



CONSCIOUS EATERY

PACKED LUNCHES

5620 6TH AVE S
SEATTLE, WA 98108
206.659.4098
M-F 7:30AM-3PM

We Donate ONE Meal for EVERY Meal Sold

4 ORDER MINIMUM
INCLUDES CHIPS AND FRUIT
GLUTEN FREE +2 ADD CHICKEN +4

ARTISAN SANDWICHES

CARNIVORE

TURKEY CRANBERRY 14

House Roasted Turkey, Swiss, Arugula, with House Cranberry Sauce on Como

CLASSIC ROAST BEEF 13.5

House Roasted Prime Beef, Sharp Cheddar, with Golden Dijon and House Horseradish Creme Fraiche on Hoagie

SALAMI 13

Genoa Salami, Goat Cheese, Pepperoncini, Arugula, with Golden Dijon on Sour Rye

BLT 12

"Best Bacon in Town," House Roasted Roma Tomatoes, Romaine, with House Roasted Garlic Aioli on Sour Rye

TURKEY CLUB 14

House Roasted Turkey, Crispy Bacon, Roma Tomatoes, Romaine, with House Herb Aioli

VEGETARIAN

GARDEN + GOAT 11

Goat Cheese, Mama Lil's Peppers, Bell Peppers, Arugula, with Golden Dijon and House Lemon Aioli on Sour Rye

HLT 11.5

House Roasted Garlic Hummus, House Roasted Roma Tomatoes, Romaine, with House Roasted Garlic Aioli on Sour Rye

HERRADURA 12.5

House Chickpea Mix of Celery, Red Onion and Sriracha, Sliced Almonds, Roma Tomatoes, Romaine, with Golden Dijon on Hoagie

GRANOLA PB+J 10

Raspberry Jam, Peanut Butter, Granola Clusters on Como

FRESH SALADS

PEAR + WALNUT 11.5

Spring Mix, Bosc Pears, House Candied Walnuts, Bleu Crumbles, Crispy Yams, with a House Champagne Vinaigrette

HARVEST 13

Spring Mix, Bleu Crumbles, Garbanzo Beans, Mama Lil's Peppers, Red Onion, House Croutons, with House Balsamic Vinaigrette

CAESAR 10

Romaine, Sliced Almonds, Shaved Parmesan, House Croutons, Lemon Wedge, with Caesar Dressing

BEET 11.5

Arugula, House Roasted Beets, Goat Cheese, House Candied Walnuts, with House Citrus Vinaigrette

SOUTHWEST 12

Romaine, Black Beans, Golden Corn, Roma Tomatoes, GF Tortilla Strips, with House Chipotle Ranch

COBB 13

Romaine, Crispy Bacon, Hard Boiled Egg, Bleu Crumbles, Roma Tomatoes, Cucumbers, with Bleu Cheese Dressing

SPINACH 11.5

Spinach, Crispy Bacon, Sliced Almonds, Hard Boiled Egg, Red Onion, with House Citrus Vinaigrette

TUNA QUINOA 13.5

Arugula, Albacore Tuna Mix, Tri-Colored Quinoa, Parmesan Crisp, Lemon Wedge, with Dill Vinaigrette



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CATERING MENU

1 / 2 + 1 / 2 EATS

4 ORDER MINIMUM

Choose ANY 2 Items from our Artisan Sandwiches + Fresh Salads for 13.5

Includes Chips + Fruit

Add Grilled Chicken +2 Gluten Free Bread +2

SANDWICH PLATTERS

6 ORDER MINIMUM

PRICE PER 1/2 SANDWICH
ADD GRILLED CHICKEN +2

TURKEY CRANBERRY	6.5
HLT	5.5
CLASSIC ROAST BEEF	6.5
SALAMI	6
PB+J	5
BLT	6
HERRADURA	6
GARDEN + GOAT	5.5
TURKEY CLUB	6.5

SALAD BOWLS

NO MINIMUM

SMALL: SERVES 5-10

LARGE: SERVES 10-15

ADD GRILLED CHICKEN: SM +12 LG +18

PEAR + WALNUT	34 / 50
COBB	39 / 58
HARVEST	39 / 58
SOUTHWEST	36 / 54
CAESAR	30 / 45
SPINACH	34 / 50
BEEF	34 / 50
TUNA QUINOA	41 / 60

DRINKS, SIDES + SWEETS

FRESH PRESSED JUICES 12OZ- 5/ 32OZ- 13

ENERGY- pear, apple, celery, spinach + cucumber

ROOT'D- beet, apple, celery + carrot

IMMUNITY- sweet potato, apple, celery, ginger + agave

WHAT THE KALE?!- kale, apple, lemon, ginger + agave

100% APPLE 100% ORANGE 100% GRAPEFRUIT

STUBBORN SODA 3 BOTTLED WATER 2 GF CHOCOLATE CHIP COOKIE 2.5

POTATO SALAD 3

COLESLAW 3

FRESH FRUIT 1.5

CHIPS 1.5

ROYALE COOKIE 2.5

CONSUMING RAW OR UNDERCOOKED EGGS, MEAT OR POULTRY COULD INCREASE YOUR RISK OF FOODBORNE ILLNESS.