

# Harlow

## SCRAMBLES

- OUTLAW SCRAMBLE** choice of farm fresh eggs or smokey tempeh or seasoned jackfruit scrambled with chipotle black bean chili, dark greens, spinach, guacamole, pepitas, scallions, cilantro & jalapeño cashew chz, served with rice or quinoa **11**
- FARMERS VEGETABLE SCRAMBLE** choice of farm fresh eggs or smokey tempeh or seasoned jackfruit, seasonal roasted vegetables & dark greens, tossed in chipotle cashew hollandaise, served with rice or quinoa **11**
- PESTO GARDEN SCRAMBLE** choice of farm fresh eggs or smokey tempeh or seasoned jackfruit, roasted squash & potatoes, caramelized onions, dark greens & slow roasted tomatoes tossed in a walnut basil pesto, topped with roasted walnuts, served with rice or quinoa **11**

## FEAST

- HARLOW RANCHEROS** farm fresh \*poached eggs or smokey tempeh or seasoned jackfruit served over corn tortillas with ranchero sauce, stewed black beans & corn, kale, guacamole, jalapeño cashew cheese, fresh cilantro & pickled jalapeños **13**
- MERCY BLUES** garlic herb polenta topped with steamed kale, stewed black beans & corn, slow roasted tomatoes, \*two poached eggs or smokey tempeh or seasoned jackfruit, chipotle cashew hollandaise, paprika & scallions **13** - add avocado for **2**
- PRIDE OF PORTLAND** 16oz manifesta green juice served along side a bowl of brown rice with avocado, scallions & olive oil or choice of sauce **10** - add one \*poached egg for **2** (please no substitutions)
- GREEN CHILI CORNCAKES** topped with spinach, cherry tomatoes, caramelized onions & scallion roasted garlic cashew cream **11** - add smokey tempeh, seasoned jackfruit or \*two poached eggs for **4**
- HAWTHORNE MAC** made to order with organic quinoa pasta, kale, Daiya cheese, garlic, rice milk, almond parmesan & house spice blend. gluten free and vegan **8** - add chili to make it a chili mac for **2** - add pesto to make it a pesto mac for **1.5**

## SWEETNESS

- GRANOLA** housemade with gluten free oats, toasted walnuts, coconut, pepitas, sunflower seeds & dried cranberries. served with fresh fruit & choice of mylk **8** - add goji berries, cacao nibs or \*\*bee pollen for **1.5**
- CHIA PARFAIT** maple chia pudding & strawberry cashew cream layered with fresh fruit & house made granola **8** - add goji berries, cacao nibs or \*\*bee pollen for **1.5**
- WALNUT FLAPJACKS** two oatmeal banana walnut pancakes topped with vanilla toasted walnuts, coconut & fresh sliced bananas, served with maple syrup **11** - add peanut butter for **1.5** - add almond butter for **2**

## BOWLS

### SAUCE OPTIONS FOR BOWLS:

*lemon ginger, garlic tabini, avocado cilantro, sunflower chili cream, jalapeño cashew chz, scallion garlic cashew cream*

- MIGHTY BOWL** brown rice or quinoa, steamed greens, beans & choice of sauce (see options above) **7**
- URBAN BOWL** mixed greens, steamed greens, olive oil, kimchi, sea vegetables, avocado, carrots, scallions, sunflower seeds & za'atar with your choice of sauce (see options above) **10** - add rice for **1.5** - add quinoa or one \*poached egg for **2**
- BETTY BOWL** brown rice or quinoa, daily beans, steamed greens, roasted vegetables, cabbage apple kimchi, sea vegetables & za'atar with choice of sauce (see options above) **11** - add one \*poached egg or avocado for **2**
- CHIPOTLE CHILI BOWL** brown rice or quinoa, chipotle black bean chili, steamed greens, guacamole, scallions, cilantro, house chimichurri & jalapeño cashew chz **10.5**
- GANESH BOWL** brown rice or quinoa, steamed greens & vegetable curry topped with mango chutney, cilantro & sesame seeds **10** - add one \*poached egg or avocado for **2**

