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Harlow

Menu Prices — August 21, 2026

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WEEKLY SPECIALS

ITEM	PRICE
Apple Pie Smoothie Apple cider, banana, cinnamon, clove, nutmeg, ginger, dates, sea salt, vanilla	**$8.00**
Rose Ci-Tea Immunity Toddy Rose Ci-Tea immunity blend tea, lemon juice, & honey. Served hot.	**$5.00**
Spaghetti and "Meatballs" Impossible "meatballs", gluten free spaghetti, with tomato basil sauce, topped with house made almond parmesan and fres...	**$13.50**

ALL DAY BREAKFAST

ITEM	PRICE
OUTLAW SCRAMBLE (Brown Rice) (with brown rice or quinoa) choice of farm fresh eggs, or smokey tempeh, or seasoned jackfruit scrambled with chipotle b...	**$13.00**
OUTLAW SCRAMBLE (No grain/sub vegetables) (with brown rice or quinoa) choice of farm fresh eggs, or smokey tempeh, or seasoned jackfruit scrambled with chipotle b...	**$15.00**
OUTLAW SCRAMBLE (Quinoa) (with brown rice or quinoa) choice of farm fresh eggs, or smokey tempeh, or seasoned jackfruit scrambled with chipotle b...	**$13.00**
POWERHOUSE PARFAIT Harlow's GF granola(oats, pumpkin seeds, sunflower seeds, coconut, walnut, cinnamon, salt, maple syrup, agave, cranberry...	**$8.00**
PESTO GARDEN SCRAMBLE (Brown Rice) (with brown rice or quinoa) choice of farm fresh eggs, or smokey tempeh, or seasoned jackfruit scrambled with roasted sq...	**$13.00**
PESTO GARDEN SCRAMBLE (No grain/sub vegetables) (with brown rice or quinoa) choice of farm fresh eggs, or smokey tempeh, or seasoned jackfruit scrambled with roasted sq...	**$15.00**
PESTO GARDEN SCRAMBLE (Quinoa) (with brown rice or quinoa) choice of farm fresh eggs, or smokey tempeh, or seasoned jackfruit scrambled with roasted sq...	**$13.00**
FARMERS VEGETABLE SCRAMBLE (Brown Rice) (with brown rice or quinoa) choice of farm fresh eggs, or smiley tempeh, or seasoned jackfruit scrambled with roasted v...	**$13.00**
FARMERS VEGETABLE SCRAMBLE (No grain/sub vegetables) (with brown rice or quinoa) choice of farm fresh eggs, or smiley tempeh, or seasoned jackfruit scrambled with roasted v...	**$15.00**
FARMERS VEGETABLE SCRAMBLE (Quinoa) (with brown rice or quinoa) choice of farm fresh eggs, or smiley tempeh, or seasoned jackfruit scrambled with roasted v...	**$13.00**
BISCUITS and GRAVY WITH MARKET VEGETABLES On a gf and vegan mushroom-scallion biscuit with tempeh "sausage" gravy and roasted vegetables ~add a poached or scrambl...	**$13.00**
AVOCADO BAGEL Mashed avocado, mama lil’s sweet peppers, sprouts & za’atar served on New Cascadia Traditional GF everything bagel.	**$10.00**

PLATES & BOWLS

ITEM	PRICE
MIGHTY BOWL (Brown Rice) (oil free) brown rice or quinoa, daily beans, steamed greens, & choice of sauce.	**$9.00**
MIGHTY BOWL (No grain/sub vegetables) (oil free) brown rice or quinoa, daily beans, steamed greens, & choice of sauce.	**$11.00**
MIGHTY BOWL (Quinoa) (oil free) brown rice or quinoa, daily beans, steamed greens, & choice of sauce.	**$9.00**
WALNUT CHORIZO QUESADILLA A Large gluten free tortilla filled with walnut chorizo, vegan cheddar cheese, toasted peppers, sweet onions, delicata s...	**$13.50**

