



**HOPE'S HARVEST  
Natural Foods and Deli**

[www.hopesharvest.com](http://www.hopesharvest.com)

120 South Washington Street, Lake city, MN 55041

**(651) 345-3690**

We use all organic ingredients and local produce as much as possible in everything we offer. All meats are from free-ranging, hormone and antibiotic-free, happy animals.

Eat the food that loves you back.

**BEVERAGES**

**COFFEE**

Our featured coffee is Peace Coffee, a Minneapolis based company that roasts fair trade, organic beans from Guatemala, Mexico, Ethiopia, Sumatra, and the Dominican Republic.

**small \$1.75 large \$2**

**or buy the beans by weight**

**HOT TEA**

**small \$1.50 large \$2**

**\*Iced Coffee and Ice Tea**

**available in the summer months**

**FRESH FRUIT SMOOTHIES**

Try our signature Gorilla smoothie, a banana and spinach blend. Really, it's really good.

**small \$4.25 large \$4.75**

strawberry • black cherry • blueberry • pomegranate  
banana • blackberry • raspberry • pineapple

**+50¢**

virgin coconut oil • spirulina • wheatgrass powder  
whey powder • hemp protein powder • peanut butter • hemp hearts

**JUICER JUICE**

Replenish yourself with some fresh fruit and veg.

**small \$4 large \$5**

carrot • beet • celery • kale • apple • ginger • onion

**Our menu also includes organic wraps, paninis, cold sandwiches, salads, soups and ice cream cones, too!**

**All to-go containers are 100% compostible.**

**FRESH • LOCAL • ORGANIC • FULL GROCERY • DELI**

