

HarvestOwl™

Welcome Guide for
Leaf Home



◆ Hi there.

Welcome to HarvestOwl!

We're thrilled to partner with your team. Leaf Home has made this service possible by contributing **\$8** to the cost of each lunch on your behalf. (Your cost will be roughly \$5.)

We'll deliver to your office every Monday and Wednesday. You can order multiple lunches per delivery day to have lunch up to five days per week.

We'll share how it works in the next few pages. Feedback, questions, and ideas are always welcome and appreciated -- I'd love to hear from you.

Thank you for your support,



Scott Himmel, founder
scott@harvestowl.com



Ordering lunch is really easy, and a little magical.

Automatic Ordering

You choose which days of the week you'd like to receive lunch. We'll send you a personalized menu every Friday for the upcoming week. Changes are welcome on our website until 5 PM the evening prior to your delivery day.

Manual Alternative

You login to manually place orders. You can do so until 5 PM the evening prior to your delivery day. When signing up, click "I'd prefer to place orders manually" on the scheduling page.



Our menu has broad appeal.

We've been known to delight folks all over the map -- from golden arch loyalists to hard core health nuts. Our menu is fresh, energizing, and locally prepared -- and, it changes weekly. (Sample menu follows.)

Sample Weekly Menu

Our menu changes weekly. Here's a sample week.

Bowls

Chicken Peanut Satay Bowl

Marinated and grilled chicken skewers, housemade peanut sauce, red and green bell pepper, bok choy, roasted carrot, scallion, fresh basil, and spiced brown rice. Designed to be warmed. 12-95 4.95. GF.

Latin Steak Rice Bowl

Our fresh chimichurri sauce with grilled grass-fed steak, brown rice, grape tomatoes, black beans, queso fresco, zucchini, and sauteed onion. Designed to be warmed. 13-95 5.95. Vegetarian version available with extra veggies.

HarvestOwl Nachos

Shagbark tortilla chips, pico de gallo, vegan nacho cheese, corn, brown rice, black beans, taco spiced mushrooms and cauliflower, and fresh cilantro. Designed to be warmed. 11-95 3.95. Vegan & GF. Available with grass-fed steak and chicken.

Blueberry Avocado Power Kale Bowl

Our vibrant blueberry vinaigrette with roasted grapes, mashed avocado, red quinoa, adzuki beans, mung beans, pickled red onion, and lemon-rubbed kale. 11-95 3.95. Vegan & GF. Available with chicken or

Market Salads

Apple, Almond, and Fresh Herb Salad with Chicken

Rittman Orchard apple, almonds, dates, grilled chicken breast, shaved fennel, fresh dill, crumbled blue cheese, and mixed greens with our lemon thyme vinaigrette. 12-95 4.95. GF.

Wild Sockeye Salmon & Bialy's Bagel Salad

Grilled wild salmon, Bialy's bagel croutons, yellow squash, feta cheese, fresh mint and dill, shaved red onion, mixed greens, romaine, and our caper vinaigrette. 14-95 6.95.

Sandwiches & Wraps

Served with choice of side dish.

Mediterranean Toast Kit

Stone Oven whole wheat sourdough, cucumber and tomato salad, cauliflower tabouli, and our housemade hummus. Designed for you to toast, assemble, and enjoy. 16-95 2.95. Vegan. Available with grilled chicken or grass-fed steak.

Grilled Buffalo Chicken Wrap

Spicy buffalo chicken with carrot & celery slaw, crumbled blue cheese, and leaf lettuce on a whole wheat wrap. 12-95 4.95

Oven Roasted Turkey Wrap

Oven roasted natural turkey, tomato, leaf lettuce, and your choice of honey mustard or olive oil mayo on a whole wheat wrap. 11-95 3.95

House Roasted Turkey Sandwich

House roasted natural turkey, tomato, leaf lettuce, and your choice of honey mustard or olive oil mayo on Angelic Bakehouse 7-grain bread. 11-95 3.95

Side Dishes

Lesser Evil Paleo Puffs

Lesser Evil Perfectly Salted Potato Chips

Sourdough Craft Beer Pretzel Rings

Terra Root Vegetable Chips

Bare Fuji Apple Chips

Cider Glazed Roasted Root Veggies

Roasted beets, carrots, and parsnips with caramelized onion and our cider maple reduction.

Fresh Cut Fruit

Kiwi, grapes, and cantaloupe. Fruit variety may vary.

Soup

Pair with your choice of half sandwich or half salad. Pricing varies.

Spicy Black Bean Soup

black beans, tomato, carrot, celery, onion, chipotle, cumin.

Chicken Noodle Soup

nurturing chicken stock with pulled chicken, carrot, onion, and celery.

