

# FRESH • MADE • FAST

Order delivery at [SeansHarvestMarket.com](http://SeansHarvestMarket.com)



## BREAKFAST *Served All Day*

**choice of: side, soup, Amber Biscuit, or chips.....1**

**Solstice Omelette Wrap.....9**

guacamole . herb cream . black bean & corn salsa  
tomato . fresh basil . arugula . egg . tomato basil wrap

**Farmer's Breakfast Panini.....9**

avocado . cucumber . fresh tomato . roasted pepper  
grilled onion . baby kale . cheddar . swiss . fried eggs

**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  
roasted bell pepper . 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

## SMOOTHIES *Small | 5.5 Large | 6.5*

**Add Boost +0.50** *whhey protein . whole almond . bulgarian yogurt  
fresh kale . fresh ginger . espresso shot*

**Substitute +0.50** *almond milk . coconut milk  
honey . maple .*

### South Beach

strawberry . banana . oj

### Super Green Machine

kale . spinach . carrot . basil  
banana . o.j . milk

### Mango Away

mango . mint . banana . oj

### Natural

strawberry . peanut butter  
banana . milk

### Underhill

almond butter . blueberry  
banana . milk

### The Fix

apple . banana . strawberry  
almond butter . milk

### 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

### 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 iced Small . 4 | Large . 5*

### Our Cafe Au Lait

dirty nekkid coffee. frothed milk

### Classic Vanilla Latte

vanilla . nutmeg . coffee  
cream

### The Cinnamon Latte

vanilla . cinnamon . coffee  
cream

### The Mocha

chocolate . cinnamon . coffee  
cream

### Sean's Cuban

coffee . nutmeg . brown sugar  
cream

### Spiced Blueberry Latte

fresh blueberry . allspice . coffee  
cream

### The Hazelnut

hazelnut . coffee . milk

### Fresh Ginger Maple Latte

coffee . fresh ginger . maple  
nutmeg . cream

## 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*

**choice of: side, soup, Amber Biscuit, or chips.....1**

**Holy Guacamole Chicken Salad Sandwich..... 8**

our chicken salad . guacamole . tomato . romaine

**Happy Egg Salad Sandwich.....9**

our famous egg salad . smoked bacon . tomato . romaine

**Beltline Burrito..... 8**

black bean & corn salsa . quinoa . black rice . guacmole  
almond . shaved carrot . parmesan . arugula

**Midtown Gardner's Melt.....8**

avocado . cucumber . fresh tomato . grilled onion .  
fresh basil . baby kale . roasted pepper . cheddar . swiss

**Killer Pulled Pork Burrito.....8**

slow roasted pork butt . roasted bell pepper . grilled onion  
fresh tomato . blackbean & corn salsa . parmesan . romaine

**Crispy Pulled Pork & Cheddar Grits.....8**

roasted pork butt grilled to crispy perfection. diced tomato  
grilled onion . sharp cheddar . burnt garlic & cheddar grits

**Amsterdam Burrito.....9**

our chicken salad . applewood bacon . quinoa . black rice  
sharp cheddar . fresh tomato . hearts of romaine

## SALAD

**choice of: side, soup, Amber Biscuit, or chips.....1**

**Saint Germain.....7**

guacamole . black rice . quinoa . blackbean & corn salsa  
shaved almond . parmesan . shaved carrot . over romaine

**Hearts in Atlanta Salad.....7**

blueberry chutney . hemp heart . shaved almonds . cheddar  
shaved carrot . grilled onion. biscuit crouton . over baby kale

**Chopped Salad.....7**

avocado . cucumber . spiced apple . tomato . bell pepper  
sharp cheddar . blackrice . quinoa . over baby kale

**ADD PROTEIN..... 2.5**

**our chicken salad . pulled slow pork . 2 fried eggs  
smoked bacon . house sausage . our happy egg salad**

## SNACKS

**Amber Biscuit.....2**

our famous southern cat-head biscuit . served with honey

**The Pick Me Up Parfait.....6**

blueberry chutney . hemp heart . dried cranberry . shaved almond  
candied pecan . over bulgarian yogurt . served with honey

**Spiced Apple Oatmeal.....6**

spiced apple . candied pecan . apple butter . shaved almond.  
rolled oats . splash of cream . served with honey

## SIDES.....4

**Burnt Garlic & Cheddar Grits**

**Smoked Black Bean Hummus**

**Chick Pea & Sweet Corn Salad**

**Fresh Fruit**

## SOUP + Amber Biscuit for 1.50 .....4

**Sam Kolpy's Turkey Chili**

**Tomato Basil Bisque**

## TREATS

**Strawberry Maple Milkshake.....5**

strawberry . maple . vanilla ice cream .

**Double Chocolate Milkshake.....5**

chocolate chip . milk chocolate . vanilla ice cream .

**Jittery Norman's Joyful Milkshake.....5**

almond butter . banana . espresso . cinnamon . vanilla ice cream

**Glazed Cinnamon Amber Biscuit.....4**

a fan favorite . sweet cinnamon glaze filled . Amber Biscuit

**Chocolate Chip Cookie.....2**

chocolate . chip . cookie