

CONSCIOUS EATERY

SPRING 2017

**M
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U**5620 6th Ave S
Building T
Seattle 98108

206.799.3650

M-F 7:30-3 pm

BREAKFAST AVAILABLE UNTIL 11 DAILY**SCRAMBLES**AS BURRITO +1, TOAST +1, GF BREAD +2,
ENGLISH MUFFIN +2 or BAGEL +2**PEPPER PICKER 6.5**Egg, sharp cheddar, Mama Lil's,
pepperoncini, bell pepper +
onion**STEAK + EGG 8**Steak, egg, sharp cheddar,
spinach, bell pepper + onion**ORCAS 6.5**Bacon, egg, sharp cheddar,
bell pepper + onion**QUINOA + CARROT 6**Matchstick carrot, tri-colored
quinoa, sliced almond + salsa**BETWEEN BREAD****BAGEL SAMMY 7**

Bacon, sharp cheddar and egg

SPICY HOG'D 7.5Bacon jalapeno jam,
scrambled egg, arugula on
english muffin**GOAT HORN 7**Scrambled egg, Mama Lil's,
sharp cheddar, arugula on
english muffin**EGG IN A HOLE 7**Shoulder bacon, egg, romaine,
roma w/ herb aioli on sour rye**ARTISAN
SANDWICHES**

11 am-3pm

TURKEY CRANBERRY 9.5

Swiss + arugula on como

GARDEN + GOAT 7Goat cheese, Mama Lil's, bell
pepper and arugula w/ golden
dijon + lemon aioli on sour rye**CLASSIC ROAST BEEF 9**Sharp cheddar w/ golden
dijon and horseradish creme
fraiche on hoagie**SALAMI 8**Goat cheese, pepperoncini,
arugula w/ golden dijon on
sour rye**BLT/HLT 8.5**Bacon or hummus, roasted
roma, romaine w/ oven roasted
garlic aioli on sour rye**HERRADURA 7.5**Chickpea mix of celery, red onion
and sriracha w/ roma, sliced
almond + romaine w/ golden
dijon on hoagie**GRANOLA PB+J 5**Raspberry jam, peanut butter,
house-made granola on como**PHILLY 9.5**Roasted beef, provolone, bell
pepper + onion w/ roasted
garlic aioli on hoagie**FRENCH DIP 9**Roasted beef, horseradish creme
fraiche on hoagie
(cheese +1)

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M E N U

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Make It A Meal

DONATE TO SOMEONE IN NEED

2,500 Meals Donated
Since May 2017

MORE ARTISAN SANDWICHES

HOT TURKEY + PESTO 9
Provolone + roma on sourdough

TUNA MELT 9.5
Albacore tuna-dill mix, roma + provolone w/ lemon aioli on sourdough (Mama Lil's +1)

SORIA STEAK 10
Fried egg, roma + romaine w/ Soria chimmichuri on sour rye

CUBAN 10
Pulled pork, pork shoulder, swiss + long cut pickles w/ whole grain mustard on hoagie

TURKEY CLUB 9.5
Crispy bacon, romaine + roma w/ herb aioli on sourdough

BEEF MELT 9
Roasted beef, cheddar + sautéed onion w/ roasted garlic aioli on sourdough

SALADS

HARVEST 9
Spring mix, bleu crumbles, garbanzo, Mama Lil's, roma, red onion + crouton w/ balsamic vinaigrette

PEAR + WALNUT 8.5
Pear, candied walnut, bleu crumbles, fried yam w/ champagne vinaigrette

BEET 8.5
Roasted beet, goat cheese, candied walnuts + arugula w/ citrus vinaigrette

SPINACH 8.5
Bacon, egg, sliced almond, red onion + spinach w/ citrus vinaigrette

SPICY TURKEY DIP 9.5
Pepperjack + sautéed jalapeno on sourdough w/ turkey jus

GRILLED CHEESES

3 CHEESE 7.5
Slabs of cheddar + provolone w/ parmesan crust on como

FUEGO 7.5
Sautéed jalapeno, Mama Lil's, pepperjack + sharp cheddar w/ sriracha aioli on como

HAM + CHEDDAR 8
Prepared w/ pork shoulder on como

PULLED PORK 8.5
Sharp cheddar w/ bbq and whole grain mustard aioli on como

Stubborn Soda All Natural Flavors No High Fructose Corn Syrup	Sides Potato Salad Coleslaw Chips Cookies	Fresh Pressed Juices Root'd Energy 2.0 What The Kale?!! Immunity Organic Orange
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Hot Soup: 5 Cup/ 8 Bowl
Tomato Available Daily
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SOUTHWEST 10
Black bean, cheddar, corn, roma, romaine + gf tortilla strips w/ chipotle ranch

CAESAR 7
Sliced almond, parmesan cheese, romaine, lemon wedge + crouton w/ caesar

COBB 9
Bacon, hard boiled egg, bleu crumbles, roma, cucumber + romaine w/ bleu cheese dressing

TUNA QUINOA 9.25
Albacore tuna mix, tri-colored quinoa, parmesan crisp, arugula + lemon wedge w/ dill vinaigrette