

WILD CHILD

all-natural selections



Cook any kids meal in organic olive oil or organic coconut oil for 1.00

breakfast of champs

 ONE EGG, SIDE OF FRUIT & CHOICE OF TURKEY SAUSAGE | 6

 ONE EGG, ORGANIC OATMEAL WITH SIDE OF ORGANIC MILK,
CHOICE OF RAISINS OR BANANAS | 5
ONE EGG & TWO SMALL PANCAKES | 4

lunch & dinner

comes with choice of side:

 TWO MINI GRASS FED BURGERS | 7

ORGANIC WHOLE WHEAT PASTA N CHEESE | 5

 GRILLED WHITE FISH | 8

 SLICED FREE RANGE CHICKEN BREAST | 5

 GRASS FED UNCURED HOT DOG & SIDE OF | 6

WHOLE WHEAT CHEDDAR GRILLED CHEESE | 5

sides

ORGANIC SALAD | 2

STEAMED ORGANIC CARROTS WITH BUTTER | 3

ORGANIC APPLE SAUCE | 4

SEASONAL FRUIT (non organic) | 4

SEASONAL SAUTEED VEG (non organic) | 4

SOAKED GRAIN SALAD (mostly organic) | 4

lil' drinks

organic drinks

YUMMY TUMMY TEA | 3

LEMON DROP TEA | 3

HOT COCOA | 3.5

MILK | 3

Harvest Room is a proud partner with **Healthy Fare for Kids™**.



Healthy Fare for Kids™ works with chefs and restauranteurs to provide healthy menu options for kids. By offering food that is both healthy and delicious, kids are encouraged to make good food choices and continue the life-long journey of being healthy.

With more than 50% of food dollars being spent outside the home, **Healthy Fare for Kids™** supports parents in raising healthy children by providing healthier meals while dining out.

Nutritional Guidelines

1. Limit the amount of bread served before the meal.
2. Serve an antibiotic-free lean protein along with vegetables or fruit for the meal.
3. Portion sizes: The size of a child's stomach is the size of their fist, so plan accordingly.
4. Use whole grain breads and pasta.
5. Use cooking methods that are lower in fat while still retaining flavors.
6. Prepare dishes with great flavors while limiting salt.
7. Keep it local and seasonal.
8. Choose non-sugared beverages and small, if any, desserts.

Look for the **Healthy Fare for Kids™** logo that tells you in an instant it's a healthy and delicious meal for your kids.

Learn more at [Healthy Fare for Kids™](#)