

Harvest Canmore

orders taken at the counter-delivery to the table

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.

EGG BITES

COWBOY GRILLED WRAP 3 slices bacon-2 scrambled eggs-hashbrowns-mozza-salsa	15
HANGOVER GRILLED WRAP 2 slices bacon-chorizo sausage-2 scrambled eggs-hashbrowns-cheddar	15
SUNRISE GRILLED WRAP ^{VG} 2 scrambled eggs-spinach-avocado-hashbrowns-red pepper-mozza-salsa	15
MINERS GRILLED WRAP 2 scrambled eggs-chorizo sausage- roasted yam-cheddar-Harvest Mexican Mole sauce	15
HOGWARTS GRILLED WRAP 2 scramble eggs-pulled pork-chipotle BBQ sauce -hashbrowns-spinach-mozzarella	15
BEETNIK GRILLED WRAP ^{VG} 2 scrambled eggs-roasted beets-spinach-goat cheese-garlic roasted tomato	15
BEAN ME UP GRILLED WRAP ^{VG} 2 scrambled eggs-refried black beans-red pepper-hashbrowns-spinach-mozzarella-Mexican Mole sauce	15
BREAKFAST PANINI 2 scrambled eggs-tomato-cheddar-choice of ham or bacon-grilled on panini bread	15
EXPRESS EGGWICH english muffin-bacon-egg-cheddar. *no substitutions-not available GF*	5
FRITTATAS ^{GF} House favorite. Made with a potato crust. Check the feature board for the creations of the day. Meat or Veggie options.	6

Yogurt-Fruit-Granola \$10

GRILLED WRAPS

CURRY CHICKEN chicken-spinach-apple chutney-mozzarella-curry mayo	15
CLUB chicken-bacon-spinach-tomato-cheddar-chipotle mayo	15
PINK GOAT CHICKEN chicken-beets-goat cheese-spinach-cranberry mayo	15
HOLY MOLEY chorizo -chicken- yam-spinach-red pepper-Harvest Mexican Mole sauce	15
CHICKEN AND BRIE chicken-brie-apple-spinach-cranberry mayo	15
CHIPOTLE PULLED PORK pulled pork-roasted mushrooms-red pepper-spinach-mozza-chipotle BBQ sauce	15
VEGGIE RUMBLE ^{VG} spinach-yam-mushroom-garlic roasted tomato-zucchini-onion jam-red pepper-mozza-Mediterranean mayo.	15
MEXICAN ^{VG} refried beans-yam-spinach-tomato-zucchini-avocado-red pepper-Harvest Mole sauce	15
MEDITERRANEAN CHICKEN chicken-spinach-apple-mozza-sundried tomato & garlic mayo	15

SALADS

HIDDEN TREASURE ^{VG GF} sm 8 lg 14 Spinach-beet, yam and goat cheese salad with walnuts and apple cider vinaigrette.	
HOUSE SALAD ^{VG GF} sm 6 lg 11 Spinach-craisins-pumpkin seeds-apple-balsamic vinaigrette	

SOUPS

Always house made & gluten free
Cup 8oz- 4.50 Bowl 16oz-9 served with cornbread

SAUCES AND EXTRAS

HARVEST MEXICAN MOLE SAUCE * 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	EXTRA VEGGIES 1.00 each spinach- potato- tomato--zucchini- yam-beet-pickles-mushroom-onion jam-tomato chutney-apple chutney
MAYO BLENDS * cranberry-scallion-chipotle-curry-Mediterranean (basil, sundried tomato & garlic)	EXTRA MEATS 4.00 each chicken-chorizo-bacon(2)- pork-salami-beef
HARVEST CHIPOTLE BBQ * made in house-a little sweet and a little heat	EXTRA PROTEIN 3.00 each scrambled egg(2)-avocado-cheese-black beans

