

# harvest dish menu | SUMMER 2018

320 RIDGE RD, MAHWAH, NJ 07430 | 201.962.9771

## LUNCH & DINNER

|| BUILD A BOWL Choose a BASE + 2 SIDES + Unlimited Toppings | 10  
*Premium toppings Extra*

**1. base** CHOOSE greens or grains, or a combination of both

### greens

- Super Greens Blend (kale · shaved brussel sprouts)
- Arugula
- Romaine

### grains

- Brown Rice, Lime, Cilantro, Himalayan Pink Salt
- Quinoa, Lemon, Sage, Himalayan Pink Salt

**2. sides** CHOOSE 2

ADD another TO BOWL | 2.50, STAND ALONE SIDE | 3.50

### served HOT

- Roasted Broccoli, Lemon, Garlic, EVOO
- Baked Asparagus, Parmesan, EVOO
- Braised Cabbage
- Roasted Sweet Potato, Rosemary, Himalayan Pink
- Russet Greek Potato's, Lemon, Dried Oregano, EVOO
- Mac & Cheese: Organic White Pasta, Ronny Brook Farm Dairy & Organic Certified Vermont Maple Smoked Cheddar

### served COLD

- Haricot Vert, Shallots, EVOO
- Roasted Golden Beets, Sherry & Blood Orange Vinaigrette
- Summer Slaw, Red & Napa Cabbage, Carrots, Vinegar Base
- Mexican Street Corn Salad, Ancho Chili, Lime, Cilantro
- Heritage Tomato Salad, Basil, Shallots, Apple Cider Vinegar EVOO
- California White Bean Hummus, Jalapeño, Cilantro & Lime
- Seedless Watermelon, Local Feta, Mint, Fresh Lime, EVO

**OPTIONAL protein** ADD a protein, or go without – your choice

- Fossil Farm **steak**, Rosemary Lemon | + 4
- **salmon** (Wild Caught) Fresh Lemon, EVOO | + 4
- Charred Skinless Boneless **chicken thighs**, Spice Rubbed. Goffle Farms. | + 2
- Roasted **chicken breast**, Fresh Herbs & Lemon. Goffle Farms. | + 3
- Braised **duroc pork**, Fossil Farms. | + 2
- Baked **bison & mushroom meatballs**, Italian Herbs, Organic Panko. Fossil Farms | + 3
- **vegan cheese bombs**. | + 2

**3. toppings** *Unlimited – choose one or all!*

- Red Onion
- Green Onion
- Shredded Cabbage
- Broccoli Florets
- French Breakfast Radishes
- House-Pickled Onions
- House-Pickled Jalepeno
- Shredded Carrots
- Cucumber Ribbons
- Heritage Cherry Tomatoes
- Pepitas (Roasted Pumpkin Seeds) w Himalayan Pink Salt
- Parmesan Reggiano Shavings
- Cranberries, dried
- Walnuts

**premium toppings** | +1/ea

- Avocado
- Caramelized Onion
- Pancetta, or Bacon

**cheeses** | +1.50 /ea

- Feta
- Vermont Cheddar
- Chèvre
- Vegan Cheese

**garnish**

- Parsley
- Cilantro
- Mint

**4. sauces** All sauces and dressings are made in-house, no artificial anything!

- Yogurt Dill
- Lemon Miso Tahini
- Sherry Blood Orange Vinaigrette
- Lebanese Garlic Aioli
- White Balsamic Vinaigrette
- Roasted Red Pepper Vinaigrette
- Santa Fe Dressing
- Wasabi Vinaigrette
- Fresh Lime Juice
- Sriracha

*Chef Bennett Orfaly*  
*Sous Chef Pedro Sanchez*

# harvest dish

320 RIDGE RD, MAHWAH, NJ 07430 | 201.962.9771

menu | SUMMER 2018

## BREAKFAST

### || AVOCADO TOAST

Organic Rustic Loaf OR MultiGrain, topped w Organic California Avocado, then dressed as follows:

#### **rancheros**

Pico, Goat Cheese, Pickled Jalapeño, Cilantro Sprig EVOO | 7

#### **maple bacon**

Bacon, Hudson Valley Maple Drizzle | 6

#### **greek**

Heritage Tomato, Red Onion, Kalamata, Feta, Pink Himalayan Salt, EVOO | 7

#### **aquacate del inferno**

Sriracha, Red Pepper Flake, Pink Himalayan Salt, Agave | 6

#### **lox**

House Cured Wild Caught Atlantic Salmon, Arugula, Red Onion, Fresh Lemon, Yogurt Dill | 8

