Breakfast Menu (In-House + To-Go):
Available for BREAKFAST only  7:30 am - 11:00 am

Scrambles
Add bread options:
GCB- sourdough, sour rye, como + hoagie
bagel or english muffin $2.00
burrito wrap $1.00
* GF great seed + $2.00

- **Steak + Egg**: w/ USDA prime, vital farms egg, bell pepper, onion, spinach + sharp cheddar $8.00
- **Ham + Cheddar**: w/ vital farms egg $7.00
- **Orcas**: w/ vital farms egg, bacon, bell pepper, onion + sharp cheddar $7.50
- **Pepper Picker**: w/ vital farms egg, mama lil’s peppers, pepperoncini, bell pepper, onion + sharp cheddar $6.50 (vegetarian)
- **Quinoa + Carrot**: w/ vital farms egg shaved almonds + salsa $6.00 (vegetarian)

Between Bread
Add bread options:
GCB- sourdough, sour rye, como + hoagie
bagel, english muffin + burrito wrap +$1.00
* GF great seed + $2.00

- **English Mama**: sausage patty, over easy vital farms egg, mama lil’s peppers, maple syrup + green onion on an english muffin $7.50
- **Spicy Hog’d**: scrambled vital farms egg, bacon jalapeno jam, arugula on an english muffin $7.50
- **Goat Horn**: scrambled vital farms egg, mama lil’s peppers, sharp cheddar +arugula on an english muffin $7.00 (vegetarian)
- **Egg In A Hole**: over easy vital farms egg, bacon, roma, romaine, w/ herb aioli on sour rye $7.50
- **Bagel Sammy**: scrambled vital farms egg, bacon + sharp cheddar $7.50
- **Bagel Hash**: over easy vital farms egg + house hash $7.00 (vegetarian)

Bowls
Add bread options:
GCB- sourdough, sour rye, como + hoagie
bagel, english muffin + burrito wrap +$1.00
* GF great seed + $2.00

Conscious Eatery Updated: 02/02/20
- **Bacon + Quinoa**: over easy vital farms egg, tri-colored quinoa, bacon, bell pepper, onion, spinach, avocado, parmesan w/ black pepper + chili flakes $9.00
- **Veggie + Quinoa**: over easy vital farms egg, tri-colored quinoa, bell pepper, onion, roasted roma, spinach, avocado w/ black pepper + chili flakes $8.00 (vegetarian)
- **Hash Bowl**: over easy vital farms egg + house hash (fresh yukon gold potatoes, onion + bell pepper) w/ black pepper $7.00 (vegetarian)
- **Side House Hash**: fresh yukon gold potatoes, bell pepper + onion w/ black pepper $3.50 (vegetarian)

**Lunch Menu (In-House + To-Go):**
Available for LUNCH only - 11:00 am - 3:00 pm

**Cold Artisan Sandwiches**
Available for LUNCH only - 11:00 am

- **Turkey Cranberry**: daily roasted turkey, swiss + arugula w/ house made cranberry condiment on como $10.00
- **Turkey Club**: daily roasted turkey, bacon, roma, romaine, house made herb aioli on sourdough $10.50
- **Spicy Italian**: salami, ham, mama lil's peppers, pepperoncini, romaine, house made herb + cajun aioli on sour rye $10.50
- **Salami**: salami, goat cheese, pepperoncini + arugula w/ golden dijon on sour rye $7.00
- **B.L.T.**: bacon, roasted roma + romaine w/ house made roasted garlic aioli on sour rye $9.50
- **Classic Roast Beef**: daily roasted beef, sharp cheddar w/ golden dijon + house made horseradish creme fraiche on hoagie $9.00
- **Garden + Goat**: mama lil's peppers, bell peppers, arugula + goat cheese w/ house made lemon aioli and golden dijon on sour rye $9.00 (vegetarian)
• Granola PB&J: creamy peanut butter, raspberry jam + house granola on como $5.50 (vegetarian)
• HLT: house made garlic hummus, roasted roma + romaine w/ house made roasted garlic aioli on sour rye $9.50 (vegetarian)
• Herradura: sriracha chickpea mix of celery and red onion, roma, romaine, sliced almonds w/ golden dijon on hoagie $9.00 (vegan)

