

Hot Drinks

	12 oz	16 oz
Drip Coffee by Paroikia	\$3.00	\$3.50
Cafe-au-Lait <i>1/2 coffee, 1/2 steamed milk</i>	\$4.00	\$4.50
Americano <i>double shot of espresso w/ hot water</i>	\$3.50	\$4.00
Red Eye <i>double shot of espresso w/ coffee</i>	\$4.00	\$4.50
Cappuccino <i>double shot of espresso w/ foamed milk</i>	\$4.75	\$5.00
Latte <i>double shot of espresso w/ steamed milk</i>	\$4.95	\$5.50
Cafe Mocha <i>double shot of espresso w/ steamed milk & caramel, white chocolate, or dark chocolate sauce</i>	\$5.25	\$5.75
Chai Latte	\$5.25	\$5.75
Hot Chocolate	\$4.50	\$4.75
French Press 20 oz	\$5.95	32 oz \$6.95
Espresso <i>double shot</i>	2 oz \$3.50	
Macchiato <i>double shot of espresso w/ dollop of foamed milk</i>	2 oz \$4.50	
Cortado <i>2 oz espresso, 2 oz foamed milk</i>	4 oz \$4.50	

Cold Drinks

16 oz	Iced	Frappe
Coffee	\$4.00	
Latte	\$5.75	\$6.75
Mocha	\$5.95	\$6.95
Chai	\$5.95	\$6.95

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



Sojourning together one cup at a time

Visit our website for more selections
of coffee and tea.



ParoikiaBrews.com

Teas

Hot or Iced	\$4.95	Hot Latte (12 oz)	\$5.25
Frappe	\$6.75	Iced Latte	\$5.75

Black	Green	White
Earl Grey Moonlight	Cherry Green	White Strawberry
Sowers Harvest	Vanilla Green	
Irish Breakfast		

Oolong	Herbal	Rooibos
Peach Oolong	Blood Orange Spearmint	Green Rooibos Blueberry

SAKU -Superfood Blends-		Latte 16 oz	Hot or Iced	\$6.50
Vanilla Maple Jade	Maca Cocoa Jade			
Golden Orange	Golden Chai			
Ruby Ginger	Ruby Cocoa	Frappe	\$7.25	

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	\$5.95
Sour Cream & Onion	\$6.50
Garlic Parmesan	\$6.50
Cinnamon Sugar	\$6.50

Pretzel Dip	\$1.00
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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 <i>our housemade bbq sauce, mayo & american</i>	\$13.75
Bleu Moon <i>hot sauce, ranch, bleu cheese & swiss</i>	\$14.25
Aloha <i>housemade bbq sauce, chipotle mayo, pineapple, bacon & provolone</i>	\$14.95
Jallelujah Harvest <i>housemade bbq sauce, mayo, mushrooms, jalapenos, & swiss</i>	\$14.95

*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 \$5.75 Frappe \$6.95

Chocolate Covered Coffee Bean Mocha

Hot \$5.75 Frappe \$6.95

Healthy Honey Almond Biscotti Latte

Hot \$5.75 Frappe \$6.95

Sowers Harvest Tea Latte

Hot \$5.75 Frappe \$6.95

Breakfast -Served All Day-

French Toast Full \$14.95 Half \$10.95

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 \$6.25

Toast \$1.95

Omelets

Served with a side of whole wheat toast

Cheese Omelet \$12.50
cheddar, provolone, & swiss

Greek Omelet \$13.50
onions, tomatoes, olives, spinach, & feta

Chipotle Bacon Omelet \$15.50
ham, bacon, onions, cheddar, & chipotle mayo

Veggie Pesto Omelet \$15.50
onions, peppers, tomatoes, mushrooms, spinach, housemade pesto, & provolone

Southwestern Omelet \$14.50
ham, onions, peppers, tomatoes, black beans, cheddar, & side of salsa

Garden Turkey Omelet \$13.75
turkey, onions, peppers, spinach, swiss, & garlic mayo

Hawaiian Omelet \$13.50
ham, onions, pineapple & swiss

Fill a grillatilla with any omelet add \$2.00

Specialty Breakfast Sandwiches

Garlic Turkey Egg Sandwich \$9.95
turkey, onions, peppers, spinach, swiss, & garlic mayo

Chipotle Bacon Egg Sandwich \$10.95
bacon, cheddar, chipotle mayo

Pesto-Port Egg Sandwich \$9.95
portabella mushrooms, provolone, housemade pesto

Classic Egg Sandwich \$9.50
american & your choice of bacon, ham, or turkey

Avocado Toast \$9.50
wheat toast topped with avocado, garlic salt & feta

Paninis and Grillatillas

Your choice of:
Sourdough Panini,
Soft Naan Grillatilla (Add \$2.00) or
Gluten Free Panini (Add \$0.75)

Chicken Caesar \$13.75
chicken, romaine, parmesan, & caesar dressing

Vegetable Pesto \$14.95
onions, peppers, tomatoes, portabella mushrooms, kale, avocado, provolone, & housemade pesto

Chipotle Chicken Bacon Ranch \$15.50
chicken, bacon, lettuce, cheddar, chipotle mayo, & ranch

Spicy Mango Sriracha \$16.75
chicken, lettuce, onion, mango, avocado, cheddar, & spicy sriracha ranch

Buffalo Chicken \$14.95
chicken, kale, onion, swiss, bleu cheese, hot sauce, & ranch

Apple Cheddar Turkey \$13.50
turkey, apples, cheddar, & apple butter

Maui BBQ Chicken \$13.75
chicken, lettuce, onion, pineapple, cheddar, & housemade bbq sauce

Sembrador Chicken \$13.75
chicken, onions, peppers, black beans, swiss, & salsa

Pesto Cream Cheese \$11.95
housemade pesto & cream cheese

Three Cheese \$10.95
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 \$13.95
spinach, pecans, craisins, apples, turkey, feta, & housemade honey poppy seed dressing

Garden Salad \$12.50
lettuce mix, onions, peppers, tomatoes, mushrooms, shredded cheese, & ranch dressing
Add chicken \$2.00

Greek Salad \$12.95
romaine lettuce, onions, peppers, tomatoes, olives, feta, & greek dressing
Add chicken \$2.00

Spicy Chicken Salad \$13.75
lettuce mix, onions, chicken w/ hot sauce, bleu cheese, shredded cheese, & bleu cheese dressing

Chicken Caesar Salad \$13.50
romaine lettuce, chicken, croutons, parmesan & caesar dressing

Hawaiian BBQ Salad \$13.75
lettuce mix, bbq chicken, onions, pineapple, shredded cheese, & ranch dressing

Garden Side Salad \$7.00

Available Dressings:

- Ranch Vinaigrette
- Caesar Honey Poppy Seed
- Bleu Cheese Greek

Baked Goods

Freshly Baked Cookies \$2.25 Sowers Muffins \$4.95

- Chocolate Chip
- Chocolate Peanut Butter
- Blueberry Streusel
- Banana Chocolate Chip
- Seasonal Selection

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

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