Drinks

San Pellegrino Sparkling Fruit Beverage 11.1 fl oz
Blood Orange or Lemon

San Pellegrino Sparkling Mineral Water 250 ml

Vita Coco Pure Coconut Water 330 ml

Boxed Water is Better 16.9 fl oz

Spindrift Sparkling Water 12 fl oz
Lemon, Grapefruit, or Blackberry

Izze Mini Sparkling Juice 8.4 fl oz
Blackberry or Pomegranate

Honest Tea 16.9 fl oz
Just Black, Moroccan Mint, Green Dragon, or Lori's
Lemon Black

Two Bite Desserts

A 'til something to delight your sweet tooth.

Philomena Bake Shop Snickerdoodle Cookie

Cinnamon and sugar snickerdoodle cookie from Philomena Bake Shop. Vegan and gluten free. 2.25

Luna Bakery Dark Chocolate Cherry Brownie

A fudgy chocolate brownie studded with dried cherries. Vegan and gluten free. 2.25

Dark Chocolate Square

72% organic dark chocolate square from Endangered Species. 1.45

Wise Snacks

For your 3 pm craving. These snacks will keep you energized 'til day end.

HarvestOwl Hummus

Housemade hummus served with your choice of Aladdin's whole wheat pita chips or fresh veggies. 4.45

Housemade Nut Butter & Apple Butter

Our almond & peanut butter topped with our housemade apple butter. Served with Rittman Orchard apple slices for dipping. GF and vegan. 4.45

Powerhouse Granola and Yogurt

Our house granola - jam packed with nuts, seeds, and grains - paired with organic yogurt. Served with a side of honey. 4.95



HarvestOwl is unbeatably convenient.

We'll swing by before noon to drop off your lunch. It'll patiently await you in the HarvestOwl fridge until you're ready to eat. Your order will be packed in reusable packaging for the lightest environmental footprint.

You're welcome to order multiple lunches per delivery day to enjoy later in the week.



Leaf Home is contributing \$8 to the cost of your lunch.

Most of our lunches are in the \$11.95-\$14.95 ballpark. Leaf Home is contributing \$8 per main item on your behalf and you'll cover the balance. Pretty sweet, right?

You're welcome to order as often or as rarely as you'd like. There are no minimums.



More delight than you ever imagined a lunch delivery service could bring.

Remember when mom would leave you lunch notes? Our meals include nuggets of wisdom to inspire wellness.

Wise Food Promise

We believe in scratch cooking using simple, fresh, and whole ingredients. Here are the principles that guide our cooking.

Scratch cooking using whole foods.

We use ingredients that are simple, fresh, and whole. Some folks fear public speaking. Us? We fear refined and highly processed foods. We avoid ingredients that have no nutrients like artificial flavors, colors, preservatives, and hydrogenated fats.

Plant strong.

We love veggies, fruits, legumes and beans, nuts, seeds and whole grains. Green, red, purple, yellow, orange, brown – we don't discriminate, but we do like variety.

Nutrient density is a good thing.

People density at the beach? Not much fun. Nutrient density in your food ... now that's our style. We seek out ingredients that are rich in nutrients when compared to their overall calories. Veggies, legumes and fruit fare quite well in this department.

Welcome healthy fats.

We like to incorporate healthy fats into our menu – things like nuts, seeds, and avocados.

All meat is not created equal.

We promise that no hormones or antibiotics are used in the raising of our chicken, turkey, or beef. It's a step in the right direction and we strive to continue improving.

Just say yes to fresh herbs.

Parsley, sage, rosemary, thyme, oregano, basil – these guys are nutrition powerhouses. And, they smell and taste refreshing and delicious. Don't mind us if we slip a few fresh herbs into your meal.

Dairy in moderation.

We keep our dairy use to a minimum. If you prefer no dairy – we can make that happen.

Some common questions.

What if something comes up and I can't eat my meal?

Happens all the time. Few options: 1) You can cancel, add, or change your order at HarvestOwl.com up to 5 pm the day prior. 2) If something comes up the day of, you can leave your meal in the fridge and eat it the next day.

How does billing work?

Our billing is similar to a Starbucks card or EZPass. You'll be charged \$30 when you sign up. We'll adjust your balance when meals are delivered. When you're out of money, we'll automatically recharge your account with another \$30. Your balance is refundable upon request.

My schedule is chaotic and changes week to week. Can I still use HarvestOwl?

If your schedule fluctuates constantly, our smart ordering isn't a good. When signing up, click "I'd prefer to place orders manually" on the scheduling page.

What types of diets do you accommodate?

We'll have menu options for those who follow a vegetarian, vegan,, gluten-free, keto, and Whole 30 diets.

What health guidelines do your lunches follow?

We believe in scratch cooking using simple, fresh, and whole ingredients. We want to you feel like a million bucks after eating one of our meals. The ideas that guide our cooking passion are on our website under "WiseFood Promise".

We'd love to answer any additional questions. Send 'em to support@harvestowl.com.