Pressed Artisan Sandwiches
Available for LUNCH only - 11:00 am
Substitute bread options:
GCB- sourdough, sour rye, como + hoagie
*GF great seed  + $2.00
Substitute condiments: yellow mustard, whole grain mustard aioli, mustard & co’s (vegan) golden dijon, mayo, lemon aioli, roasted garlic black pepper aioli, herb aioli, pesto aioli, sriracha aioli, cajun aioli, bbq sauce, cranberry sauce, raspberry jam, creamy peanut butter, cream cheese, horseradish creme fraiche, salsa, sriracha

• Hot Turkey Pesto: daily roasted turkey, roma + provolone w/ house made pesto on sourdough $10.00
• Spicy Turkey Dip: daily roasted turkey, sauteed jalapenos, pepper jack + house made garlic aioli on sourdough w/ spicy turkey jus $10.50
• Tuna Melt: house albacore tuna mix, roma + provolone w/ house lemon aioli on sourdough $10.50
• Beef Melt: daily roasted beef, sauteed onion + sharp cheddar w/ house garlic aioli on sourdough $9.50

Grilled Artisan Sandwiches:
Available for LUNCH only - 11:00 am
Substitute bread options:
GCB- sourdough, sour rye, como + hoagie
*GF great seed  + $2.00
Substitute condiments: yellow mustard, whole grain mustard aioli, mustard & co’s (vegan) golden dijon, mayo, lemon aioli, roasted garlic black pepper aioli, herb aioli, pesto aioli, sriracha aioli, cajun aioli, bbq sauce, cranberry sauce, raspberry jam, creamy peanut butter, cream cheese, horseradish creme fraiche, salsa, sriracha

• 3 Cheese: provolone, sharp cheddar + parmesan crust on como $8.00 (vegetarian)
• Fuego: mama lil’s peppers, sauteed jalapeno, pepper jack, sharp cheddar w/ sriracha aioli $8.00 (vegetarian)
• Ham & Cheddar: on como $8.50
• Pulled Pork: house pulled pork, bbq + sharp cheddar w/ whole grain mustard aioli on como $9.00
• Cuban: house pulled pork, ham, swiss, pickle w/ whole grain mustard aioli on hoagie $11.00
• Pastrami on Rye: delicatessen pastrami, swiss, pickle w/ whole grain mustard aioli on sour rye $10.00

Conscious Eatery Updated: 02/02/20
- French Dip: daily roasted beef + house made horseradish creme fraiche on hoagie w/ jus (add cheese $1) $9.00
- Philly: daily roasted beef, sauteed bell pepper, onion w/ house garlic aioli on hoagie $10.50
- Soria Steak: USDA prime, fried vital farms egg, roma + romaine w/ Soria chimichurri on sour rye $11.25

**Fresh Salads**
Available for LUNCH only - 11:00 am
Add chicken $3.00, add bacon $2.00
Substitute greens options: romaine, spring mix, arugula + spinach
Substitute dressings: champagne vinaigrette, citrus vinaigrette, balsamic vinaigrette (vegan), dill vinaigrette (vegan), caesar, bleu cheese, chipotle ranch

- Harvest: bleu cheese crumbles, garbanzo, mama lil's peppers, roma, red onion, house made croutons on spring mix w/ house made balsamic vinaigrette $9.50 (vegetarian)
- Tuna Quinoa: house Albacore tuna mix, tri-colored quinoa, lemon + parmesan crisp on arugula w/ house made dill vinaigrette $9.00
- Spring goat cheese, strawberries, blueberries, sunflower seeds on spring mix w/ crispy yams + house made champagne vinaigrette $9.00 (vegetarian)
- Pear + Walnut: bleu cheese crumbles, bosc pear, house candied walnuts on spring mix w/ crispy yams + house made champagne vinaigrette $9.00 (vegetarian)
- Beet: goat cheese, roasted beets, house candied walnuts on arugula w/ citrus vinaigrette $8.50 (vegetarian)
- Southwest: sharp cheddar, corn, black beans, roma on romaine w/ GF tortilla strips on house chipotle ranch $8.50 (vegetarian)
- Spinach: bacon, vital farms egg, roma, red onion + sliced almonds on spinach w/ house made citrus vinaigrette $9.00
- Caesar: shredded parmesan, house made croutons, lemon + sliced almonds on romaine w/ caesar $8.00
- Cobb: blue cheese crumbles, bacon, vital farms egg, cucumber, roma on romaine w/ bleu cheese $10.00

