

Hot Drinks

	12 oz	16 oz
Locally Roasted Coffee	\$2.50	\$3.00
Cafe-au-Lait <i>1/2 coffe, 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 & caramel, white chocolate, or dark chocolate sauce</i>	\$4.95	\$5.25
Chai Latte	\$4.95	\$5.25
Hot Chocolate	\$4.25	\$4.50
French Press 20 oz	\$5.25	32 oz \$6.25
Espresso <i>double shot</i>	2 oz \$3.25	
Macchiato 2 oz	\$4.25	
<i>double shot of espresso w/ dollop of foamed milk</i>		
Cortado 4 oz	\$4.25	
<i>2 oz espresso, 2 oz foamed milk</i>		

Cold Drinks

16 oz	Iced	Frappe
Coffee	\$3.75	
Latte	\$5.25	\$6.25
Mocha	\$5.50	\$6.50
Chai	\$5.50	\$6.50

Syrup Flavors:
vanilla, caramel, hazelnut,
peppermint, coconut,
honey, maple syrup

Almond, Macadamia, or
Oat milk available to make
any drink dairy free.
Add \$1.00 DF

Teas

Hot or Iced	\$4.75
Hot Latte (12 oz)	\$4.95
Iced Latte	\$5.50
Frappe	\$6.50
Black	Green
Earl Grey Moonlight	Cherry Green
Sowers Harvest	White Monkey
Irish Breakfast	
Oolong	Herbal
Peach Oolong	Blood Orange
	Spearmint
White	Rooibos
White Strawberry	Green Rooibos Blueberry

SAKU -Superfood Blends-	Latte 16 oz
Vanilla Maple Jade	Hot or Iced
Maca Cocoa Jade	\$5.95
Ruby Ginger	
Ruby Cocoa	Frappe
Golden Orange	\$6.95
Golden Chai	

Fruit Smoothies

\$6.95	\$7.95	GF V DF
Strawberry	Organic Mango	
Strawberry Mango	Organic Pineapple	
Lemonade	Organic Mango Pineapple	
Strawberry Banana		
Strawberry Lemonade		
Mango Tropics	Whey Protein Powder	
Peach Pear Apricot	or Greens add \$0.75	
Four Berry		

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-

House recipe beef patties
Hand pressed in our kitchen

All burgers topped with lettuce, tomato & onions

Sowers BBQ	\$12.50
<i>our housemade bbq sauce, mayo & american</i>	
Bleu Moon	\$13.50
<i>hot sauce, ranch, bleu cheese & swiss</i>	
Aloha	\$13.50
<i>housemade bbq sauce, chipotle mayo, pineapple, bacon & provolone</i>	
Jallelujah Harvest	\$13.50
<i>housemade bbq sauce, mayo, mushrooms, jalapenos, & swiss</i>	

*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  \$11.95
cheddar, provolone, & swiss

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

Chipotle Bacon Omelet \$13.25
ham, bacon, onions, cheddar, & chipotle mayo

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

Southwestern Omelet \$13.25
ham, onions, peppers, tomatoes, black beans, cheddar, & side of salsa

Garden Turkey Omelet \$12.95
turkey, onions, peppers, spinach, swiss, & garlic mayo

Hawaiian Omelet \$12.95
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  \$9.95
bacon, cheddar, chipotle mayo

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

Classic Egg Sandwich \$9.25
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 \$12.95
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 \$13.95
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 \$12.95
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

Food Allergen Alert

While we are happy to take extra care if notified,
our food is processed in a shared facility
with common allergens.

Salads

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

Garden Salad   \$11.95
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 \$12.95
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 \$4.95

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