**SIDE OF SAUCE \$1**

## SOUPS, GREENS & LIGHTER FARE

- CHIPOTLE BLACK BEAN CHILI** topped with chimichurri, jalapeño cashew chz & cilantro cup **5.5** / bowl **7**
- VEGETABLE CURRY** topped with cilantro & sesame seeds **5.5** / bowl **7**
- DAILY SOUP** check our blackboard for daily soup selection cup **5.5** / bowl **7**  
~ for all soups choose your side: quinoa, rice, steamed greens, mini biscuit or a side salad ~
- ADOBE SALAD** shredded spinach, kale & red cabbage tossed in sunflower chili cream with smokey tempeh, stewed black beans & corn, toasted pepitas, slow roasted tomatoes, cilantro & scallions **11**
- MUSHROOM SCALLION BISCUIT** housemade gluten-free biscuit with mushrooms, herbs, scallions, poppyseeds & Daiya mozzarella, served with butter **5** (baked fresh daily, available while it lasts)
- TOAST** two slices of housemade gluten-free bread served with butter & housemade, seasonal jam **4**
- TOAST** with spinach, avocado, roasted tomatoes & jalapeño cashew chz **8**
- TOAST** with almond butter, honey, banana & hemp seeds **7**

DAYTIME MENU AVAILABLE 8AM - 2:30PM DAILY (3PM SUNDAYS) - ALL GLUTEN-FREE

*\*consuming raw or undercooked eggs may increase your risk of foodborne illness, especially if you have a medical condition*

## BEVERAGES

- LOOSE LEAF TEAS** earl grey, english breakfast, vanilla rose black, jasmine peony, chinese sencha, white peony, peppermint, feel better, lemon hibiscus, rest easy, women's blend, yerba mate **3**
- HOT GINGER MINT TEA** grated ginger & mint leaves, served with lemon **3**
- HARLOW CHAI** housemade chai with coconut mylk & honey, served hot or iced **4**
- DIRTY CHAI** our signature chai with a shot of cold-pressed coffee, served hot or iced, with coconut mylk & honey **5**
- TRAILHEAD FRENCH PRESS COFFEE** **3**
- TRAILHEAD NITRO COLDBREW** **4**
- HARLOW LATTE** with organic trailhead roasters cold brew coffee & cashew-hazelnut mylk, served hot or iced **4**  
- add housemade cardamom syrup **.5**
- MATCHA LATTE** with Mizuba green tea matcha, cashew-hazelnut or coconut mylk & honey syrup, served hot or iced **4**
- MOONDROP MOCHA** cold-processed coffee steamed with coconut or cashew-hazelnut mylk, bittersweet chocolate & agave **5**
- HOT CHOCOLATE** bittersweet chocolate steamed with coconut or cashew-hazelnut mylk & agave **4**
- RED VELVET COCOA** bittersweet chocolate steamed with beet juice, coconut mylk & agave **4.5**
- PORTLAND FOG** earl grey tea with coconut or cashew-hazelnut mylk, & honey syrup, served hot or iced **4**
- WELLNESS TODDY** with fresh lemon, ginger juice, honey, cayenne & echinacea, served hot or iced **4**
- TURMERIC TODDY** with fresh lemon, ginger juice, turmeric & honey, served hot or iced **4**
- MUSHROOM FORCE STEAMER** Mushroom Immunity Force, Trailhead cold brew coffee, coconut oil, cinnamon & housemade cardamom agave syrup steamed with cashew-hazelnut mylk **5**
- TURMERIC LATTE** turmeric, honey & black pepper-cinnamon-clove syrup steamed with coconut milk & topped with \*\*bee pollen **5**
- KOMBUCHA** locally made, rotating tap **4.5**
- GINGER SODA** housemade pineapple & ginger soda with lime **4.5**

## HEALTH ELIXIRS

- SUPER GREENS LEMONADE** house made honey lemonade with cucumber, spinach, kale and chlorophyll **6.5**
- WITCHDOCTOR** apple, cucumber, lemon, ginger, wheatgrass & echinacea on ice **7**
- WELLNESS SHOT** ginger juice, lemon, cayenne & echinacea served with an apple slice **2oz 4**
- WHEATGRASS** 1oz **3** / 2oz **5** served with an apple slice
- GINGER SHOT** 1oz **3** served with an apple slice
- LIQUID CHLOROPHYLL + COCONUT WATER** shot **2oz 3**