½ Fresh Salad, ½ Artisan Sandwich or Soup:
Available for LUNCH only - 11:00 am
Substitute greens options: romaine, spring mix, arugula + spinach
Substitute dressings: champagne vinaigrette, citrus vinaigrette, balsamic vinaigrette (vegan), dill vinaigrette (vegan), caesar, bleu cheese, chipotle ranch, buttermilk ranch
Substitute bread options
GF: sourdough, sour rye, como + hoagie
GF: great seed + $2.00

Conscious Eatery Updated: 02/02/20
Substitute condiments: yellow mustard, whole grain mustard and aioli, mustard & co’s (vegan) golden dijon, mayo, lemon aioli, roasted garlic black pepper aioli, herb aioli, pesto aioli, sriracha aioli, cayenne aioli, bbq sauce, cranberry sauce, raspberry jam, creamy peanut butter, cream cheese, horseradish creme fraiche, salsa, sriracha

Daily Soup: Tomato (daily, at 11 am)

Soup of the Day: Monday- Chicken + Rice, Tuesday- Loaded Potato (GF), Wednesday- Broccoli + Cheddar (GF), Thursday- Sweet Potato Ginger (vegan - GF), Friday- Smoked Salmon Chowder (11 am)

Choose any 2 items from the Fresh Salads, Artisan Sandwiches and Soups for $13.00

- Soria Steak + $1.00
- Sub Bowl of Soup + $1.00

Breakfast Catering - * Orders should be placed by 6:00 pm the night before desired catering order, to reserve the bread and driver.

Add bread options
- GCB- sourdough, sour rye, como + hoagie
- *GF great seed + $2.00
- bagel or english muffin $2.00
- burrito wrap $1.00

Scrambles & Burritos (minimum of 6)
Includes salsa on the side
- *burrito wrap $1.00 + per

- Orcas Scramble: w/ vital farms egg, bacon, bell pepper, onion + sharp cheddar $7.50
- Quinoa + Carrot Scramble: w/ vital farms egg, shaved almonds + salsa $6.00 (vegetarian)
- Ham + Cheddar Scramble: w/ vital farms egg $7.00
- Steak + Egg Scramble: w/ USDA prime, vital farms egg, bell pepper, onion, spinach + sharp cheddar $8.00

Between Bread: (minimum of 6)
Substitute bread options
- GCB- sourdough, sour rye, como + hoagie
- *GF great seed + $2.00

Conscious Eatery Updated: 02/02/20
Spicy Hog’d: w/ scrambled vital farms egg, bacon, jalapeno jam, arugula on an english muffin $7.50

Bagel Sammy: w/ scrambled vital farms egg, bacon + sharp cheddar $7.50

Goat Horn: w/ scrambled vital farms egg, mama lil’s peppers, sharp cheddar + arugula on an english muffin $7.00 (vegetarian)

Platters & Bowls: (no minimum)

Seasonal Fruit Bowl: - Small Bowl + Large Bowl : Sliced + Ready to Eat (vegan)

Greek Yogurt Parfaits: w/ seasonal fruit, honey + granola (vegetarian)

Bagel Platter: *Assorted: Plain, Everything, Blueberry, Cheese* w/ cream cheese (vegetarian)

Lunch Catering - * Orders should be placed by 6:00 pm the night before desired catering order, to reserve the bread and driver.

