whole harvest kitchen

SMALL PLATES

NOT QUESO DIP GF 13
butternut squash & cashew, pickled red onion, radish sprouts, tostada chips
> extra chips +4

OUR HUMMUS BOWL 13
squash, watermelon radish, super seed, tahina, sourdough pita
> sub crudite GF

LETTUCE CRUNCH WRAPS GF 14
soy-glazed jicama & tofu, lentil, pickled veg, walnut, cilantro, sesame dip

LION'S MANE WINGS GF 14
buffalo glaze, carrot & celery, tofu ranch, hemp seed

PANANG CARROTS GF 14
sweet pepper, popped amaranth, quinoa, basil, cilantro, sprouts, cashew

LEMONGRASS KOFTA DUMPLINGS GF 13
basil, sesame, maple-tamari glaze, lettuce cups

THREE SISTERS 13
heirloom beans, corn, squash, avocado, radish, chermoula, lemon, sourdough pita, EVOO

CAST IRON TOFU TATAKI GF 10
snap pea, cucumber, yuzu ponzu

CAULIFLOWER GIARDINIERA GF 8
arugula, garbanzo, pickled veg

EDAMAME BEANS GF 6
> gochujang, miso, garlic glaze **OR**
> sea salt, lemon squeeze

BAKED YUCCA FRIES GF 8
banana ketchup, cilantro aioli

SOUP/SALAD/SANDWICH

MIX & MATCH
choose two:
soup, ½ salad, ½ sandwich
16

CHEF'S DAILY SOUP 4/8
cup/bowl

VEG HEAD SANDWICH 16
local 8 grain, avo mash, hummus, cucumber, tomato, peppers, sprouts, pickled red onion, pickle, ranch

CAESAR PITA POCKET 17
blackened tofu, shaved romaine, cucumber, radish, hemp parm, miso caesar dressing

HARVEST CHOP SALAD 16
shaved greens, butternut squash, date, jicama, farro, beluga lentil, almond ricotta
> white wine dressing

MEDITERRANEAN SALAD 16
romaine, quinoa, kalamata olive, chickpea, carrot, cucumber, tomato, hemp, red bean
> lemon-tahini dressing

*+ tofu, smoked **OR** blackened (**+6**)*
*+ split pea-fu (**+6**)*
*+ lion's mane (**+7**)*
*+ sourdough pita (**+3**)*

NOODLES

ROMAN PASTA 18
bucatini, tomato, kale, orange, almond ricotta, oregano, sourdough crouton

THAI CURRY GF 19
shirataki noodle, blackened tofu, turnip, walnut, greens, chili, lemongrass-coconut sauce

CREAMY MUSHROOM STROGANOFF 18
cavatappi, herbed mushroom cream sauce, cast iron roasted mushrooms, hemp parm

MAINS

includes your choice of one side

AMERICAN BURGER 17
black bean/rice/seed patty, special sauce, lettuce, tomato, onion, pickle, sourdough bun
*> add "not queso" dip (**+3**)*
> sub lettuce wrap GF

CRABLESS CAKES GF 18
hearts of palm, chickpea, crunchy salad, old bay, lemon, silky tartar sauce

BBQ STREET TACOS GF 16
jackfruit, black bean, avocado, kale, cabbage blend, radish, blue corn tortilla

CAULIFLOWER STEAK GF 17
lemon hummus, greens, raisin, pine nut gremolata, za'atar

AVOCADO TOSTADAS GF 17
daily guacamole, quinoa, white bean, radish, pickled red onion, super seed

SIDES

> yucca fries (**+1.5**)
> arugula salad
> braised black beans
> organic brown rice

our cuisine is 100% plant-based and vegan

GF *gluten free* *olive oil (gladly omitted upon request)*

our dressings are oil-free

CULINARY DIRECTOR Will Harris

we love our local partners:
Myco Planet, Central Soyfoods, Marion Milling
Farm to Market Bread Co, Yoli Tortilleria,
Rancho Gordo

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SHARABLE ENTREES

serves 1-2 people

HARVEST WOK BOWL 19
split pea-fu, beluga lentil, farro, snap pea, greens, brown rice, pistachio, daikon, ginger-scallion sauce

SIZZLING BIBIMBAP GF 24
blackened tofu, brown rice, crisp veggies, mushroom, hijiki, sesame, gochujang, cashew cream

DESSERT

DARK CHOCOLATE TRUFFLES 9
medjool date, dark cocoa, sea salt

PARSNIP CAKE 9
date, banana, cashew, vanilla

COCONUT PANNA COTTA 9
berry compote, 5-spice walnut, hemp seed

ACAI SORBET 6
toasted coconut, puffed amaranth, chia

KIDS BENTO TRAY

$12 *served with edamame, fruit, veggie sticks & ranch dip*

> hummus & house pita

> pasta w/ red sauce

> warm tofu & brown rice

> mac & "not" cheese

> kids pizza
tomato & almond ricotta

PIZZA

Neapolitan style 48-hour local grain sourdough crust

6-inch ---------- *12*
12-inch ---------- *17*
GF *12-inch gf* ---------- *19*

*add arugula (**+4**)*
*dipping sauce (**+1**): ranch, marinara, tahina, bbq*

THE RED PIE
bianco tomato sauce, squash, kale, garlic, chili flake, almond ricotta, EVOO

MUSHROOM SUPREME
mushroom cream sauce, roasted red pepper, mushroom, almond ricotta, onion, herbs

MARGHERITA
marinara, almond ricotta, basil, EVOO

BBQ HAWAIIAN
tangy bbq, marinara, smoked tofu, red onion, avo mash, pineapple, cilantro

BUILD YOUR OWN

SIZE

> 6-inch ---------- 12
> 12-inch ---------- 17
GF > 12-inch (gf) ----- 19

SAUCE

> classic marinara
> creamy mushroom
> tangy bbq
> panang curry

TOPPINGS [choose up to 5]

almond ricotta	tomato	pineapple	braised kale
smoked tofu	mushroom	cilantro	carrot
blackened tofu	onion	cauliflower	squash
quinoa	red pepper	thyme	turnip
white bean	jalapeno	basil	sweet potato
avo mash	garlic	EVOO	jicama

N/A BEVERAGES

WHK LEMONADE 7
fresh squeezed lemon, vermont maple

ICED BLACK TEA 4
unsweetened

HIBISCUS LAVENDER ICED TEA 5
decaf herbal blend

MINERAGUA 4
sparkling mineral water, 12 oz

FRENCH PRESS 6 / 9
mindful morning mushroom coffee
small / large

COLD BREW 6
steeped in-house for 24 hours

LOOSE LEAF TEAS 5 / 7
please ask for our current tea menu