grain roll with side salad 6.95
- Veggie Burger** w/ lettuce, tomatoes, American cheese, ketchup & mustard on multi-grain roll with side salad 6.75

Panini, Sandwiches, & Wraps

- Balsamico**- Chicken, fresh mozzarella, tomatoes, balsamic vinaigrette grilled on multi-grain flatbread 6.50
- Holy Smokes**- Smoked salmon, roasted zucchini, goat cheese, basil pesto on toasted 8-grain bread 7.50
- Classico**- Prosciutto, fresh mozzarella, roasted red peppers, basil pesto on grilled multi-grain flatbread 6.95
- Tokyo Tuna**- "Naked" tuna, carrots, cucumbers, red onions, romaine, teriyaki wasabi dressing in a spinach wrap 7.00
- Fat Nick**- Turkey, pepperjack, roasted red peppers, cucumbers, mustard, grilled in a honey-wheat wrap 7.25
- Panino Campesino**- Chicken, provolone, spinach, zucchini & sun-dried tomato pesto grilled on multi-grain flatbread 7.50
- The Good Earth**- Grilled portobello, roasted red peppers, spinach, zucchini, & fresh mozzarella grilled in a spinach wrap 7.95
- Mediterranean**- Spinach, feta, tomatoes, artichoke hearts, cucumbers, black olive spread in a spinach wrap 7.50
- Turkey & Bacon Club**- House-roasted turkey, bacon, cheese, tomatoes, lettuce, Russian dressing stacked on 3 slices of toasted 8-grain 7.95
- Chicken Caesar Wrap**- Chicken, tomatoes, parmesan cheese, cucumbers, Caesar dressing grilled in a wrap 7.00

OR, CREATE YOUR OWN! See front page

Vegetarian Chili- Hearty, stew-like chunks of fresh vegetables, beans & spices, topped with cheddar cheese, served with fresh bread 12 oz. 4.75; 16 oz. 5.50

CREATE-YOUR-OWN SALADS

1. Choose your greens (in size you want):
spinach, romaine, mesclun

2. Choose your add-ins: artichoke hearts, black beans, bell peppers, broccoli, carrots, corn, chick peas, cucumbers, olives, red beans, sun-dried tomatoes, fresh tomatoes, red onions; **nuts & berries:** cranberries, pecans, raisins, sliced almonds, sunflower seeds, walnuts; **cheeses:** feta, gorgonzola, cheddar, parmesan; **Proteins:** pesto chicken, lemon herb chicken, cajun chicken, bacon, hard-boiled egg, tuna fish, shrimp

3. Choose your dressing: caesar, balsamic vinaigrette, low-fat raspberry vinaigrette, sesame ginger, creamy balsamic parmesan, lemon herb, sweet roasted garlic & herb, caribbean mango, russian, ranch

Salad with 4 Add-Ins

Including 1 protein

Regular 5.75
Large 6.50

Salad with 6 Add-Ins

Including 2 proteins

Regular 7.25
Large 7.95

All salads come with whole wheat bread or homemade croutons

Additional protein 1.25
Additional add-ins .75

Grape leaves: 3 for \$1.25

HOUSE SALADS

1. Green Giant- Pesto chicken, feta, broccoli, cukes, bell peppers, tomatoes, carrots, onions, balsamic vinaigrette & mesclun greens lg. 8.50/reg. 7.75

2. Greek Salad - tomatoes, cukes, feta, olives, dolmas (grape leaves), romaine, & balsamic parmesan dressing 7.00/6.25

3. Aztec-Cajun chicken, corn, black beans, cheddar, tomatoes, cukes, spinach & low-fat tangy mango dressing 7.95/7.25

4. Spring Chicken-Lemon herb chicken, feta, corn, tomatoes, feta, onions, mesclun, & caesar dressing 7.95/7.25

5. Mediterranean- Feta, kalamata olives, artichoke hearts, cukes, sun-dried tomatoes, romaine, sweet roasted garlic dressing 7.75/6.50

6. High Thai'd-Shrimp, roasted red peppers, cukes, grilled pineapple, asian sesame ginger dressing 6.75/5.95

7. Chicken Caesar Salad – Lemon herb chicken, parmesan, fresh tomatoes, cukes, croutons, romaine, & caesar dressing 6.50/ 5.75

Menu prices & selection subject to change.

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