

# HARVEST CAFE

## sips eats n' treats

THE GLUTEN FREE SCOOP: Soups & sauces are house made and GF. Wraps and sandwiches are available GF for an extra charge of \$1. We use a separate GF grill but are not a GF facility. Check the display case for the daily treat selection. VEGAN options available.

### KITCHEN CREATION GRILLED WRAPS

<b>CURRY CHICKEN</b>	<b>12.50</b>
spinach-apple chutney-mozzarella-curry mayo-roasted chicken	
<b>CLUB</b>	<b>13.00</b>
roasted chicken-bacon-spinach-tomato-cheddar-chipotle mayo	
<b>MEDITERRANEAN</b>	<b>12.50</b>
roasted chicken-spinach-mozzarella-apple-basil, sundried tomato, & garlic mayo	
<b>CORDON BLEU</b>	<b>12.50</b>
chicken-ham-roasted mushrooms-spinach-mozza-chipotle mayo	
<b>PINK GOAT</b>	<b>12.50</b>
roasted beets-goat cheese-spinach-chicken-cranberry mayo	
<b>HOLY MOLEY</b>	<b>14.00</b>
chorizo-chicken-Harvest mexican mole sauce-roasted yam-spinach-red pepper-avocado	
<b>CHICKEN AND BRIE</b>	<b>12.50</b>
roasted chicken-brie cheese-pear-cranberry mayo	
<b>PORKAHONTAS</b>	<b>12.50</b>
pulled pork-house made refried beans-mushroom-spinach-mozza-chipotle mayo	

### INSPIRED BY VEGGIES

<b>VIVA LAS VEGAN</b> <small>VG</small>	<b>12.50</b>
grilled tortilla wrap-house made refried beans-tofu-spinach-roasted mushroom-zucchini-avocado-Harvest Miscella Sauce	
<b>VEGGIE RUMBLE</b> <small>VG</small>	<b>12.50</b>
grilled tortilla wrap-spinach-roasted yam & mushroom-garlic roasted tomato-zucchini-onion jam-mozzarella-basil, sundried tomato, & garlic mayo	
<b>VEGAN MEXICAN</b> <small>VG</small>	<b>12.50</b>
grilled tortilla wrap-tofu-Harvest Mexican mole sauce-spinach-roasted yam-tomato-red pepper-red onion-zucchini	
<b>AVOCADO &amp; TOMATO TOAST</b> <small>VG</small>	<b>8.00</b>
Served open faced on multigrain. Add a flavoured mayo for some extra kick.	
<b>HOUSE SPINACH SALAD</b> <small>VG</small>	<b>sm 5/lg 10</b>
spinach-Craisins-pumpkin seeds-dried apricot-Harvest balsamic vinaigrette dressing	
<b>CAESAR SPINACH SALAD</b> <small>VG</small>	<b>sm 5/lg 10</b>
spinach-cROUTONS-Harvest Caesar dressing	
<b>BEET, YAM, GOAT CHEESE SALAD</b>	<b>6 sm/12 lg</b>
spinach-roasted yam & beets-walnut-goat cheese-Harvest apple cider vinaigrette	

### EGG-LICIOUS GRILLED WRAPS

<b>COWBOY</b>	<b>12.50</b>
bacon-potato-mozza-salsa-scrambled eggs	
<b>HANGOVER</b>	<b>12.50</b>
chorizo-bacon-potato-cheddar-scrambled eggs	
<b>MINERS</b>	<b>11.00</b>
chorizo-roasted yam-cheddar-Harvest mexican mole sauce-scrambled eggs	
<b>HOGWARTS</b>	<b>12.50</b>
chipotle pulled pork-potato-mozza-scrambled eggs	
<b>SUNRISE</b> <small>VG</small>	<b>11.00</b>
spinach-avocado-potato-mozza-salsa-scrambled eggs	
<b>BEETNIK</b> <small>VG</small>	<b>11.00</b>
roasted beets-spinach-goat cheese-garlic roasted tomato-scrambled eggs	
<b>BEAN ME UP SCOTTY</b> <small>VG</small>	<b>11.00</b>
house made refried black beans-scrambled egg-potato-spinach- salsa-red pepper	
<b>VEGAN EGG SUBSTITUTE</b>	<b>2.00</b>

### EGG-STRAS

<b>BREAKFAST PANINI</b>	<b>12.50</b>
scrambled egg-tomato-cheddar-a choice of ham or bacon-on grilled multigrain bread	
<b>EXPRESS EGG-WICH</b>	<b>5.00</b>
english muffin-bacon-egg-cheddar. *not available gf or vegan*	
<b>FRITTATAS</b> <small>GF</small>	<b>5.00</b>
Check the features board for the frittatas of the day. Made with a potato crust and ever changing ingredients.	

