

At Oak Harvest Kitchen, you can eat anything you want and feel good about it.

Our Mission

At Oak Harvest Kitchen, we bring together healthy eating, local sourcing, and regenerative jobs. Our menu features local, sustainably grown fruits and vegetables, and is free of processed junk. Our meals nourish your body, and also create job opportunities for community members seeking second chance employment.

Our Team

Through the Re-Generate Opportunity Program, we provide formerly justice involved community members and people with employment barriers, training and second chance employment opportunities. Re-Gen trainees receive hands-on training and mentorship in food safety, kitchen skills, customer service and hospitality, and essential technologies used in food-service and the workplace.

Our Farmers & Sustainability

Our menu features local sustainable produce sourced from family farms located within a 150 mile radius of our kitchen. By centering produce, we are able to drive our vision to support the economic viability of the under-resourced growers who steward the land and a thriving planet.



Oak Harvest Kitchen is owned by Mandela Partners, an Oakland based non-profit organization that works to increase access to healthy foods, good jobs, and wealth building opportunities throughout the East Bay.



Breakfast - serves 5		Bowls - serves 10-12	
Granola Bowl Oak Harvest Granola, Coconut Flakes, Seasonal Fruit, with Yogurt or Cashew Milk	30.	Feel the Beet Bowl Beets, Apples, Sweet Potatoes, Pepitas Mixed Greens, and Spiced Quinoa with a Lime Cilantro Dressing	110.
Chia Pudding Creamy custard of Chia Seeds, Cashew Milk, and Dates with Seasonal Fruit Drinks - serves 5	30.	BBQ Jackfruit Bowl BBQ Jackfruit, Sweet Potatoes, Avocado, Mixed Greens, Cucumbers, Pickled Onions, and Black Beans with BBQ Sauce	119.
Fresh Pressed Juice Seasonal, rotating flavors fresh pressed at Oak Harvest Kitchen	30	Southwest Bowl Black Beans, Pineapple Salsa, Avocado, Quinoa, Sweet Potatoes, Pickled Onions with a Lime Cilantro Dressing	110.
Treats - serves 5		Salads - serves 10-12	
Avocado Cacao Pudding Creamy custard of Avocado, Cacao, and Cashew Milk Sides	30.	Heart of the Town Salad Sweet Potatoes, Chickpeas, Brussel Sprouts, Carrots, and Pickled Onions on Romaine Lettuce with a Honey Mustard Dressing	99.
Spiced Quinoa - serves 10	30.	Dear Summer Salad	99.
1/2 Avocado - per half	2.	Asparagus, Cherry Tomatoes, Green Beans, Cucumber, Carrots, & Almonds with a Green Goddess Dressing	
Have something special		Strawberry Spinach Salad Local Strawberries & Stone Fruit,	99.

Have something special in mind? Feel free to contact us and we'll create a custom menu just for you!

orders@oakharvestkitchen.com

Hosting an event? check out our Coconut Cracking Experience.

Spinach, Avocado, Red Onions,

Toasted Almonds, & Feta with a

Soup of the Day - serves 5

Balsamic Dressing

25.