

Custom-Made Salads

*prices include tax

Whole (Includes 4 basic toss-ins) **7.75**

Half (Includes 2 basic toss-ins) **5.75**

(Additional Basic Toss-Ins - .75)

Select Greens

- organic mixed greens
- organic baby spinach
- romaine hearts
- seasonal selection

Specialty Toss-Ins

- avocado nuts **1.00**
- bacon cheese
- lemon chicken breast* **1.75**
- spicy chicken breast*
- tofu
- sushi grade-A ahi tuna **3.00**
- flank steak **4.00**
- poached salmon **5.00**

* Chicken is All Natural

House-Made Dressing

- anchovy & parmesan greek
- balsamic honey mustard
- tofu miso sesame mandarin
- citrus shallot sherry olive
- creamy gorgonzola strawberry balsamic
- cucumber dill yogurt (non-fat) no-mayo caesar

Farm Fresh Salads

*prices include tax

Romaine Hearts Caesar **7.75**

romaine hearts, house-made garlic croutons, shaved parmesan, anchovy parmesan dressing

Greek Salad **8.00**

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

Spinach Salad **8.25**

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

Insalata Asiatica **8.75**

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

Farmer's Garden **9.75**

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

Summer Cobb **10.75**

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

Ahi Salad **11.00**

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

Artisan Soups

*prices include tax

Small (12 oz.) **5.50**

Large (16 oz.) **7.00**

Visit www.harvestandrowe.com for today's soups

Sandwiches

(Chef's Selection- changes daily)

Whole **8.50**

Half **4.75**

Combos

Choose any two **9.75**

- small soup
- half sandwich
- half custom-made salad

(2 basic toss-ins & dressing)

Beverages

- Coke/Diet Coke/Bottled Water **1.50**
- Honest T/Vitamin Water/
San Pellegrino Limonata/Orangina/
Sparkling Water **2.25**
- Naked Juice Drinks (16 oz) **4.50**
- Kombucha (16 oz) **4.50**
- Fresh Squeezed Orange Juice **4.00**



farm fresh food SM