

Salads

Made with organic field greens and local greens (seasonal). Served with housemade crostini.

"V" denotes a vegetarian item.

Farmers' Market

Seasonal produce, pickled beets, local goat cheese on field greens with sherry vinaigrette (V) 8.49

Mediterranean

Organic Ah!zeefa lentil dip, feta, tomato (seasonal), red onion, roasted red peppers, cucumbers, kalamata olives, balsamic vinaigrette (V) 7.99

Brisket

House-smoked grass-fed brisket, goat cheese, red onion, pickled beets, cucumbers, field greens, balsamic vinaigrette 8.49

Italian

Volpi salami, herbed goat cheese, roasted red peppers, red onion, tomato (seasonal), field greens, house-made kalamata feta sauce 7.99

Tuna

Deep sea tuna, lemon pepper aioli, dried cranberries, celery, lettuce, tomato (seasonal) 7.99

Soup

House-made fresh, healthy, and delicious.

Vegan Chili cup 4.00 bowl 6.50

Soup of the Day cup 4.00 bowl 6.50

Sides

Made fresh daily, call for details.
with sandwich 2.00 a la carte 3.00

Kid's Menu

Breakfast 4.50

2 Eggs with Toast & Jelly - Local eggs, 5 grain or sourdough bread, local preserves

Granola & Fruit - Housemade granola, organic banana, local milk or soymilk

Mini Plate - Mini parfait, toast, & fruit

Lunch 5.00

Quesadilla - Local tortilla, cheese, salsa, & tortilla chips

Toasted Cheese - 1/2 toasted cheese sandwich with tomato soup

PB & J - 1/2 peanut butter & jelly sandwich, tortilla chips, hummus

Soup & Croissant - Tomato soup & croissant

Coffee Drinks

Made with locally roasted organic and fair trade Goshen Coffee.

Coffee sm. 1.60 lg. 2.25 real big 2.95

Bottomless cup 2.00

Bring in your own mug (up to 16 oz.) 1.40

Espresso 2 oz. 2.25

Americano 12 oz. 2.25

Latte 12 oz. 3.25 16 oz. 3.75

Cafe au lait 12 oz. 3.25 16 oz. 3.75

Cappuccino 8 oz. 3.00

Cafe Mocha 12 oz. 3.50 16 oz. 4.00

Hot Chocolate & Mexican Hot Chocolate
made with locally crafted Kakao Chocolate
12oz. 3.50 16oz. 4.75

Add a shot of flavored syrup to any coffee drink .50

Add an extra espresso shot 1.25

Cold Beverages

Blue Sky Sodas 1.50

Santa Cruz Organic Lemonades 1.50

Fitz's Root Beer 1.50

Ozark Mountain Water 2.00

San Pellegrino Sparkling Water 1.50

San Pellegrino Aranciata or Limonata 2.00

Martinelli's Sparkling Apple Juice 2.00

Reed's Ginger Beer (non-alcoholic) 2.00

Honest Tea (Green, Black or Moroccan Mint) 2.00

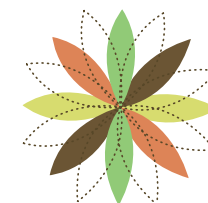
Kombucha Energy Tea 4.00

Organic Valley Milk and Chocolate Milk 1.50

Naked Juice 4.00

Fresh squeezed orange juice sm. 3.00, lg. 4.00

Iced Tea 2.00



local harvest CAFE & CATERING

Cafe Menu

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Hours:

Sunday 9am - 9pm

Monday 7am - 2pm

Tuesday - Friday 7am - 9pm

Saturday 8am - 9pm

Brunch Hours:

Saturday 8am - 2pm

Sunday 9am - 3pm

Dinner Hours:

Tuesday - Sunday

5pm - 9pm

New! Free-Range & Local Grill Hours:

Saturday 5pm - 9pm

Sunday 5pm - 9pm

Breakfast

(served until 5pm)