SANDWICHES

ITALIAN PANINI Salami-ham-spinach-Mozzarella-Mediterranean mayo. Half sandwich 8	15
CUBAN PANINI pulled pork-ham-mozza-pickles-mustard-chiptotle BBQ sauce Half sandwich 8	15
ROAST BEEF AND BRIE onion jam-spinach- tomato-brie Half sandwich 9	16
B.S.T PANINI bacon-tomato-spinach-scallion mayo Half sandwich 8	15
GRILLED BACON AND CHEESE Half sandwich 8	15
GRILLED HAM AND CHEESE Half sandwich 7	13
GRILLED CHEESE half sandwich 6	10
AVOCADO TOAST ^{VG} Avocado-house made tomato chutney-balsamic reduction served open faced	12

Vegetarian Chili ^{GF}
small 5 large 10
option to add meat from the list below

MINI-ME

I DON'T KNOW WHAT I WANT KIDS PLATTER chicken-ham-cheese -pickles-crackers-apple slices	12
CHEESE QUESADILLA add extra ingredients from list below	6
APPLE SLICES	3
HALF SANDWICHES look above for choices	\$

sips eats n' treats

LOOSE LEAF TEAS

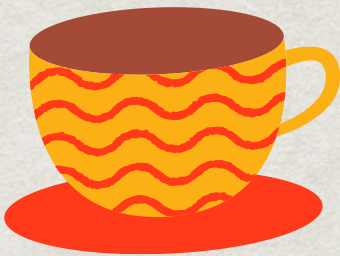
HAND BLENDED IN BANFF FROM
JOLENE'S TEA HOUSE 3.50

- 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-licorance 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.
- YERBA MATE**
Argentinian 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** 3.50
bottomless in house coffee to feed your soul - refill donations go to the Bow Valley SPCA. The critters encourage you to only take what you will drink. To Go cups are an extra 25 cents
- DRIP COFFEE TO GO** 12oz 3.50 16oz 3.75
- ESPRESSO/AMERICANO** reg 3.50 lg 4.25
- CAPPUCCINO** one size 4.20
extras shot .75
- LATTE** 12oz 4.80 16oz 5.50
- LONDON FOG** 12oz 4.80 16oz 5.50
creamy organic earl grey tea steeped in steamed milk with a shot of vanilla-house favourite!
- MOCHA** 12oz 4.80 16oz 5.50
espresso with steamed chocolate milk topped with cocoa sprinkles.
- CHAI LATTE** 12 oz 4.80 16 oz 5.50
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 4.80 16oz 5.50
Masala Chai tea steeped in steamed chocolate milk and topped with cinnamon & cocoa.
- 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** 9
Canmore Brewing Co.
- GEORGETOWN BROWN 473ML** 9
Canmore Brewing Co.
- HIGHLAND LAGER BLONDE 473ML** 9
Canmore Brewing Co.
- APPLE CIDER 473ML** 9
Canmore Brewing Co.
- MOTT'S CLAMATO CAESAR 350ML** 7
- GIDDY UP** 9
2 shots of Irish cream 2 shots of espresso over ice
- FROTHY IRISH LATTE** 9
2 shots irish cream with steamed milk
- DIRTY FROTHY IRISH LATTE** 9
2 shots Irish cream-2 shots espresso-steamed milk
- WHISKY A GO-GO** 7
1 shot of Jameson's Irish whiskey in a 2 shot Americano
- WILDLIFE DISTILLERY CANNED COCKTAILS** 9
Canmore Stampede, Problem Bear, Thirsty Cougar, Let'r Buch

DRINKS

SELECTIONS SUBJECT TO CHANGE.
CHECK THE FEATURE BOARDS

- CHECK THE DISPLAY CASE FOR SEASONAL OFFERINGS**
- SODA POP** 3.00
- GOOD EARTH ICED TEA** 5.50
flavours vary
- EARTH WATER** 3.50
reusable aluminum bottle
- SPARKLING WATER** 4.00
- BUBLY SPARKLING WATER** 3.00
flavours vary
- MILK 9 OUNCE** 3.00
- JUICE APPLE OR ORANGE** 2.25

Please consider bringing your own cup! Disposables are an increasing cost to our business. We charge 25cents for drinks in disposable cups. We are proudly part of Canmore's commercial compost community and committed to using as little waste as possible.