

BREAKFAST

7:30am - 10am

QUICK BITES

7.95 Avocado Toast VN 350 cal. sourdough toast, avocado, pico de gallo, arugula add egg* +2.00 each **Smoked Salmon** 680 cal. 10.95

Bagel* local bagel with smoked salmon, cream cheese, capers, pickled red onions,

dill, served open faced add avocado +2.00

Molly's Chia Yogurt 350 cal. 5.65 Parfait V

local greek yogurt, berry jam, chia seeds

200-230 cal. MYLK Labs Oats VN 3.50 roasted almond

blueberry maple strawberry vanilla

BAGELS

Featuring Blazing Bagels, Redmond, WA

450-560 cal. Bagel + Spread bagel choices: plain VN jalapeno cheddar V everything VN

choice of cream cheese V, vegan cream cheese VN, or whipped butter V add smoked salmon* +3.95

blueberry VN

HOT PLATES

6.00 **Beyond Breakfast** 745 cal. **Burrito* VN** just egg, fried potatoes, pico de gallo, chao cheese, vegan charred scallion aioli, beyond sausage, served with salsa roja 795 cal. **Chorizo Breakfast Burrito** 6.00 scrambled eggs, fried potatoes, pico de gallo, cheddar cheese, vegan charred scallion aioli, chorizo sausage, served with salsa 485 cal. 9.95 **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** 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

roasted wild mushroom medley, fontina cheese, served with potatoes o'brien

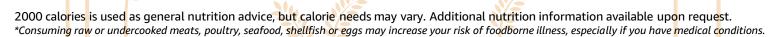
485 cal. 9.95



3.95

A la carte items available. Just ask!







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