

Located at
921 S. 8th Street
Downtown Manitowoc



Hours
Monday - Friday 7am - 2pm
Saturday 8am - 1pm

Harmony Cafe & Juicery

SUPPORTING THE MISSION OF GROW IT FORWARD

BREAKFAST

- HAMMIE SAMMIE** \$ 8.00
ham, two eggs, Leon's Cheddar,
on focaccia roll
- BREAKFAST BURRITO** \$10.00
vegan chorizo, egg, Leon's Cheddar,
onion, red pepper, black beans,
salsa on side
- APPLE DELIGHT SANDWICH** \$ 9.00
two eggs, Leon's Cheddar,
caramelized onion, apple butter,
on multigrain
- QUICHE** \$ 6.00
vegetarian sausage & Leon's Cheddar

LUNCH

- TOASTED TOMATO BASIL CHEESE** \$ 8.00
tomato, basil sauce, Leon's Tomato Basil
Cheddar, on multigrain
- FULL MONTE** \$10.00
smoked ham, turkey, bacon, Leon's
Cheddar, maple aioli, on french toast
- JIVE TURKEY** \$ 8.00
sliced turkey, Leon's Cajun Cheddar,
lettuce, creole honey mustard,
on focaccia roll
- VEG-OUT WRAP** \$ 9.00
hummus, tomato, lettuce, red
onion, red pepper, kalamata olives,
cucumber, feta, and balsamic glaze

GRAB N GO

- COOKIE - OR - MUFFIN** \$ 1.50
- ENERGY BITES** \$ 4.00
- BAKED TORTILLA CHIPS** \$ 2.00
- YOGURT PARFAIT** \$ 4.00
- OVERNIGHT OATS** \$ 4.00
- CHIA PUDDING** \$ 5.00
- SANDWICHES** \$ 8.00
chicken salad, or ham or turkey with
Leon's cheddar
- SALADS** \$10.00
chef, southwest, or mediterranean
- GRAIN SALADS** \$ 4.00
quinoa or wheat berry
- HUMMUS** \$ 6.00
cilantro lime or basil
- VEGGIE CUPS** \$ 4.00
hummus or dill dip

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HOT - 16 OZ.

DAILY BREW - REGULAR/DECAF	\$ 3.00
AMERICANO	\$ 3.75
CAPPUCCINO	\$ 4.75
LATTE	\$ 4.75
CHAI -OR- MATCHA LATTE	\$ 4.75
MOCHA chocolate, white chocolate, or caramel	\$ 5.25
CARAMEL MACCHIATO	\$ 5.25
HOT CHOCOLATE	\$ 3.50
RISHI TEA earl grey, blueberry rooibos, green tea mint, or china breakfast	\$ 3.00

COLD - 16 OZ.

COLD BREW ICED COFFEE	\$ 3.50
ICED CHAI -OR- ICED MATCHA	\$ 4.75
FRAPPE	\$ 4.75
ICED LATTE	\$ 4.75
CRYSTAL BOBA coffee, matcha, blue sky, or any flavoring	\$ 5.25
ICED MOCHA chocolate, white chocolate, or caramel	\$ 5.25
ICED RISHI TEA unsweetened black or blueberry roobis	\$ 3.00
COLD-PRESSED JUICE assorted varieties in cooler	\$ 8.00

FLAVORED SYRUPS

caramel, vanilla, brown sugar, peppermint,
toasted marshmallow, hazelnut,
strawberry, lavender,
sugar-free caramel, sugar-free vanilla



FOR CALL AHEAD ORDERS 920-374-3200

VISIT GROW IT FORWARD ONLINE AT GROW54220.COM