Artisan Sandwich Packed Lunches

Substitute bread options:
- GCB- sourdough, sour rye, comme + hoagie
- GF- great seed + $2.00

Substitute condiments: yellow mustard, whole grain mustard aioli, mustard & co's (vegan) golden dijon, mayo, lemon aioli, roasted garlic black pepper aioli, herb aioli, pesto aioli, sriracha aioli, cajun aioli, bbq sauce, cranberry sauce, raspberry jam, creamy peanut butter, cream cheese, horseradish cream fraiche, salsa, sriracha

- **Turkey Cranberry**: daily roasted turkey, swiss + arugula w/ house made cranberry condiment on comme $14.00
- **Turkey Club**: daily roasted turkey, bacon, roma, romaine, house made herb aioli on sourdough $14.00
- **Spicy Italian**: salami, ham, mama lil’s peppers, pepperoncini, romaine, house made herb + cajun aioli on sour rye $14.00
- **Salami**: salami, goat cheese, pepperoncini + arugula w/ golden dijon on sour rye $12.00
- **BLT**: bacon, roasted roma + romaine w/ house made roasted garlic aioli on sour rye $12.50
- **Classic Roast Beef**: daily roasted beef, sharp cheddar w/ golden dijon + house made horseradish cream fraiche on hoagie $13.50

Conscious Eatery Updated: 02/02/20
- **Garden + Goat:** mama lil's peppers, bell peppers, arugula + goat cheese w/ house made lemon aioli and golden dijon on sour rye $12.00 (vegetarian)
- **Granola PBJ:** creamy peanut butter, raspberry jam + house granola on como $8.50 (vegetarian)
- **H.L.T.:** house made garlic hummus, roasted roma + romaine w/ house made roasted garlic aioli on sour rye $12.50 (vegetarian)
- **Herradura:** sriracha chickpea mix of celery and red onion, roma, romaine, almond w/ golden dijon on hoagie $12.50 (vegan)

**Fresh Salad Packed Lunches**

Add chicken + $4.00, add bacon + $3.00
Substitute greens options: romaine, spring mix, arugula + spinach
Substitute dressings: champagne vinaigrette, citrus vinaigrette, balsamic vinaigrette (vegan), dill vinaigrette (vegan), caesar, bleu cheese, chipotle ranch, buttermilk ranch

- **Harvest:** bleu cheese crumbles, garbanzo, mama lil’s peppers, roma, red onion, house made croutons on spring mix w/ house made balsamic vinaigrette $13.00 (vegetarian)
- **Tuna Quinoa:** house albacore tuna mix, tri-colored quinoa, lemon + parmesan crisp on arugula w/ house made dill vinaigrette $13.50
- **Spring:** goat cheese, strawberries, blueberries, sunflower seeds on spring mix w/ crispy yams + house made champagne vinaigrette $12.00
- **Pear + Walnut:** bleu cheese crumbles, bosc pear, house candied walnuts on spring mix w/ crispy yams + house made champagne vinaigrette $13.50 (vegetarian)
- **Beef:** goat cheese, roasted beets, house candied walnuts on arugula w/ citrus vinaigrette $11.50 (vegetarian)
- **Southwest:** sharp cheddar, corn, black beans, roma on romaine w/ GF tortilla strips on house chipotle ranch $12.00 (vegetarian)
- **Spinach:** bacon, vital farms egg, roma, red onion + sliced almonds on spinach w/ house made citrus vinaigrette $12.00
- **Caesar:** shredded parmesan, house made croutons, lemon + sliced almonds on romaine w/ caesar $11.00
- **Cobb:** bleu cheese crumbles, bacon, vital farms egg, cucumber, roma on romaine w/ bleu cheese $13.00

**½ Fresh Salad + ½ Artisan Sandwich Packed Lunches**

Substitute greens options: romaine, spring mix, arugula + spinach
Substitute dressings: champagne vinaigrette, citrus vinaigrette, balsamic vinaigrette (vegan), dill vinaigrette (vegan), caesar, bleu cheese, chipotle ranch, buttermilk ranch
Substitute bread options:
- GCB- sourdough, sour rye, como + hoagie
- GF- great seed + $2.00

Conscious Eatery Updated: 02/02/20
Substitute condiments: yellow mustard, whole grain mustard aioli, mustard & co's (vegan) golden dijon, mayo, lemon aioli, roasted garlic black pepper aioli, herb aioli, pesto aioli, sriracha aioli, cayun aioli, bbq sauce, cranberry sauce, raspberry jam, creamy peanut butter, cream cheese, horseradish creme fraiche, salsa, sriracha.