### \*SAUCES AND EXTRAS\*

<b>HARVEST MISCELLA</b>	<b>1.00</b>
a blend of roasted & sundried tomatoes, capers, onions, roasted red peppers, olives, garlic, and herbs	
<b>HARVEST MEXICAN MOLE SAUCE</b>	<b>4.00</b>
smoky and earthy sweet with mild spice and full of flavour. A take on a traditional mole sauce with a blend of spices, seeds, tomato, chocolate & chili	
<b>MAYO BLENDS</b>	<b>3.00</b>
cranberry-scallion-chipotle-curry-Mediterranean (basil, sundried tomato & garlic)	

### SANDWICHES

<b>ITALIAN PANINI</b>	<b>13.00</b>
Genoa Salami-ham-spinach-mozzarella-Harvest Miscella spread-grilled on multigrain bread	
<b>CUBAN PANINI</b>	<b>13.00</b>
pulled pork-ham-mozzarella-pickles-mustard-on grilled multigrain bread	
<b>B.S.T PANINI</b>	<b>Full 12.50 Half 6.50</b>
bacon-tomato-spinach-scallion mayo-grilled on multigrain bread	
<b>GRILLED BACON AND CHEESE</b>	<b>13.00</b>
half sandwich 6.50	
<b>GRILLED HAM AND CHEESE</b>	<b>12.00</b>
half sandwich 6.50	
<b>GRILLED CHEESE</b>	<b>8.00</b>
half sandwich 4.00	

### MINI-ME for smaller appetites

<b>CHEESE QUESADILLA</b>	<b>5.95</b>
add extra ingredients from list below	
<b>CINNAMON TOAST</b>	<b>5.95</b>
Toast with a cinnamon, brown sugar, butter spread	
<b>MACARONI AND CHEESE</b>	<b>5.95</b>
<b>SLICED APPLE OR PEAR</b>	<b>2.50</b>

**HALF SANDWICHES**  
Check out the selections above

### SOUP AND SUCH

**DAILY SOUPS/VEGETARIAN CHILI**  
Cup 8oz-4.50 Bowl 16oz-7  
served with homemade GF cornbread

**STEWES**  
check the feature board for availability

Add a side soup or house salad \$4. Check the boards behind the counter for daily features



# sips eats n' treats

## LOOSE LEAF TEAS

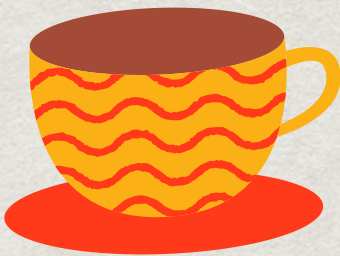
HAND BLENDED IN BANFF FROM  
JOLENE'S TEA HOUSE 3.50

- BREAKFAST BLEND**  
TGFOB Assam (Finest Tippy Golden Flowery Orange Pekoe), rose petals
- CREAMY EARL GREY**  
black tea-cornflower petals-*Osmanthus* petals-smooth vanilla overtones with bergamot
- MASALA CHAI**  
premium black tea-green cardamon-cinnamon-ginger-cloves-black peppper
- SNOWY MOUNTAIN GENMAI**  
Japanese green tea leaves and roasted sticky rice
- MANDARIN MINT**  
black tea-peppermint-orange peel-ginger-sweet orange essential oil
- MINT GREEN CHAI**  
sencha-cardamon-pepper-mint-hojicha-licorarce root-ginger-fennel-clove
- LEMONGRASS MATE**  
Yerba mate-lemon myrtle-lemongrass-licorice root-orange peel
- COCONUT POUCHONG**  
oolong tea leaves and coconut flavours. Jolene's calls it Hawaii in a cup.
- BLOOD ORANGE PU-ERH**  
pu-erh tea-hibiscus flowers-orange peel-grapefruit and blood orange oils
- YERBA MATE**  
Argentinian green tea
- MATCHA**  
powdered green tea
- WILD BLUEBERRY ROOIBOS-CAFFEINE FREE**  
west african rooibos-rich red antitoxints-blueberries-schizandra berries-*hibiscus*-blueberry-strawberry
- SCARLET BERRY-CAFFEINE FREE**  
rooibos-blueberries-Schisandra berries-*hibiscus*-strawberry
- CINNAMON PLUM-CAFFEINE FREE**  
cinnamon-*hibiscus*-currants-licorice root-plum
- ALPINE PEPPERMINT-CAFFEINE FREE**  
100% organic field grown sun dried peppermint leaves
- CHAMOMILE-CAFFEINE FREE**  
Calming and digestive-chamomile, calendula, lemon balm, ginkgo leaves, peppermint, and dried raspberry

