

## Hot Drinks

	12 oz	16 oz
Locally Roasted Coffee	\$2.50	\$3.00
Cafe-au-Lait <i>1/2 coffee, 1/2 steamed milk</i>	\$3.75	\$4.25
Americano <i>double shot of espresso w/ hot water</i>	\$3.25	\$3.50
Red Eye <i>double shot of espresso w/ coffee</i>	\$3.75	\$4.25
Cappuccino <i>double shot of espresso w/ foamed milk</i>	\$4.50	\$4.75
Latte <i>double shot of espresso w/ steamed milk</i>	\$4.75	\$4.95
Cafe Mocha <i>double shot of espresso w/ steamed milk &amp; caramel, white chocolate, or dark chocolate sauce</i>	\$4.95	\$5.25
Chai Latte	\$4.95	\$5.25
Hot Chocolate	\$3.75	\$4.00
French Press 20 oz	\$4.00	32 oz \$4.75
Espresso <i>double shot</i>	2 oz \$3.25	
Macchiato <i>double shot of espresso w/ dollop of foamed milk</i>	2 oz \$3.75	
Cortado <i>2 oz espresso, 2 oz foamed milk</i>	4 oz \$3.75	

## Cold Drinks

16 oz	Iced	Frappe
Coffee	\$3.75	
Latte	\$4.95	\$5.95
Mocha	\$5.50	\$6.50
Chai	\$5.50	\$6.50

Syrup Flavors:  
vanilla, caramel, hazelnut,  
green mint, coconut,  
honey, maple syrup

Almond or Macadamia milk  
available to make  
any drink dairy free.  
Add \$0.75 DF

## Teas

Hot or Iced	\$3.50
Hot Latte (12 oz)	\$4.75
Iced Latte	\$5.25
Frappe	\$6.50

Black  
Earl Grey Moonlight  
Sowers Harvest  
Irish Breakfast

Green  
Cherry Green  
White Monkey

Oolong  
Peach Oolong

Herbal  
Blood Orange  
Spearmint

White  
White Strawberry

Rooibos  
Green Rooibos Blueberry

## SAKU -Superfood Blends-

Vanilla Maple Jade  
Maca Cocoa Jade  
Ruby Ginger  
Ruby Cocoa  
Golden Orange  
Golden Chai

Latte 16 oz  
Hot or Iced

\$5.95

Frappe  
\$6.95

## Fruit Smoothies

\$5.95

Strawberry  
Strawberry Mango  
Lemonade  
Strawberry Banana  
Strawberry Lemonade  
Mango Tropics

\$6.95

Organic Mango  
Organic Pineapple  
Organic Mango Pineapple  
Acai Berry

Whey Protein Powder  
or Greens add \$0.75

## Soft Pretzels -Handmade-

Original	\$5.50
Sour Cream & Onion	\$6.00
Garlic Parmesan	\$6.00
Cinnamon Sugar	\$6.00

Pretzel Dip \$1.00

cheese sauce · roasted red pepper cream cheese ·  
whipped cream cheese · mustard · housemade pesto

## Specialty Burgers

-Thursdays Only-

All burgers topped with lettuce, tomato & onions

Sowers BBQ \$11.95  
*our housemade bbq sauce, mayo & american*

Bleu Moon \$12.95  
*hot sauce, ranch, bleu cheese & swiss*

Aloha \$12.95  
*housemade bbq sauce, chipotle mayo, pineapple, bacon & provolone*

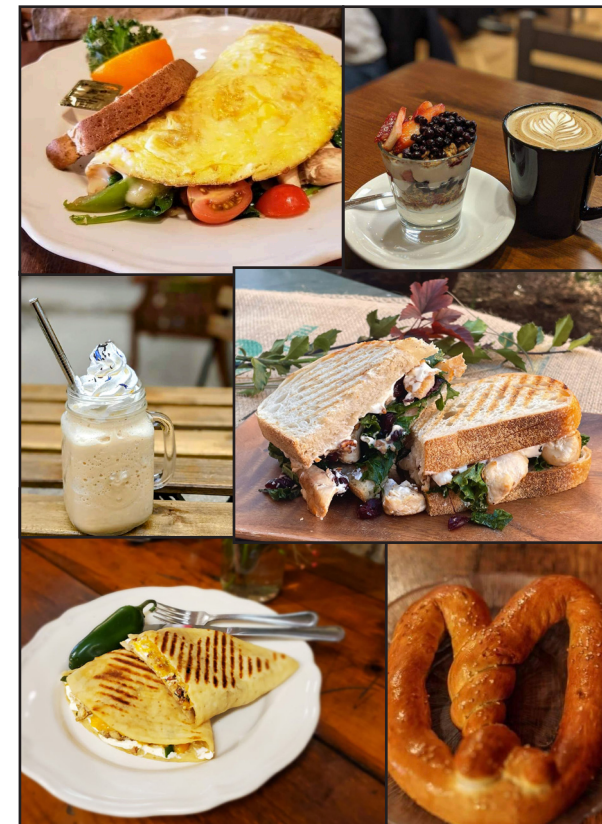
Jallelujah Harvest \$12.95  
*housemade bbq sauce, mayo, mushrooms, jalapenos, & swiss*

\*Any burger can be made on a bed of lettuce instead  
of a bun for a great gluten free option.



