

organic smoothies

served with your choice of dairy or non-dairy yogurt.
sub oat milk for \$.60

Raspberry Patch 6.99
raspberries, bananas, milk

Strawberry Field 6.99
strawberries, bananas, milk

Rainforest 6.99
pineapple, mango, orange juice

Tropical Sunrise 6.99
pineapple, strawberries, bananas, orange juice

Blueberry Hill 6.99
blueberries, bananas, peaches, milk

Berry Garden 8.99
raspberries, blueberries, strawberries, apple juice

Green Smoothie 8.99
kale, kiwi, cinnamon, apple juice, lemon juice,
lime juice, strawberries, blueberries (no yogurt)

Joe's Special 7.99
blueberries, strawberries, bananas, pineapple
juice, orange juice

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

Add-ins:
GHM soy protein, whey protein 1.99
Garden of Life mct powder, grass-fed butter
powder, green superfood or grass-fed collagen 2.99

kombucha

Nessalla 7 oz / 14 oz
Kombucha on Tap 2.99/3.99

Growlers 64oz 18.99
Growler Refill 14.99

CBD Kombucha 7 oz / 14 oz
CBD Kombucha on Tap 3.49/4.99

CBD Growlers 64oz 21.99
CBD Growler Refill 17.99

organic drinks & shots

Milk (dairy, almond, coconut, soy) 1.99/2.99
Oat Milk 2.99/3.99
Ginger Wellness Shot 2.99

fresh organic juices

Happy Rabbit 6.99
apple, carrot, ginger, parsley

ABC 6.99
apple, beet, carrot

Fresh Start 7.99
carrot, apple, celery

Mega Green 8.99
celery, kale, apple, spinach, cucumber, ginger

In Between 8.99
celery, apple, lemon, spinach, kale, cucumber

Carrot Juice (7 oz) 3.99
Celery Juice (7 oz) 4.99

local coffee & tea

Colectivo Coffee 12 oz /16 oz
Coffee of the Day 1.99/2.49
Espresso single/double 1.49/1.99
Cappuccino 3.49/4.49
Americano 2.49/2.99

Add flavor 1.29/1.49
organic syrups: caramel, vanilla, mint, chocolate or
seasonal

Rishi Tea
Hot Tea (one tea bag) 1.99
Iced Tea (16 oz) 1.99

specialty drinks

available hot 12 oz /16 oz
Mocha 3.99/4.99
Mint Mocha 3.99/4.99
Mexican Mocha 3.99/4.99
Latte 3.49/4.49
Caramel Latte 3.99/4.99
Vanilla Almond Latte 3.99/4.99
Chai/Turmeric Ginger 3.99/4.99
Dirty Chai Latte 4.99/5.99
Hot Chocolate 2.99/3.99
Energy & Beauty Latte 6.99/7.99
Probiotic Energy Keto Latte 7.99/8.99
Supergreen Latte 6.99/7.99
Turmeric Ginger Keto Chai 6.99/7.99

specialty drinks are made with 100% organic whole milk or
choose 2% skim or unsweetened soy, coconut or almond.
sub oat milk for \$.40/\$.60.

****16 oz/iced or 14 oz/blended specialty drinks available****



cafe menu

farm fresh & local

Our cafe uses only the **freshest, certified organic** ingredients. All of our meats are **all-natural, pasture-raised** and our seafood is **sustainably sourced**.

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

cafe counter hours: mon-fri 7:30am-7:30pm
sat 8am-6pm
sun 9am-6pm

cafe grill hours: mon-fri 7:30am-7:30pm
sat 8am-3pm
sun 9am-3pm



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

breakfast

Mon-Fri 7:30am-11am, Sat 8am-3pm,
Sun 9am-3pm

Breakfast Sandwich nf/sf 7.99
on brioche with egg, tomato, ham and cheddar. choice of toast, root hash or fruit.

California Avocado Toast o/nf/sf/vg 9.99
with tomato, onion, arugula, tzatziki and 2 eggs to order.

Breakfast Burrito nf/sf 9.99
with egg, cheddar, onion, bell pepper and chorizo. with a side of pico de gallo. sub tempeh for \$1.49. add guacamole \$1.99. choice of toast, root hash or fruit.

Rise and Shine gf/nf/sf/df 6.99
2 eggs cooked to order. your choice of sausage, bacon or ham. choice of toast.
half order \$3.99

Harvest Root Hash Bowl nf/sf 8.99
root vegetables and your choice of three additions: ham, chorizo, tempeh, onion, bell pepper, spinach, pico de gallo, shredded chicken, portobello, roasted vegetables or cheddar and 2 eggs to order.

