

FRESH • MADE • FAST

Order delivery at SeansHarvestMarket.com



BREAKFAST *Served All Day*

- *your choice of: Daily Side, Soup, or Amber Biscuit.....1**
- *Solstice Omelette Wrap.....9**
guacamole . herb cream . black bean & corn salsa
tomato . fresh basil . arugula . egg . tomato basil wrap
- *Wild Salmon Rilette Bagel.....9**
our salmon spread . tomato . grilled onion . bagel
- *House Sausage Amber Biscuit.....9**
house made sausage . cheddar . rosemary onion
our apple butter . egg . Amber Biscuit
- *Bacon Pesto Egg Panini.....9**
applewood bacon . pesto . egg . cheddar
- *Southern Breakfast Casserole.....9**
grilled house sausage . avocado . garlic . chef's potato
roasted bell pepper . onion . egg . cheddar . parmesan
- *Killer Pork Omelette Wrap.....9**
our slow roasted pork butt . grilled onion . fresh tomato
sharp cheddar . egg . tomato basil wrap
- *Bacon Cheddar Grits.....6.5**
+ two fried eggs for \$2.5
applewood smoked bacon . sharp cheddar . burnt garlic grits
- Mango & Candied Pecan Oatmeal.....5.5**
mango compote . blueberry . candied pecan
organic maple . splash of cream . oatmeal

SMOOTHIES *Small | 5.5 Large | 6.5*

- Add Boost +0.50** *whey protein . whole almond . bulgarian yogurt
fresh kale . fresh ginger . espresso shot*
- Substitute +0.50** *almond milk . coconut milk
honey . maple .*

- SKINNY**
- South Beach**
strawberry . banana . oj
 - Super Green Machine**
kale . spinach . carrot . basil
banana . o.j . milk
 - Mango Away**
mango . mint . banana . oj

- WELLNESS**
- Californication**
avocado . orange . spinach . mint
allspice . banana . oj . milk
 - Normando**
pineapple . strawberry . orange .
basil . oj
 - Sean's Ginger**
carrot . spinach . ginger
apple . o.j . milk

- REBUILD**
- Natural**
strawberry . peanut butter
banana . milk
 - Underhill**
almond butter . blueberry
banana . milk
 - The Parkside**
blueberry . apple . banana
nutella . cinnamon . milk

- ENERGY**
- The Elvis**
coffee . banana . peanut butter
chocolate . milk . cinnamon
 - All Day Energy**
kale . blueberry . ginger . basil . carrot,
banana . oj . milk
 - Basil Aidan**
mango . pineapple . orange
fresh basill . ginger . avocado . oj

COFFEE *hot or cold Small . 4 | Large . 5*

- Our Cafe Au Lait**
dirty naked roaster coffee . frothed milk
- Classic Vanilla Latte**
vanilla . fresh nutmeg . coffee . cream
- Breved Cafe Au Lait**
coffee . frothed cream . grade b maple
- Chocolate Latte**
chocolate . cinnamon . coffee . milk
- Ebony & Ivory**
chocolate . vanilla . brown sugar
coffee . milk
- Sean's Cuban**
coffee . nutmeg . brown sugar . milk
- Spiced Blueberry Latte**
fresh blueberry . allspice . coffee . cream
- The Hazelnut**
hazelnut . coffee . milk
- White Cloud (no coffee)**
frothed milk . honey . nutmeg

ICED TEA *Small . 3 | Large . 4*

- ask about our hot tea selection!
- The Traditional**
 - Organic Green Tea**
 - Fresh Strawberry Green Tea**
 - Fresh Blueberry Ginger**
 - Thai Ice Tea**
 - Fresh Mint Julie**

LUNCH *Served All Day*

- *your choice of: Daily Side, Soup, or Amber Biscuit.....1**
- *Holy Guacamole Chicken Salad Sandwich.....8**
our chicken salad . guacamole . tomato . romaine
- *Austin Tuna Melt.....8**
our Southwestern Atlanta tuna salad . tomato . cheddar .
- *Beltline Burrito.....8**
black bean & corn salsa . quinoa . black rice . guacmole
almond . shaved carrot . parmesan . arugula
- *Wild Salmon Rilette Sweet Roll.....9**
our salmon spread . tomato . romaine . on knotted roll
- *Killer Pulled Pork Burrito.....8**
our slow roasted pork butt . roasted bell pepper . grilled onion
fresh tomato . blackbean & corn salsa . parmesan . romaine
- *Pulled Pork & Apple Grilled Cheese.....8**
our slow roasted pork butt . our house made apple butter
spiced apple . sharp cheddar . swiss cheese . sweet pickle
- *Amsterdam Burrito.....8**
our chicken salad . applewood bacon . quinoa . black rice
sharp cheddar . fresh tomato . hearts of romaine
- Patio Brunch Parfait.....6**
our house made mango compote . pineapple . candied pecan .
shaved almond . full fat bulgarian yogurt

SALAD

- *your choice of: Daily Side, Soup, or Amber Biscuit.....1**
- *Saint Germain.....7**
guacamole . black rice . quinoa . blackbean & corn salsa
shaved almond . parmesan . shaved carrot . over romaine
- *The Almond Brothers Salad.....7**
mango compote . shaved almonds . tomato . black rice
quinoa . parmesan . over baby kale
- *Summer Salad.....7**
chopped pineapple . candied pecan . sharp cheddar
shaved carrot . over baby kale

ADD PROTEIN 2.5

- our chicken salad . pulled pork . southwest tuna salad
smoked bacon . house made sausage . salmon salad

DAILY SIDES.....4

- Burnt Garlic & Cheddar Grits**
- Smoked Black Bean Hummus**
- Chick Pea & Sweet Corn Salad**
- Fresh Fruit**

SOUP + Amber Biscuit for 1.504

- Summer Peanut Curry Chicken Stew**
- Mango Avocado Chutney (cold soup)**

TREATS . BAKED GOODS . DESSERT

- Gabby's Shake.....5**
nutella . vanilla bean ice cream
chocolate . whole milk
- Strawberry Milkshake.....5**
strawberry . vanilla bean ice cream
whole milk .
- Banana Milk Shake.....5**
fresh banana . hazelnut
vanilla bean ice cream . whole milk
- Buzz Buzz Milkshake.....5**
coffee . vanilla bean ice cream
almond butter . banana . milk
- Mango Milkshake.....5**
mango . vanilla bean icecream
- Chocolate Chip Milkshake...5**
chocolate chip . vanilla icecream
- Killer Chocolate Brownie....3**
+ a al mode for 2.5
- Chocolate Chip Cookie.....2**
- Special Amber Biscuit.....4**
- Amber Biscuit.....2**