To any toast, ADD Organic Poached Egg | +1.50 *available until 11am*

### || STEEL CUT OAT BOWLS

**plain jane** (includes one topping) | 3

Premium Bowls | 4

#### **monkey see**

Banana, Honey, Roasted Walnuts, Local Hudson Honey

#### **berry fresh**

Strawberry, Blueberry, Shaved Coconut, Local Honey

#### **peaches & cream**

Peach Compote, Almond Milk

#### **more toppings** | + 0.50 /ea

- |                             |                                |                 |
|-----------------------------|--------------------------------|-----------------|
| · Local Honey               | · Banana                       | · Peanut Butter |
| · Hudson Valley Maple Syrup | · Dates                        | · Almond Butter |
| · Agave                     | · Flax                         | · Cashew Butter |
| · Walnuts                   | · Hemp Seeds                   | · Nutella       |
| · Coconut, Shredded         | · Chia Seeds                   | · Whole Milk    |
| · Granola                   | · Protein Powder, Plant Based, | · Almond Milk   |
| · Fresh Berries             | Vanilla                        | · Coconut Milk  |

|| YOGURT PARFAIT Greek Yogurt with Vanilla Almond Granola, Local Honey | 4.50

|| FRESH FRUIT Seasonal Selections | 3

Serving La Colombe Coffee reg | 2; lrg | 3

# harvest dish

320 RIDGE RD, MAHWAH, NJ 07430 | 201.962.9771

menu | SUMMER 2018

## SMOOTHIES, BOWLS & fresh JUICES

### || SMOOTHIES | 8

#### **strawberry shortcake**

Strawberries, Banana, Oats, Shaved Coconut, Almond Milk, Agave & Vanilla | V

*Add On Recommendations :*

*Greek yogurt*

*Vanilla Protein Powder*

#### **the grass is greener**

Pineapple, Mango, Baby Spinach, Granola, Almond Milk, Honey | V

#### **peaches & cream**

Peach, Banana, Almond Milk, Greek Yogurt, Agave | D

*Recommended Add Ons*

*Vanilla Protein Powder*

#### **the morning coffee date**

Banana, Medjool Dates, Coffee, Almond Butter, Oats, Almond Milk, Vanilla | V

#### **blues berry**

Blueberries, Banana, Almond Milk, Greek Yogurt, Flax Seed, Honey & Vanilla | D

*Recommended Add Ons:*

*Hemp Seeds*

#### **chocolate peanut butter**

Banana, Peanut Butter, Cacao & Cacao Nibs, Almond Milk, Agave & Vanilla | V

*Recommended Add Ons:*

*Vanilla Protein powder*

#### **very berry**

Blueberries, Strawberries, Banana, Coconut Milk, Honey | V

*Recommended Add Ons:*

*Vanilla Protein Powder*

*Hemp Seed*

#### **cherry almond chocolate explosion**

Cherries, Almond Butter, Cacao Nibs, Almond Milk, Greek Yogurt, Agave & Vanilla

V = Vegan

D = Dairy

*Any Of Our Delicious Smoothies Can Be Made With Or Without Dairy.*

# harvest dish

320 RIDGE RD, MAHWAH, NJ 07430 | 201.962.9771

menu | SUMMER 2018

## || FROZEN BOWLS | 10

### ACAI bowls

#### **berry cool**

Topped with Strawberries, Blueberries, Granola & Honey Drizzle

#### **rocher**

Topped with Granola, Banana, Blueberries, Shredded Coconut, Nutella Drizzle

#### **hang five**

Topped with Granola, Banana, Pineapple, Kiwi, Coconut & Honey Drizzle

#### **da butters**

Topped With Granola, Bananas, Strawberries, Pineapple, Cacao Nibs & Peanut Butter Drizzle

### PITAYA bowls

#### **hawaiian eruption**

Topped With Granola, Pineapple, Kiwi, Strawberries, Honey, Shaved Coconut & Chia Seed.

#### **pink cadillac**

Topped with Granola, Banana, Strawberry & Honey

#### **chocolate dragon**

Topped with Granola, Strawberries, Blueberries, Cacao, Coconut and Nutella

### COCONUT bowls

#### **coco loco**

Topped with Granola, Banana, Strawberries, Blueberries & Almond Butter & Nutella Drizzle

### BANANA bowls

#### **crazy banana**

Topped with Granola, Banana, Strawberries, Blueberries, Nutella & Peanut Butter Drizzle

#### **nuts about bananas**

Topped with Granola, Walnuts, Cacao Nibs, Strawberries, Blueberries, Peanut Butter & Honey Drizzle

*Recommended Add Ons : Cinnamon Added to Base  
The Greens*

### GREEN bowls

#### **grasshopper**

Topped with Banana, Kiwi, Shredded Coconut, Chia Seed and Agave

#### **green tsunami**

Topped with Granola, Banana, Pineapple, Strawberries, Peanut Butter & Honey Drizzle

#### **honey & hemp**

Topped With Granola, Banana, Blueberries, Coconut, Honey & Hemp

#### Smoothie and Frozen Bowls Add-ons | 0.75/ea

- Hemp
- Flax
- Chia
- Maca
- Cacao
- Cacao nibs
- Walnuts
- Almonds
- Protein powder
- Greek Yogurt