Naturally Healthy Cuisine

Served with a  
♥ of Welcome



Tuesday thru Saturday 8 am - 3 pm

814.867.1007

www.SowersHarvest.Cafe

421 E Beaver Ave G1B, State College, PA 16801

## Sowers Signature Drinks



### Cocoa Dusted Mint Latte

Hot \$4.95 Frappe \$6.25

### Chocolate Covered Coffee Bean Mocha

Hot \$5.25 Frappe \$6.50

### Healthy Honey Almond Biscotti Latte

Hot \$4.95 Frappe \$6.25

### Sowers Harvest Tea Latte

Hot \$4.95 Frappe \$6.50

## Breakfast -Served All Day-

### French Toast Full \$13.50 Half \$9.00

Choice of topping: chocolate chips, blueberries, strawberries, or pecans. Served with whipped cream & real maple syrup.

### Yogurt Parfait \$6.75

Organic yogurt, housemade granola & choice of 2 fruits: strawberries, blueberries, pineapples, mangoes, or bananas.

### Fruit Cup \$5.50


Choice of 3 fruits: strawberries, blueberries, bananas, pineapples

### Sowers Granola with Milk \$5.75

### Toast \$1.50

## Omelets

Served with a side of whole wheat toast

Cheese Omelet  \$10.95  
cheddar, provolone, & swiss

Greek Omelet  \$12.95  
onions, tomatoes, olives, spinach, & feta

Chipotle Bacon Omelet \$12.95  
ham, bacon, onions, cheddar, & chipotle mayo

Veggie Pesto Omelet   \$13.95  
onions, peppers, tomatoes, mushrooms, spinach, housemade pesto, & provolone

Southwestern Omelet \$12.95  
ham, onions, peppers, tomatoes, black beans, cheddar, & side of salsa

Garden Turkey Omelet \$12.75  
turkey, onions, peppers, spinach, swiss, & garlic

Hawaiian Omelet \$12.75  
ham, onions, pineapple & swiss

Fill a grillatilla with any omelet add \$2.00

## Specialty Breakfast Sandwiches

Garlic Turkey Egg Sandwich \$9.50  
turkey, onions, peppers, spinach, swiss, & garlic mayo

Chipotle Bacon Egg Sandwich  \$9.75  
bacon, cheddar, chipotle mayo

Pesto-Port Egg Sandwich  \$9.50  
portabella mushrooms, provolone, housemade pesto

Classic Egg Sandwich \$8.75  
american & your choice of bacon, ham, or turkey

Avocado Toast  \$8.75  
wheat toast topped with avocado, garlic salt & feta

## Paninis and Grillatillas

Your choice of:

Sourdough Panini,

Local Punky Shell Grillatilla (Add \$2.00) or  
Gluten Free Panini (Add \$0.75)

Chicken Caesar \$12.50  
chicken, romaine, parmesan, & caesar dressing

Vegetable Pesto  \$13.95  
onions, peppers, tomatoes, portabella mushrooms, kale, avocado, provolone, & housemade pesto

Chipotle Chicken Bacon Ranch \$13.95  
chicken, bacon, lettuce, cheddar, chipotle mayo, & ranch

Spicy Mango Sriracha  \$15.25  
chicken, lettuce, onion, mango, avocado, cheddar, & spicy sriracha ranch

Buffalo Chicken \$12.95  
chicken, kale, onion, swiss, bleu cheese, hot sauce, & ranch

Apple Cheddar Turkey \$12.75  
turkey, apples, cheddar, & apple butter

Maui BBQ Chicken \$12.95  
chicken, lettuce, onion, pineapple, cheddar, & housemade bbq sauce

Sembrador Chicken \$12.75  
chicken, onions, peppers, black beans, swiss, & salsa

Pesto Cream Cheese  \$11.50  
housemade pesto & cream cheese

Three Cheese  \$10.50  
cheddar, provolone, & swiss

Side of Chips \$2.50

\*\*\*Our Gluten Free items are prepared in a shared facility. Therefore we cannot always prevent cross-contamination.

## Salads

Harvest Salad   \$13.25  
spinach, pecans, craisins, apples, turkey, feta, & housemade honey poppy seed dressing


Garden Salad   \$10.95  
lettuce mix, onions, peppers, tomatoes, mushrooms, shredded cheese, & ranch dressing  
Add chicken \$2.00

Greek Salad   \$12.50  
romaine lettuce, onions, peppers, tomatoes, olives, feta, & greek dressing  
Add chicken \$2.00

Spicy Chicken Salad  \$12.95  
lettuce mix, onions, chicken w/ hot sauce, bleu cheese, shredded cheese, & bleu cheese dressing

Chicken Caesar Salad \$12.50  
romaine lettuce, chicken, croutons, parmesan & caesar dressing

Hawaiian BBQ Salad  \$12.95  
lettuce mix, bbq chicken, onions, pineapple, shredded cheese, & ranch dressing

Garden Side Salad  \$6.75

Available Dressings:

   Ranch    Vinaigrette  
 Caesar    Honey Poppy Seed  
  Bleu Cheese  Greek

## Baked Goods

Freshly Baked Cookies \$2.25 Sowers Muffins \$4.50

Chocolate Chip Blueberry Streusel  
Chocolate Peanut Butter Banana Chocolate Chip  
Nutella Stuffed

Gluten Free (Add \$0.50) Seasonal Selection

Molasses  
Chocolate Chip  
Gluten Free (Add \$0.50)  
Pumpkin Chocolate Chip  
Mixed Berry 

Menu Key:  = Sowers Signature  
 = Vegetarian  
 = Dairy Free  
 = Gluten Free