## COFFEES AND SUCH

MOUNTAIN BLENDS COFFEE ROASTED  
RIGHT HERE IN CANMORE

- DRIP COFFEE IN HOUSE** 3.25  
free refills-donations accepted to the BVSPCA
- DRIP COFFEE TO GO** 12oz 3.25 16oz 3.50
- ESPRESSO/AMERICANO** reg 3.25 lg 4.00
- CAPPUCCINO** one size 4.20
- LATTE** 12oz 4.20 16oz 4.95
- LONDON FOG** 12oz 4.20 16oz 4.95  
creamy organic earl grey tea steeped in steamed milk with a shot of vanilla
- MOCHA** 12oz 4.20 16oz 4.95  
espresso with steamed chocolate milk topped with cocoa sprinkles.
- CHAI LATTE** 12 oz 4.20 16 oz 4.95  
chai tea concentrate with steamed milk topped with cinnamon
- DIRTY CHAI LATTE** 12oz 4.95 16oz 5.75  
chai tea concentrate with steamed milk, espresso & cinnamon sprinkle
- HOT CHOCOLATE** 12 oz 3.50 16oz 4.20  
steamed chocolate milk with cocoa sprinkle
- CHAI CHOCOLATE** 12oz 4.20 16oz 4.95  
Masala Chai tea steeped in steamed chocolate milk and topped with cinnamon & cocoa.
- MATCHA LATTE** 12oz 4.95 16oz 5.75  
matcha green tea with steamed milk
- DAIRY FREE OPTIONS** .75  
almond milk-oat milk-soy milk-chocolate oat milk
- FLAVOUR SHOTS** .75  
hazelnut-caramel-vanilla-peppermint-sugar free vanilla
- STEAMERS** 12oz 3.00 16oz 3.50  
Steamed milk with a flavour shot



## LIQUOR MENU

SELECTIONS SUBJECT TO CHANGE  
CHECK THE FEATURE BOARDS

- CHECK THE DISPLAY CASE FOR SEASONAL OFFERINGS**
- TEN PEAKS PALE ALE 473 ML** 8.50  
Canmore Brewing Co.
- GEORGETOWN BROWN 473ML** 8.50  
Canmore Brewing Co.
- HIGHLAND LAGER BLONDE 473ML** 8.50  
Canmore Brewing Co.
- APPLE/PEAR CIDER 350ML** 6.50  
Big Rock Brewing
- MOTT'S CLAMATO CAESAR 350ML** 6.50
- GIDDY UP** 8.00  
2 shots of Irish cream 2 shots of espresso over ice
- FROTHY IRISH LATTE** 8.00  
2 shots irish cream with steamed milk
- DIRTY FROTHY IRISH LATTE** 9.00  
2 shots Irish cream-2 shots espresso-steamed milk
- WHISKY A GO-GO** 7  
1 shot of Jameson's Irish whiskey in an Americano

## DRINKS

SELECTIONS SUBJECT TO CHANGE.  
CHECK THE FEATURE BOARDS

- CHECK THE DISPLAY CASE FOR SEASONAL OFFERINGS**
- SODA POP** 3.00
- GOOD EARTH ICED TEA** 4.50  
flavours vary
- EARTH WATER** 3.50  
reusable aluminum bottle
- SPARKLING WATER** 4.00
- YERBA MATE ICED TEA** 4.50  
traditional or unsweetened
- BUBBLY SODA** 3.00  
flavours vary
- MILK 9 OUNCE** 2.75
- KIDS MILK** 1.75
- JUICE BOX** 1.75

Please note that due to the increasing cost of disposable containers an additional 25 cent fee is charged for drinks in disposable cups. Containers are compostable - we are proudly part of Canmore's commercial compost community and committed to using as little wate as possible.