

BREAKFAST

menu

7:30am - 10am

QUICK BITES

Avocado Toast VN	350 cal.	7.95
sourdough toast, avocado, pico de gallo, arugula <i>add egg* +2.00 each</i>		
Smoked Salmon Bagel*	680 cal.	10.95
local bagel with smoked salmon, cream cheese, capers, pickled red onions, dill, served open faced <i>add avocado +2.00</i>		
Molly's Chia Yogurt Parfait V	350 cal.	5.65
local greek yogurt, berry jam, chia seeds		
MYLK Labs Oats VN	200-230 cal.	3.50
roasted almond blueberry maple strawberry vanilla		

BAGELS

Featuring Blazing Bagels, Redmond, WA

Bagel + Spread	450-560 cal.	3.95
bagel choices: plain VN jalapeno cheddar V everything VN blueberry VN choice of cream cheese V, vegan cream cheese VN, or whipped butter V <i>add smoked salmon* +3.95</i>		

HOT PLATES

Beyond Breakfast Burrito* VN	745 cal.	6.00
just egg, fried potatoes, pico de gallo, chao cheese, vegan charred scallion aioli, beyond sausage, served with salsa roja		
Chorizo Breakfast Burrito	795 cal.	6.00
scrambled eggs, fried potatoes, pico de gallo, cheddar cheese, vegan charred scallion aioli, chorizo sausage, served with salsa roja		
Emerald City Breakfast*	485 cal.	9.95
scrambled eggs, potatoes o'brien, choice of applewood bacon, vegetarian sausage or chicken apple sausage <i>add avocado +2.00</i>		
House Waffle Plate	680 cal	9.95
whole wheat waffle served with scrambled eggs, and choice of applewood bacon, vegetarian sausage or chicken apple sausage, served with maple syrup		
Mushroom Fontina Frittata V	485 cal.	9.95
roasted wild mushroom medley, fontina cheese, served with potatoes o'brien		

MAKE IT YOUR OWN

A la carte items available. Just ask!

VN vegan V vegetarian

SANDWICHES 10.40

served with chips or whole fruit

CHICKEN, APPLE & BRIE | 720 cal.

brined & grilled chicken, caramelized apple, brie, arugula, roasted garlic aioli, ciabatta

ROAST BEEF & CHEDDAR | 730 cal.

roast beef, cheddar cheese, arugula, horseradish aioli, mama lil's peppers, telera

CHICKPEA SALAD WRAP VN | 680 cal.

vegan chickpea salad, maple-lime dressing, baby spinach, pickled onion, avocado, vegan mayo, spinach wrap

THAI PEANUT TOFU WRAP VN | 875 cal.

cabbage slaw, pickled red onion, kale, peanuts, maple lime mayo, spinach wrap

CHEF PREPARED SALADS 8.40

LOCAL GARDEN SALAD VN | 475 cal.

mixed greens, shredded carrots, pickled red onion, cherry tomatoes, english cucumber, edamame, radish, white balsamic, dijon vinaigrette

CRISP KALE & PARMESAN V | 830 cal.

lacinato kale, romaine, tear drop peppers, shaved parmesan Reggiano, torn croutons, creamy parmesan dressing

LEMON ROASTED CAULIFLOWER | 710 cal.

lemon roasted cauliflower, celery, asparagus, arugula, roasted hazelnut, maple-sherry vinaigrette, tarragon, sliced cremini mushrooms

SOUPS

8oz / 12oz / 16oz : 3.45 / 4.45 / 5.45

BEEF CHILI

125 / 185 / 250 cal

THREE BEAN CHILI VN

140 / 210 / 280 cal

VN vegan V vegetarian