ITEM	PRICE
WILD MUSHROOM STROGANOFF Seasonal mushrooms, tempeh, sautéed onions, cashew cream sauce, & organic gluten free penne pasta. Garnished with parsl...	**$13.50**
URBAN BOWL Mixed salad greens, steamed kale, olive oil, kimchi, sea vegetables, avocado, carrots, scallions, sunflower seeds & za'a...	**$12.00**
BETTY BOWL (No Sauce) Brown rice or quinoa, daily beans, steamed kale, roasted vegetables, kimchi, sea vegetables & za'atar with choice of sau...	**$12.75**
BETTY BOWL (Avocado Cilantro) Brown rice or quinoa, daily beans, steamed kale, roasted vegetables, kimchi, sea vegetables & za'atar with choice of sau...	**$12.75**
BETTY BOWL (Jalapeno Cashew Sauce) Brown rice or quinoa, daily beans, steamed kale, roasted vegetables, kimchi, sea vegetables & za'atar with choice of sau...	**$12.75**
BETTY BOWL (Garlic Tahini) Brown rice or quinoa, daily beans, steamed kale, roasted vegetables, kimchi, sea vegetables & za'atar with choice of sau...	**$12.75**
BETTY BOWL (Lemon Ginger) Brown rice or quinoa, daily beans, steamed kale, roasted vegetables, kimchi, sea vegetables & za'atar with choice of sau...	**$12.75**
BETTY BOWL (Chipotle Cashew Hollandaise) Brown rice or quinoa, daily beans, steamed kale, roasted vegetables, kimchi, sea vegetables & za'atar with choice of sau...	**$13.75**
BETTY BOWL (Brown Rice) Brown rice or quinoa, daily beans, steamed kale, roasted vegetables, kimchi, sea vegetables & za'atar with choice of sau...	**$12.75**
BETTY BOWL (No grain/sub vegetables) Brown rice or quinoa, daily beans, steamed kale, roasted vegetables, kimchi, sea vegetables & za'atar with choice of sau...	**$14.75**
BETTY BOWL (Quinoa) Brown rice or quinoa, daily beans, steamed kale, roasted vegetables, kimchi, sea vegetables & za'atar with choice of sau...	**$12.75**
CHIPOTLE CHILI BOWL (Brown Rice) Brown rice or quinoa, chipotle black bean chili, steamed kale, guacamole, scallions, cilantro, house chimichurri & jalap...	**$11.50**
CHIPOTLE CHILI BOWL (No Grain/Sub Roasted Vegetables) Brown rice or quinoa, chipotle black bean chili, steamed kale, guacamole, scallions, cilantro, house chimichurri & jalap...	**$13.50**
CHIPOTLE CHILI BOWL (Quinoa) Brown rice or quinoa, chipotle black bean chili, steamed kale, guacamole, scallions, cilantro, house chimichurri & jalap...	**$11.50**
YELLOW CURRY BOWL (Brown Rice) Brown rice or quinoa, steamed kale & vegetable curry topped with cilantro & sesame seeds -add one *poached egg or avocad...	**$11.50**
YELLOW CURRY BOWL (No grain/ sub vegetables) Brown rice or quinoa, steamed kale & vegetable curry topped with cilantro & sesame seeds -add one *poached egg or avocad...	**$13.50**
YELLOW CURRY BOWL (Quinoa) Brown rice or quinoa, steamed kale & vegetable curry topped with cilantro & sesame seeds -add one *poached egg or avocad...	**$11.50**
BISCUITS and GRAVY WITH ROASTED VEGETABLES On a mushroom-scallion biscuit with mike's tempeh gravy & roasted vegetables -add one poached or scrambled egg for addit...	**$13.00**
HAWTHORNE MAC Made with gluten free organic penne pasta, kale, daiya cheese, garlic, rice milk, almond parmesan & house spice blend (g...	**$11.75**
HARLOW WRAP (Brown Rice) choice of farm fresh eggs, or smokey tempeh or seasoned jackfruit with rice or quinoa, spinach, Hot Mama salsa, onions,...	**$12.50**
HARLOW WRAP (No grain/ sub vegetables) choice of farm fresh eggs, or smokey tempeh or seasoned jackfruit with rice or quinoa, spinach, Hot Mama salsa, onions,...	**$14.50**
HARLOW WRAP (Quinoa) choice of farm fresh eggs, or smokey tempeh or seasoned jackfruit with rice or quinoa, spinach, Hot Mama salsa, onions,...	**$12.50**

SOUPS & GREENS

ITEM	PRICE

CHIPOTLE BLACK BEAN CHIL (Bowl) **$8.50**
Topped with chimichurri, jalapeno cheese sauce & cilantro.

CHIPOTLE BLACK BEAN CHIL (Cup) **$7.00**
Topped with chimichurri, jalapeno cheese sauce & cilantro.

