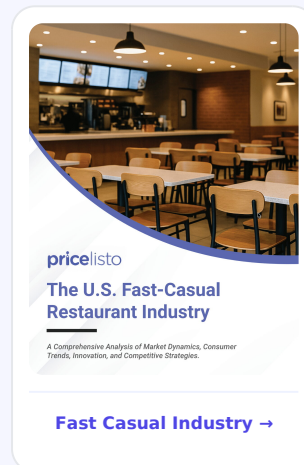




Harlow

Menu Prices — August 1, 2026

Restaurant & Food Industry Reports



[Competitor Price Intelligence →](#)

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
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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
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CHIPOTLE BLACK BEAN CHIL (Bowl) Topped with chimichurri, jalapeno cheese sauce & cilantro.	\$8.50
CHIPOTLE BLACK BEAN CHIL (Cup) Topped with chimichurri, jalapeno cheese sauce & cilantro.	\$7.00
HARLOW CHOPPED SALAD Little Gem lettuces with chickpeas, cucumbers, Mama Lil's peppers, and GF bagel chips tossed in a vegan Green Goddess dr...	\$12.00
UTOPIAN DREAM SALAD Raw shredded green papaya, carrots, shredded kale & broccoli tossed in an almond butter pad thai sauce and topped with a...	\$12.50
VEGETABLE CURRY (Bowl) Topped with cilantro and sesame seeds.	\$8.50
VEGETABLE CURRY (Cup) Topped with cilantro and sesame seeds.	\$7.00
MIXED GREEN SALAD Garden lettuces, beet spirals, carrot ribbons, sunflower seeds, & lemon ginger dressing on the side.	\$9.00

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