

Harvest Table

Fresh Food Eatery
127 Halsey St. (near Raymond Blvd.)
Downtown Newark, NJ 07102

GET FRESH MEAL PROGRAM

Pre-Ordered Healthy Lunches

NUTRITIOUS DELICIOUS DELIVERED

SIGN-UP NOW

for our **NEW PRE-PAID, HEALTHY MEAL PROGRAM!**

Order 3, 4 or 5 days of lunches delivered fresh....

- Pay in advance & remove the hassle of "every day ordering!"
- Includes entrée, drink, fresh fruit & a healthy treat!
- Choose from multiple tasty options!
- Save money with our discounts!

We ensure that all meals are well-balanced, unprocessed, preservative-free and additive-free by incorporating...

- Whole grains
- Healthy proteins
- Fresh produce ...and...
- Homemade beverages and dressings!

To submit an order
FAX FORM to
973-556-1397
or SCAN & EMAIL FORM to
harvesttablenewark@gmail.com

Menu Selections

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ENTREES All meals include a beverage, fresh fruit, and a wholesome, delicious treat!

Please also see our regular café menu for even more delicious, wholesome and, generally, “good for you” options!!

WILD SALMON SALAD ...with yogurt-dill sauce, cucumbers, capers and spinach on toasted 8-grain bread, comes with a small side salad.

TOKYO TUNA WRAP “Naked” tuna, carrots, cucumbers, red onion, teriyaki wasabi dressing in a spinach wrap, served with side salad.

FRESH VEGGIE WRAP Avocado, cucumbers, spinach, tomatoes, roasted red peppers, & hummus in a honey wheat wrap, served with side salad.

“HOT TAMALES” SALAD Spicy Cajun chicken, corn, black beans, tomatoes, homemade chili-lime-cilantro vinaigrette, and whole wheat bread.

MACROBIONIC Brown rice, red kidney beans, mushrooms and red bell peppers, dressed with a rather tasty miso-ginger vinaigrette.

CRANBERRY WALNUT QUINOA SALAD ...mixed with seasonal vegetable of chef’s choice, and honey balsamic dressing.

MEDITERRANEAN PLATTER Tabouli, hummus, dolmas, fresh tomato, and lettuce “scoops.”

CHEF’S CHOICE Selections vary weekly. Please refer to our website for the coming week’s selection.

TRIPLE-PLAY (includes our Soup of the Day, a Half of a Sandwich and a Side Salad) Provolone, lettuce, tomato, mayo or mustard, and choice of chicken, turkey, or “naked” tuna. Please refer to our website for the coming week’s “Soup of the Day” selections.

THE GREEN SIMON A 24oz. green drink (invented by our pal, Simon) made with apple juice, spinach, broccoli, bell peppers, fresh ginger, strawberries, pineapple, & a protein boost, blended together for a completely delicious and nutritious meal!

A LA CART SIDES & HEALTH SNACKERS:

Veggie of the Week (prepared ala chef)	3.95
Curried Chic Peas	3.95
Hummus w’ Carrots, Cucumbers & Celery	4.75
Brown Rice	2.25
Vegetarian Chili (veggies, beans, herbs, spices) topped with cheddar cheese!!	
	12 oz. 4.75
	16 oz. 4.75
Nut Pate served with Veggie Crudit�	4.95
Special of the Week	
See website for this week’s selection!!	TBD
Homemade Granola Bar (oats, nuts, seeds, coconut, honey)	
	2.00

ABOUT OUR FANCY-SCHMANCY HOMEMADE DRESSINGS:

Homemade Balsamic Vinaigrette - Extra virgin olive oil, balsamic vinegar, herbs & spices.

Homemade Chili-Lime Vinaigrette - Fresh lime, extra virgin olive oil, tangy herbs and spices.

Homemade Miso-Ginger Vinaigrette - Miso (a fermented soybean paste, very high in protein & vitamins, a traditional Japanese staple), fresh ginger, extra virgin olive oil, rice vinegar.

AND NOW FOR YOUR TREAT...

Raw Revolution Organic Raw Food Bars are deliciously satisfying treats made from nuts, dried fruits and sometimes chocolate, and come in a variety of flavors, with only 100 calories each... a perfect snack!

Salads | Panini | Sandwiches | Smoothies | Specialty Coffee Drinks | Homemade Goodies | Free Wi-Fi

Get Fresh Meal Program

Nutritious
Delicious
Delivered

Avocado

Rich in Vitamins B, E & K, they contain 60% more potassium than bananas & have the highest fiber content of any fruit - including 75% insoluble and 25% soluble fiber. 75% of an avocado's calories come from "good" monounsaturated fat.