HARLOW CHOPPED SALAD **$12.00**
Little Gem lettuces with chickpeas, cucumbers, Mama Lil's peppers, and GF bagel chips tossed in a vegan Green Goddess dr...

UTOPIAN DREAM SALAD **$12.50**
Raw shredded green papaya, carrots, shredded kale & broccoli tossed in an almond butter pad thai sauce and topped with a...

VEGETABLE CURRY (Bowl) **$8.50**
Topped with cilantro and sesame seeds.

VEGETABLE CURRY (Cup) **$7.00**
Topped with cilantro and sesame seeds.

MIXED GREEN SALAD **$9.00**
Garden lettuces, beet spirals, carrot ribbons, sunflower seeds, & lemon ginger dressing on the side.

RESTAURANT GRATUITY

ITEM	PRICE
$10.00 gratuity	**$10.00**
$2.00 gratuity	**$2.00**
$5.00 gratuity	**$5.00**

SIDES & ADDITIONS

ITEM	PRICE
1/4 Avocado	**$2.00**
Chips and Salsa GF blue corn tortilla chips & a side of Hot Mama's salsa.	**$4.00**
Daily Beans	**$2.50**
Daily Beans (SIDES & ADDITIONS)	**$2.50**
MUSHROOM SCALLION BISCUIT (baked fresh daily, available while it lasts) housemade gluten free biscuit with mushrooms, herbs, scallions, poppy seed...	**$5.50**
Sea Veggies Wakame seaweed	**$1.50**
Side of Gravy side portion of tempeh gravy	**$3.50**
Sauce (No Sauce)	**$2.00**
Sauce (Avocado Cilantro)	**$2.00**
Sauce (Jalapeno Cashew Sauce)	**$2.00**
Sauce (Garlic Tahini)	**$2.00**
Sauce (Lemon Ginger)	**$2.00**
Sauce (Chipotle Cashew Hollandaise)	**$3.00**
Toast	**$4.50**
Rice	**$4.00**

ITEM	PRICE
Quinoa	**$4.00**
Side Salad	**$4.00**
Cup of Soup	**$4.50**
Bowl of Soup	**$6.00**
Roasted Vegetables	**$5.50**
Jackfruit	**$5.50**
Steamed Kale	**$4.50**
Poached Eggs (One)	**$2.00**
Poached Eggs (Two)	**$4.00**
Everything Bagel	**$4.50**
Tempeh	**$5.50**

BEVERAGES

ITEM	PRICE
HOT TEAS 16oz hot tea of your choice!	**$3.25**
WATER AVENUE COFFEE (Coffee)	**$3.50**
WATER AVENUE COFFEE (Coldbrew)	**$4.50**
HARLOW CHAI Housemade chai with coconut milk & lightly sweetened with agave. Served hot or iced.	**$4.50**
ASHWAGANDHA HOT CHOCOLATE Bittersweet chocolate & ashwagandha steamed with almond or coconut milk & agave.	**$5.50**
MATCHA LATTE With mizuba green tea matcha, almond or coconut milk & honey syrup, served hot or iced.	**$5.00**
PORTLAND FOG Earl grey tea with almond or coconut milk & honey syrup, served hot or iced.	**$4.50**
WELLNESS TODDY With fresh lemon, ginger juice, honey, cayenne & echinacea, served hot or iced.	**$4.50**
TUMERIC GOLDEN LATTE Turmeric and spiced honey steamed with coconut milk & topped with **bee pollen.	**$5.50**
HARLOW MUSHROOM STEAMER Harlow’s mighty mushroom blend, water ave. Coffee, coconut oil, cinnamon & housemade cardamom agave syrup steamed with a...	**$5.50**
GINGER SODA Housemade pineapple & ginger soda with lime.	**$4.75**

SMOOTHIES

ITEM	PRICE
DARLING Strawberry, banana.	**$6.50**
LIQUID SUNSHINE orange juice, basil, pineapple, mango, coconut oil, Indian gooseberry (Amla)	**$8.50**

