

BREAKFAST

menu

7:30am - 10am

QUICK BITES

Cucumber Dill Avocado Toast **V** 235 cal 8.50

avocado spread, cucumber ribbons, fresh dill, toasted pepitas, and feta cheese on toasted rustic sourdough

Smoked Salmon Bagel* 680 cal 11.45

local bagel with smoked salmon, cream cheese, capers, pickled red onions, dill, served open faced
add avocado +2.25

BAGELS

Featuring Blazing Bagels, Redmond, WA

Bagel + Spread 450-560 cal 5.00

bagel choices:

plain **VN**
jalapeno cheddar **V**
everything **VN**
blueberry **VN**

choice of cream cheese **V**, vegan cream cheese **VN**, or whipped butter **V**

add smoked salmon* +4.45

HOT PLATES

Beyond Breakfast Burrito* **VN** 745 cal 6.25

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

Chorizo Breakfast Burrito 795 cal 6.25

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

Emerald City Breakfast* 575 cal 10.50

scrambled eggs, potatoes o'brien, choice of applewood bacon, buttered sourdough toast, vegetarian sausage or chicken apple sausage
add avocado +2.00

House Waffle Plate 680 cal 10.50

whole wheat waffle served with scrambled eggs, and choice of applewood bacon, vegetarian sausage or chicken apple sausage, served with maple syrup

Mediterranean Vegetable Quiche **V** 485 cal 6.25

eggs, red bell peppers, spinach, milk, soybean oil, cream cheese, feta cheese, mascarpone cheese, bread

MAKE IT YOUR OWN

A la carte items available. Just ask!

VN vegan **V** vegetarian



SANDWICHES 10.95

served with chips or whole fruit

Turkey Avocado Club | 890 cal

Sliced turkey, avocado, bacon, provolone, dijonnaise, lettuce, tomato, French hoagie roll

BBQ Chicken Wrap | 820 cal

crispy chicken, fresh lettuce, red onions, tomato, banana peppers, barbecue sauce, provolone cheese, tortilla

Tuscan Vegetables **V** | 330 cal

white bean hummus with fresh arugula, tomato, cucumber, spinach, artichoke, and roasted red peppers on multigrain bread

SOUPS

12 oz 5.00 | 16 oz 5.95

Beef Chili

185 / 250 cal

Three Bean Chili **VN**

210/280 cal

CHEF PREPARED SALADS 8.95

Local Garden Salad **VN** | 325 cal

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

Kale Caesar Salad **V** | 610 cal

kale, romaine, parmesan, croutons, lemon & caesar dressing

Southwest Cobb Salad **V** | 590 cal

romaine, mixed greens, roasted corn, black beans, pickled red onion, hard boiled egg, grilled asparagus, cherry tomatoes, toasted pepitas, cotija cheese, chipotle-lime vinaigrette

ADD PROTEIN | 4.45

Flank Steak 180 cal

Chicken Breast 140 cal

Roasted Tofu **VN** 85 cal

VN vegan **V** vegetarian

2000 calories a day is used for general nutrition advice, but calorie needs 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.*