>> *see our cocktail menu for libations* <<

## JUICE 16oz

- BUNNY JUICE** carrots **5**
- BUNNY SLY** carrot, ginger **5.5**
- NORTH STAR** carrot, apple, orange **6**
- BLESSINGS** apple, lemon, ginger **6**
- SWEET GREENS** apple, cucumber, celery, lime, mint, kale, parsley **7.5**
- BRUT** carrot, beet, spinach, kale **6.5**
- MELODY** kale, cucumber, spinach, apple, lemon, ginger **7**
- RISING** carrot, orange, beet, apple, ginger **7**
- BEAULAH LAND** grapefruit, apple, celery, mint **6.5**
- RUBY** grapefruit, carrot, beet, ginger **6.5**
- ORANGUTAN** orange, cucumber, parsley, kale, spinach, liquid chlorophyll **8**
- MERCY ME** coconut water, liquid chlorophyll, cucumber, mint, lime **7.5**
- MANIFESTA** celery, cucumber, spinach, parsley **7**
- THE RITA** celery, cucumber, spinach, kale, parsley, mint, lime **7.5**

## SMOOTHIES 16oz

*choose walnut or rice mylk*

- DARLING** strawberry, banana **5.5**
- LUCY BLUE** blueberry, banana **5.5**
- PINK FLAMANGO** strawberry, mango, banana **6.5**
- BELLE** almond butter, banana, date **6.5**
- RETROSPECTION** almond butter, cacao nibs, mint, banana **7**
- STUMBLEBEE** peanut butter, cacao nibs, cocoa powder, coffee, banana **7**
- MATCHA DO ABOUT YOU** Mizuba matcha, banana, date, strawberry, shredded coconut **7.5**
- HERCULES** banana, spinach, almond butter, epic protein, cocoa nibs **8**
- WARRIOR** strawberry, avocado, maca, date, hemp seeds **7.5**
- SUPER BERRY** strawberry, marionberry, banana, \*\*bee pollen, hemp seeds, epic protein **8**
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- GRASSHOPPER** spinach, parsley, spirulina, coconut water, chia seeds, ice **8**
- SPICY STELLA** carrot ginger juice, coconut mylk, strawberry banana, cayenne **7**
- GURU** celery, cucumber, avocado, spinach, parsley, lemon, salt, ice **8**
- REVIVAL** apple-lemon-ginger juice, spinach, blueberry, spirulina **8**
- GILT** coconut mylk, carrot juice, mango, pineapple, turmeric, ginger, bee pollen **8**
- TEMPEST** coconut water, mango, spinach, coconut oil, avocado, date, cayenne **8.5**
- BLACK MAJIK** coconut water, activated charcoal, pineapple, blueberry, honey **8**

## additions

<b>\$1</b>	<b>\$1.50</b>	<b>\$2</b>
kale	hemp seeds	maca
spinach	coconut oil	almond butter
turmeric powder	peanut butter	spirulina
echinacea	chia seeds	*bee pollen
cocoa powder	cocoa nibs	Epic protein
	liquid chlorophyll	Vitamineral Green
	activated charcoal	Mushroom Force

# Harlow

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MONDAY - SATURDAY: 8AM TO 9PM  
SUNDAY : 8AM TO 3PM

10% GRATUITY WILL BE ADDED TO ALL ORDERS OVER \$75

OUR KITCHEN IS 100% GLUTEN-FREE.  
BEER ON TAP DOES CONTAIN GLUTEN

ON MONDAYS ALL SERVICE INDUSTRY WORKERS GET 10% OFF  
WHEN YOU SHOW US YOUR FOOD HANDLERS OR OLCC CARD.

In case of food allergies please ask to see our ingredient book.  
We prepare our dishes with great care and attention but  
Can not guarantee that any food has not come in contact with  
An allergen. \*Consuming raw or undercooked eggs may  
Increase your risk of foodborne illness, especially if you have  
A medical condition.

\*\*Bee Pollen may cause an allergic reaction  
to those with a bee allergy.