# BREAKFAST 730AM - 10AM

745 cal

795 cal

485 cal

680 cal

6.00

6.00

9.95

9.95

## menu

### QUICK BITES

350 cal 7.95 Avocado Toast VN sourdough toast, avocado, pico de gallo, arugula add two eggs\* +2.95

680 cal 10.95 Smoked Salmon Bagel\* local bagel with smoked salmon, cream cheese, capers, pickled red onions, dill, served open faced add avocado +2.00

MYLK LABS Oatmeal VN 200 - 230 cal 3.50 blueberry maple, apple cinnamon or almond + pink salt

Molly's Chia Yogurt 350 cal 5.65 Parfait V local greek yogurt, berry jam, chai seeds

#### BAGELS

Featuring Blazing Bagels, Redmond, WA

450 - 560 cal Bagel + Spread V bagel choices: plain, sesame, everything, cinnamon raisin or cheesy jalapeno

choice of cream cheese, garlic cream cheese, vegan cream cheese or whipped butter

add smoked salmon\* +3.95

#### **HOT PLATES**

Beyond Breakfast Burrito VN just egg, fried potatoes, pico de gallo, chao cheese, vegan charred scallion aioli, beyond sausage, served with salsa roja

Chorizo Breakfast Burrito\* scrambled eggs, fried potatoes, pico de gallo, cheddar cheese, vegan charred scallion aioli, chorizo sausage, served with salsa roja

**Emerald City Breakfast\*** scrambled eggs, potatoes o'brien, choice of applewood bacon, vegetarian sausage or chicken apple sausage

add avocado +2.00

House Waffle Plate\* V whole wheat waffle served with scrambled eggs, and choice of applewood bacon, vegetarian sausage or chicken apple sausage, served with maple syrup

House French Toast Plate\* V thick sliced brioche french toast, macerated berries, whipped orange cream cheese served with potatoes o'brien

641 cal 9.95

#### MAKE IT YOUR OWN

A la carte items available. Just ask!

VN vegan V vegetarian

3.95