ITEM	PRICE
MATCHA DO ABOUT YOU Mizuba matcha, banana, date, mango, shredded coconut	**$8.00**
TEALY DAN coconut water, pineapple, spinach, banana, E3Live Blue Majik spirulina, shredded coconut.	**$8.50**
WARRIOR strawberry, avocado, maca, dates, hemp seeds	**$8.50**
LUCY BLUE Blueberry, banana.	**$6.50**
PINK FLAMANGO Strawberry, mango, banana.	**$7.00**
RETROSPECTION Almond butter, cocoa nibs, mint, banana.	**$7.50**
STUMBLEBEE Peanut butter, cocoa nibs, cocoa powder, coffee, banana.	**$7.50**
SUPERBERRY Strawberry, marionberry, banana, peanut butter, hemp seeds, epic protein.	**$8.50**
HERCULES Banana, spinach, almond butter, epic protein, cocoa nibs.	**$8.00**
BLACK MAJIK Coconut water, activated charcoal, pineapple, blueberry, honey.	**$8.00**
GILT Coconut milk, carrot juice, mango, pineapple, turmeric, ginger, bee pollen.	**$8.50**

JUICE

ITEM	PRICE
BLESSINGS Apple, lemon, ginger.	**$6.50**
BUNNY SLY Carrot, ginger.	**$5.50**
CLEAR EYES Carrot, apple, orange.	**$6.25**
ORANGE JUICE	**$6.00**
RUBY Grapefruit, carrot, beet, ginger.	**$7.00**
RISING Carrot, orange, beet, apple, ginger.	**$7.50**
RENEWAL Grapefruit, apple, celery, mint.	**$7.25**
MELODY Kale, cucumber, spinach apple, lemon, ginger.	**$7.50**
SWEETGREENS Apple, cucumber, celery, lime, mint, kale, parsley.	**$7.50**
THE RITA Celery, cucumber, spinach, kale, parsley, mint, lime.	**$7.50**

HEALTH ELIXIRS

ITEM	PRICE
ABC SHOT Orange juice, beet juice, and apple cider vinegar. 2 oz. shot and served with an apple slice	**$4.50**
SUPER GREENS LEMONADE Housemade honey lemonade with cucumber, spinach, kale, and chlorella.	**$7.50**
TANGERINE KEFIR WATER TONIC Sparkling tangerine-grapefruit kefir water with camu camu and carrot-ginger-grapefruit juice.	**$7.00**
WELLNESS SHOT Ginger juice, lemon, cayenne & echinacea served with an apple slice 2oz.	**$4.50**

KIDS MENU

ITEM	PRICE
BABY GRANOLA Our housemade gluten-free oats, walnuts, coconut, pepitas, sunflower seeds & dried cranberries served with coconut yogur...	**$5.00**
SCRAMBLED EGGS -add daiya vegan cheddar cheese for additional price.	**$4.50**
LITTLEST DRAGON BOWL (No Sauce) Rice or quinoa, beans, & avocado choice of lemon ginger, garlic tahini, or jalapeño cashew sauce.	**$6.50**
LITTLEST DRAGON BOWL (Avocado Cilantro) Rice or quinoa, beans, & avocado choice of lemon ginger, garlic tahini, or jalapeño cashew sauce.	**$6.50**
LITTLEST DRAGON BOWL (Jalapeno Cashew Sauce) Rice or quinoa, beans, & avocado choice of lemon ginger, garlic tahini, or jalapeño cashew sauce.	**$6.50**
LITTLEST DRAGON BOWL (Garlic Tahini) Rice or quinoa, beans, & avocado choice of lemon ginger, garlic tahini, or jalapeño cashew sauce.	**$6.50**
LITTLEST DRAGON BOWL (Lemon Ginger) Rice or quinoa, beans, & avocado choice of lemon ginger, garlic tahini, or jalapeño cashew sauce.	**$6.50**
LITTLEST DRAGON BOWL (Chipotle Cashew Hollandaise) Rice or quinoa, beans, & avocado choice of lemon ginger, garlic tahini, or jalapeño cashew sauce.	**$7.50**
MINI MAC and CHEESE -add kale for additional price.	**$4.50**

KIDS MENU JUICE & SMOOTHIES

ITEM	PRICE
APPLE JUICE	**$4.50**
CARROT JUICE	**$4.00**
ORANGE JUICE (KIDS MENU JUICE & SMOOTHIES)	**$3.50**
LEMONADE Made with honey.	**$3.00**
MINI DARLING SMOOTHIE Strawberry & banana.	**$4.50**
MINI LUCY BLUE SMOOTHIE Blueberry & banana.	**$4.50**