BAGEL SANDWICHES 4.99

Made on local bagels with local eggs

Add bacon, ham, or tomato for .75

Southwest

Scrambled eggs, pepper jack, salsa cream sauce

Alpine

Scrambled eggs, gruyere, swiss cheeses

Yankee

Scrambled eggs, white cheddar, cream cheese

Meister

Scrambled eggs, herbed goat cheese, field greens

Lorraine

Scrambled eggs, bacon & chive cr. cheese, herbs

Mediterranean (4.25)

Ah!zeefa spread, feta, roasted red peppers, greens

BAGELS

Plain, sunflower wheat, sesame seed, everything,
& cinnamon raisin 1.19

Add cream cheese 2.19

Add vegan cream cheese, peanut butter, or
herbed goat cheese 2.49

Add salsa, cinnamon cranberry, or bacon chive
cream cheese 2.49

Add preserves and local butter 2.49

Bowl of Granola

Housemade granola, fruit, & milk or soy milk. \$5.50

Parfaits

12oz. 4.00 16oz. 5.50

PB & J

Housemade granola, organic yogurt, local peanut
butter & preserves

Berry Nice

Housemade granola, organic yogurt, blueberries,
local preserves & honey

Hit the Trail

Housemade granola, organic yogurt & banana, local
honey & Missouri pecan pieces

The Nutty Truckey

Housemade granola, organic yogurt, & banana, local
honey & peanut butter

Smoothies

12oz. 4.75 16oz. 5.75

Berry Smooth

Organic bananas, berries, yogurt, orange juice

PB & Banana

Local peanut butter, organic bananas,
yogurt, soy milk

Good Start

Organic banana, berries, yogurt, granola

Tahini Genie

Organic banana, soymilk, yogurt & dates, tahini,
peanut butter

Big Sandwiches

Served with local chips, V denotes a vegetarian item

Mix 'Em Up \$7.99

Choose two: 1/2 sandwich, 1/2 salad
or a cup of soup.

Morganford Mediterranean

Ah!zeefa lentil dip, feta, onion, roasted red peppers,
cucumbers, kalamata olives, field greens, balsamic
dressing on foccaccia (V) 7.29

Seasonal Veggie

Ask for details (V) 7.29

The Italian Stallion

Volpi salami & capicola, herbed goat cheese, roasted
red peppers, onion, field greens, kalamata feta sauce
on sourdough 6.99

The Tom

Organic turkey, lettuce, pickles, mayo, mustard on
sourdough or five grain bread 7.49

Ham It Up

Thin sliced, Missouri ham, hickory honey aioli,
house-made bread & butter pickles, field greens,
on sourdough or five grain bread 7.49

Veggie Burger

Housemade burger, hummus, garlic aioli, pickles,
greens, on brioche roll (V) 7.99

BLT

Missouri bacon, herbed goat cheese, roasted
red peppers, tomato (in season), field greens, on
toasted foccaccia 7.99

Cuban

Thin sliced Missouri ham, applewood smoked
pulled pork, gruyere, pickles, dijon mustard on
toasted semolina roll 7.99

The Khazaeli Club

Thin sliced, Missouri ham, organic turkey, local
bacon, provolone, field greens, tomato (in season),
horseradish aioli on toasted sourdough 7.99

The Muffaletta

Volpi salami & capicola, swiss, gruyere,
housemade olive salad on sourdough 6.99

Sorry, Charlie

Deep sea tuna, lemon pepper aioli, dried
cranberries, celery, lettuce, tomato
on sourdough or five grain bread 7.29

From the Smoker

Smoked in-house using free-range & local meats

Brisket

Grass-fed, Missouri beef, thinly sliced & served
hot with smoked gouda, horseradish aioli, & field
greens on a semolina roll 7.99

Pulled Pork

Local, free-range pork in a zesty housemade bbq
sauce topped with cole slaw on a brioche roll 7.99

Smoked Chicken Salad

Mixed with spices, onions, celery, served with field
greens on a semolina roll 7.99