

BREAKFAST

7:30AM-10AM

menu

QUICK BITES

Avocado Toast VN 350 cal 7.95

sourdough toast, avocado, pico de gallo, arugula
add egg +2.00 each*

Smoked Salmon Bagel* 680 cal 10.95

local bagel with smoked salmon, cream cheese, capers, pickled red onions, dill
add avocado +2.00

BAGELS

Featuring Blazing Bagels, Redmond, WA

Bagel + Spread V 450-560 cal 3.95

choice of bagel: plain, jalapeno pepperjack, or everything served with choice of cream cheese: herbed, plain, or vegan
add smoked salmon +3.95*

SEASONAL

Favorites inspired by the season

Lemon Blueberry French Toast V 1100 cal 9.95

macrina cinnamon raising brioche, egg custard, lemon curd, blueberry compote. Served with potatoes o'brien, choice of chicken sausage, bacon or vegetarian sausage

Mushroom Asparagus Omelet V 680 cal 10.95

wild mushrooms, asparagus, goat cheese. Served with potatoes o'brien, choice of chicken sausage, bacon or vegetarian sausage

HOT PLATES

Emerald City Breakfast* 420-730 cal 9.95

eggs prepared your way, potatoes o'brien, choice of bacon, chicken sausage, or vegetarian sausage
add avocado +2.00

Breakfast Hash* V 505-750 cal 9.95

potatoes, onions, peppers, choice of bacon, chicken sausage, vegetarian sausage or mushroom medley, topped with arugula, charred scallion aioli eggs prepared your way
add avocado +2.00

Beyond Breakfast Burrito VN 745 cal 6.00

Just Egg, fried potatoes, pico de gallo, chao cheese, charred scallion aioli, vegetarian chorizo

Chorizo Breakfast Burrito 795 cal 6.00

scrambled egg, fried potatoes, pico de gallo, cheddar, charred scallion aioli, chorizo sausage

MAKE IT YOUR OWN

A la carte items available. Just ask!

VN vegan V vegetarian

2000 calories is used as general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request. *Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have medical conditions.

PEAS & Q'S

SELF SERVE SALAD BAR 0.65/oz

Buttermilk Ranch V	130
Caesar Dressing (contains anchovies)	180
Dijon Honey Mustard V	170
Balsamic Vinaigrette VN	90
Extra Virgin Olive Oil & Red Wine Vinegar VN	210
Green Goddess VN	100
Sesame VN	160

THIS WEEK'S SOUP

8 oz 3.35 | 16 oz 5.45

Monday

Stuffed Baked Potato
140/280 cal

Curried Rice & Lentil **VN**
140/280 cal

Tuesday

Garden Vegetable
210/420 cal

Tomato Basil Bisque **VN**
210/420 cal

Wednesday

Chicken Lemon Orzo
140/280 cal

Corn Chowder **V**
120/240 cal

Thursday

Chicken and Dumpling
360/720 cal

Minestrone **V**
200/400 cal

Friday

Clam Chowder
170/340 cal

Southwest Tortilla **V**
200/400 cal

VN vegan **V** vegetarian

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FLIP FLIP

ALL BURGERS & SANDWICHES SERVED WITH LETTUCE, TOMATO, ONION, PICKLES
& 2ND CHANCE AIOLI ON A BRIOCHE BUN
CHOICE OF FRIES OR SIDE SALAD

EVERYDAY

CLASSIC HAMBURGER*	655 cal	10.00
CLASSIC CHEESEBURGER*	770 cal	10.75
BEYOND BURGER VN	310 cal	10.35
GRILLED CHICKEN SANDWICH	625 cal	10.35
CHICKEN TENDERS	800 cal	8.55
SPICY CHICKEN SANDWICH	565 cal	10.35

ADD ONS

Add Cheese V	+90 cal	0.75
Cheddar, Swiss, Pepperjack, Provolone, Vegan Chao VN		
Caramelized Onions VN	+40 cal	0.75
Avocado VN	+70 cal	2.00
Cage-Free Fried Egg* V	+100 cal	2.00
Bacon	+220 cal	2.00

SIDES

FRENCH FRIES VN	+265 cal	2.25
HOUSE SALAD VN	+215 cal	2.25
field greens, english cucumbers, grape tomatoes, carrots, balsamic vinaigrette		

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GLO-BOWLS

Monday - Friday
11:00 AM – 2:00 PM

Mezze

pita with hummus, tzatziki, romaine, cucumber, tomato,
red onion & feta cheese served with tabbouleh
Monday - Friday

Chicken Souvlaki | 340 - 985 cal | 10.50

Lamb & Beef Gyro | 340 - 985 cal | 10.50

Fried Green Chickpea Falafel **V | 360 - 1015 cal | 10.50**

VN vegan **V** vegetarian

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HOUSE RULES

Monday - Thursday
11:00 AM – 2:00 PM

Big City BBQ

served with mac and cheese, corn on the cob and house made
cornbread

BBQ Chicken | 885 - 1465 cal | 10.50

Bone-in chicken quarters smothered in molasses BBQ sauce

Pulled Pork Shoulder V | 965 - 1525 cal | 10.50

pork roast shoulder in a vinegar barbeque sauce

BBQ Brisket | 510 - 1070 cal | 12.50

Smoked brisket with Texas barbeque sauce

Mushroom Stuffed Seitan | 885 - 1465 cal | 10.50

House made lentil seitan and mushroom roulade

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