3-Egg Omelette nf/sf 9.99
choose any three additions: spinach, onion, bell pepper, portobello, roasted vegetables, pico de gallo, ham, chorizo or cheddar. choice of toast, root hash or fruit.

Oatmeal o/gf/sf/df/v 5.99
with granola, cinnamon and almonds. add blueberries \$1.49

Buttermilk Griddlecakes o/nf/sf/vg 6.99
3 griddlecakes topped with house-made local honey butter. served with your choice of local honey or pure maple syrup. add granola, banana or blueberries \$1.49. **single order \$3.99**

Cauliflower Keto Bowl gf/nf/sf 9.99
with cauliflower rice and your choice of three additions: ham, chorizo, tempeh, onion, bell pepper, spinach, pico de gallo, shredded chicken, portobello, roasted vegetables or cheddar and 2 eggs to order.

weekend brunch

Saturday 8am-3pm | Sunday 9am-3pm
choose from any breakfast item or one of the following:

- Quesadilla
- Harvest Greens Salad
- Falafel Bowl
- Garlic Ginger Stir Fry
- Good Harvest Burger
- Pesto Chicken Avocado
- Oat Griddlecakes (gf) 6.99 single order 3.99

sides

- Cadia Seed & Grain Whole Grain Toast (2) 1.99
- Canyon Bakehouse GF Whole Grain Toast (2) 1.99
- Local Milo's Farm Fresh Egg (1) 1.99
- Harvest Root Hash 1.99
- House-Made Maple Blueberry Sausage (2) 2.99
- Applewood Smoked Bacon (2) 2.99
- Seared Boar's Head Natural Smoked Ham (2) 2.99
- Plain Pancake or Whole Oat Griddlecakes 3.99
- Seasonal Fruit 3.99

salads & more

Harvest Greens Salad o/gf/sf/nf/v 6.99
our house power greens topped with tomato, onion and cucumber. Add grilled chicken, roasted vegetables or falafel \$3.99. (w/o side)

Weekday Hot Bar 9.99/lb

Fresh Salad Bar 9.99/lb

House-made Soups

8 oz 3.99 | 16 oz 5.99 | 32 oz 9.99

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- **kid's menu**
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- **Kid's Rise and Shine** gf/nf/sf/df 3.99
- one each: egg and toast. choice of ham,
- sausage or bacon.
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- **Kid's Buttermilk Griddlecake** o/nf/sf/vg 3.99
- one griddlecake topped with house-made
- local honey butter. served with your choice of
- local honey or pure maple syrup. add granola,
- banana or blueberries \$1.49.
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- **Kid's Deli Sandwich** nf/sf 5.99
- ham, turkey or cheese. served grilled or cold
- with chips.
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(menu and prices are subject to change)

February 2020

lunch & dinner

Mon-Fri 11am-7:30pm

served with side of house power greens. add 8 oz soup to a meal \$2.49.

Tuna Melt nf/sf 9.99
house-made tuna salad with cheddar, lettuce, tomato and onion.

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

Pesto Chicken Avocado o/sf 13.99
with provolone, tomato, arugula, roasted garlic and pesto.

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

Quesadilla o/nf/sf/vg 9.99
your choice of shredded chicken or roasted vegetables. with spinach and a southwest corn & black bean cheese blend. with a side of pico de gallo. add guacamole \$1.99.

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

Portobello Tacos gf/sf/nf/vg 9.99
2 corn tortillas filled with portobello, avocado, onion, cilantro and garlic yogurt sauce. with a side of pico de gallo. add guacamole \$1.99.

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

Falafel Bowl o/gf/sf/vg 7.99
with quinoa, hummus, cucumber, tomato, onion, arugula, olives and tzatziki. add grilled chicken or roasted vegetables \$3.99. sub cauliflower rice \$1.49. (w/o side)

Garlic Ginger Stir Fry o/gf/v 7.99
with quinoa, vegetables and tamari sauce. add grilled chicken, roasted vegetables or falafel \$3.99. sub cauliflower rice \$1.49. (w/o side)

Cauliflower Keto Bowl gf/nf/sf 9.99
with cauliflower rice and your choice of three additions: ham, chorizo, tempeh, onion, bell pepper, spinach, pico de gallo, shredded chicken, portobello, roasted vegetables or cheddar and 2 eggs to order. (w/o side)