Dolmas

Grape leaves filled with rice and slivered almonds - a Turkish delight.

Edamame (aka: soybeans)

Help lower risk of heart disease, improve intestinal health, steady blood sugar levels; rich in iron, calcium, and potassium.

Homemade Miso Ginger Vinaigrette

Miso (fermented soybean paste; very high in protein and vitamins; a traditional Japanese staple), fresh ginger.

Hummus

Traditional Mediterranean dip of pureed chick peas, garlic, lemon juice, tahini (sesame paste) and spices.

Quinoa ("kin-wa")

A tiny, yet potent "super grain" packed with protein and essential amino acids = an unusually complete protein source. A good source of dietary fiber and phosphorus, high in magnesium and iron. Quinoa is gluten-free and considered easy to digest.

Spinach

A rich source of vitamins A, C, E, K, magnesium, and several vital antioxidants. It is a source of folic acid (Vit B9), manganese, iron, calcium, potassium, and vitamin B6. A great source of dietary fiber, copper, protein, phosphorus, zinc, omega-3 fatty acids, niacin and selenium.

Tabouli

Traditional Middle-Eastern bulgar wheat salad with parsley, mint, tomatoes, scallions, EVOO and fresh lemon juice.

General Terms & Conditions

HEREIN LIES ALL THE FINE PRINT & IMPORTANT STUFF

1. Participant's meals can be delivered, picked-up or enjoyed at the café at your preferred meal time.
2. Participant has choice of two possible delivery times - either 12.00 – 12.30pm or 1:30-2.00pm. Minor variations in delivery times may occur.
3. Program subject to location; delivery currently available in Downtown Newark District (within several square blocks of the café location).
4. Payment must be made via credit card or debit card. Payment form available online, to be submitted once for repeated use, according to individual's program participation.
5. Participant may prepay for 3, 4 or 5 meals per week, priced as follows: 3-meals - \$31.95, 4-meals - \$37.50, 5-meals - \$45.00.
6. Due to seasonal availability, an attention to great quality and other various circumstances, certain ingredients may be subject to change. Any such alterations to the menu will be made mindfully and monitored according to the participant's dietary restrictions.
7. Participant must state clearly their specific allergies or other food aversions; any requests for additions/subtractions will be allowed whenever possible.

I hereby agree to the above conditions of Harvest Table Harvest Table's Get Fresh Meal Program.

Participant's Signature

Date

MAKE SURE TO ASK ABOUT OUR GROUP DISCOUNTS AND CORPORATE PROGRAMS, AS WELL!

Payment Form

CREDIT CARD Please provide the following information. All fields are required. Your order can not be processed if form is incomplete.

Name on card _____

Card Number _____

Verification Number _____

Expiration Date _____

Card Type: VISA M/C

Cardholder's Signature _____

Zip Code _____

Cardholder's Phone: Work _____

Cell _____

This card will be charged when you order Harvest Table's Get Fresh Meal Program. If you would like to use another card, fill this form out again with updated information, and send it in with your order for the following week.

I hereby authorize Harvest Table Fresh Food Eatery to use the above credit card as my preferred method of payment for my pre-paid lunch orders.

Cardholder's Signature

Date

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ENTREES

WILD SALMON SALAD

TOKYO TUNA WRAP

FRESH VEGGIE WRAP

"HOT TAMALES" SALAD

MACROBIONIC

CRANBERRY QUINOA SALAD

MEDITERRANEAN PLATTER

CHEF'S CHOICE

TRIPLE-PLAY

THE GREEN SIMON

SIDES

VEGGIE OF THE WEEK

CURRIED CHIC PEAS

HUMMUS

BROWN RICE

VEGETARIAN CHILI 12 OZ. 16 OZ.

NUT PATE

SPECIAL OF THE WEEK

HOMEMADE GRANOLA BAR

DRESSINGS

HOMEMADE BALSAMIC VINAIGRETTE

HOMEMADE CHILI-LIME VINAIGRETTE

HOMEMADE MISO-GINGER VINAIGRETTE

DRINKS

BREWED ICED TEA

LEMONADE

WATER

ORDERING INSTRUCTIONS: Please indicate your meal selections by noting the day of the week you would like each meal delivered - simply place an "X" over the day of the week (M, T, W, TH or F) to make your choice!