SCRAMBLES

OUTLAW SCRAMBLE choice of farm fresh eggs or smoky 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 smoky 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 smoky 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 smoky tempeh or seasoned jackfruit, chipotle cashew hollandaise, paprika & scallions 13 - add jalapeño 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 smoky tempeh, seasoned jackfruit or “two poached eggs for 4

HAWTHORNE MAC made to order with organic quinoa or rice, kale, Daiya cheese, garlic, rice milk, almond parmesan & house spice blend, gluten free & 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 tahini, 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 - add one “poached egg or avocado for 2

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 smoky 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  carl grey, english breakfast, vanilla rose black, jasmine peony, chinese sencha, white peony, peppermint, feel better, lemon hibiscus, rest easy, women’s blend, yerba mate

HOT GINGER MINT TEA grated ginger & mint leaves, served with lemon

HARLOW CHAI  housemade chai with coconut mylk & honey, served hot or iced

DIRTY CHAI our signature chai with a shot of cold-pressed coffee, served hot or iced, with coconut mylk & honey

TRAILHEAD FRENCH PRESS COFFEE

TRAILHEAD NITRO COLOREDREY

HARLOW LATTE  with organic trailhead roasters cold brew coffee & cashew-hazelnut mylk, served hot or iced

MATCHA LATTE with Mizuba green tea matcha, cashew-hazelnut or coconut mylk, served hot or iced

MOONDROP MOCHA  cold-processed coffee steamed with coconut or cashew-hazelnut mylk, bittersweet chocolate & agarve

HOT CHOCOLATE bittersweet chocolate steamed with or cashew-hazelnut mylk & agarve

RED VELVET COCOA bittersweet chocolate steamed with beet juice, coconut mylk & agarve

PORTLAND FOG  earl grey tea with coconut or cashew-hazelnut mylk, & honey syrup, served hot or iced

WELLNESS TOODY  with fresh lemon, ginger juice, honey, cayenne & echinacea, served hot or iced

TURMERIC TOODY  with fresh lemon, ginger juice, turmeric & honey, served hot or iced

MUSHROOM FORCE STEAMER  mushroom immunity force, trailhead cold brew coffee, coconut oil, cinnammon & housemade cardamom agarve syrup steamed with coconut milk & topped with **bee pollen

KOMBUCHA  locally made, rotating tap

GINGER SODA  housemade pineapple & ginger soda with lime

HEALTH ELIXIRS

SUPER GREENS LEMONADE  house made honey lemonade with cucumber, spinach, kale and chlorophyll

WITCHDOCTOR  apple, cucumber, lemon, ginger, wheatgrass & echinacea on ice

WELLNESS SHOT  ginger juice, lemon, cayenne & echinacea served with an apple slice

WHEATGRASS  1oz / 2oz served with an apple slice

GINGER SHOT  1oz served with an apple slice

LIQUID CHLOROPHYLL + COCONUT WATER  shot

>> see our cocktail menu for libations <<

JUICE 16oz

BUNNY JUICE  carrots

BUNNY SLY  carrot, ginger

NORTH STAR  carrot, apple, orange

BLESSINGS  apple, lemon, ginger

SWEET GREENS  apple, cucumber, celery, lime, mint, kale, parsley

BRUT  carrot, beet, spinach, kale

MELODY  kale, cucumber, spinach, apple, lemon, ginger

RIISING  carrot, orange, beet, apple, ginger

BEAULAH LAND  grapefruit, apple, celery, mint

RUBY  grapefruit, carrot, beet, ginger

ORANGUTAN  orange, cucumber, parsley, kale, spinach, liquid chlorophyll

MERCY ME  coconut water, liquid chlorophyll, cucumber, mint, lime

MANIFESTA  celery, cucumber, spinach, parsley

THE RITA  celery, cucumber, spinach, kale, parsley, mint, lime

SMOOTHIES  choose walnut or rice mylk

DARLING  strawberry, banana

LUCY BLUE  blueberry, banana

PINK FLAMANGO  strawberry, mango

BELLE  almond butter, banana

RETROSPECTION  almond butter, cacao nips, mint, banana

STUMBLEBEE  peanut butter, cacao nips, cocoa powder, coffee

MATCHA DO ABOUT YOU  Mizuba matcha, banana, date, strawberry, shredded coconut

HERCULES  banana, spinach, almond butter, epic protein, cacao nips

WARRIOR  strawberry, avocado, ma, date, hemp seeds

SUPER BERRY  strawberry, marionberry, banana, **bee pollen, hemp seeds, epic protein

GRASSHOPPER  spinach, parsley, spirulina, coconut water, chia seeds, ice

SPICY STELLA  carrot ginger juice, coconut mylk, strawberry banana, cayenne

GURU  celery, cucumber, avocado, spinach, parsley, lemon, salt, ice

REVIVAL  apple-lemon-ginger juice, spinach, blueberry, spirulina

GILT  coconut mylk, carrot juice, mango, pineapple, turmeric, ginger, bee pollen

TEMPEST  coconut water, mango, spinach, coconut oil, avocado, date, cayenne

BLACK MAJIK  coconut water, activated charcoal, pineapple, blueberry, honey

additions

$1  kale, coconut oil

$1.50  hemp seeds, coconut oil, peanut butter, chia seeds

$2  maca, almond butter, spirulina

**bee pollen, epic protein

Vitamineral Green, 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.