Choose any 2 items from the Fresh Salads or Artisan Sandwiches for $16.00

**Artisan Sandwich Platters: (minimum 10)**

**Substitute bread options:**
- GCB- sourdough, sour rye, como + hoagie
- GF- great seed + $2.00

Substitute condiments: yellow mustard, whole grain mustard aioli, mustard & co's (vegan) golden dijon, mayo, lemon aioli, roasted garlic black pepper aioli, herb aioli, pesto aioli, sriracha aioli, cayun aioli, bbq sauce, cranberry sauce, raspberry jam, creamy peanut butter, cream cheese, horseradish creme fraiche, salsa, sriracha.

- **½ Turkey Cranberry:** daily roasted turkey, swiss + arugula w/ house made cranberry condiment on como $6.50
- **½ Turkey Club:** daily roasted turkey, bacon, romain, house made herb aioli on sourdough $6.50
- **½ Spicy Italian:** salami, ham, mama lil’s peppers, pepperoncini, romaine, house made herb + cayun aioli on sour rye $6.50
- **½ Salami:** salami, goat cheese, pepperoncini + arugula w/ golden dijon on sour rye $6.00
- **½ BLT:** bacon, roasted roma + romain, house made roasted garlic aioli on sour rye $6.00
- **½ Classic Roast Beef:** daily roasted beef, sharp cheddar w/ golden dijon + house made horseradish creme fraiche on hoagie $6.50
- **½ Garden + Goat:** mama lil’s peppers, bell peppers, arugula + goat cheese w/ house made lemon aioli and golden dijon on sour rye $5.50 (vegetarian)
- **½ Granola PBJ:** creamy peanut butter, raspberry jam + house granola on como $5.00 (vegetarian)
- **½ HLT:** house made garlic hummus, roasted roma + romaine w/ house made roasted garlic aioli on sour rye $5.50 (vegetarian)
- **½ Herradura:** sriracha chickpea mix of celery and red onion, romain, romain, almond w/ golden dijon on hoagie $6.00 (vegan)

**Fresh Salad Bowls:**

Substitute greens options: romaine, spring mix, arugula + spinach
Substitute dressings: champagne vinaigrette, citrus vinaigrette, balsamic vinaigrette (vegan), dill vinaigrette (vegan), caesar, bleu cheese, chipotle ranch, buttermilk ranch

- **Harvest:** bleu cheese crumbles, garbanzo, mama lil’s peppers, romain, red onion, house made croutons on spring mix w/ house made balsamic vinaigrette
  - Small: $9.00 Large: $15.00 (vegetarian)
  - Small: $11.00 Large: $17.00 (w/ chicken)
- **Tuna Quinoa:** house albacore tuna mix, tri-colored quinoa, lemon + parmesan crisp on arugula w/ house made dill vinaigrette

Conscious Eatery Updated: 02/02/20
Small: $41.00 Large: $60.00
Small: $53.00 Large: $78.00 (w/ chicken)
• **Spring**: goat cheese, strawberries, blueberries, sunflower seeds on spring mix w/ crispy yams + house made champagne vinaigrette
  Small: $34.00 Large: $50.00 (vegetarian)
  Small: $46.00 Large: $68.00 (w/ chicken)
• **Pear + Walnut**: bleu cheese crumbles, bosc pear, house candied walnuts on spring mix w/ crispy yams + house made champagne vinaigrette
  Small: $39.00 Large: $58.00 (vegetarian)
  Small: $51.00 Large: $76.00 (w/ chicken)
• **Beet**: goat cheese, roasted beets, house candied walnuts on arugula w/ citrus vinaigrette
  Small: $34.00 Large: $50.00 (vegetarian)
  Small: $__.00 Large: $__.00 (w/ chicken)
• **Southwest**: sharp cheddar, corn, black beans, roma on romaine w/ GF tortilla strips on house chipotle ranch
  Small: $36.00 Large: $54.00 (vegetarian)
  Small: $48.00 Large: $72.00 (w/ chicken)
• **Spinach**: bacon, vital farms egg, roma, red onion + sliced almonds on spinach w/ house made citrus vinaigrette
  Small: $34.00 Large: $50.00
  Small: $46.00 Large: $68.00 (w/ chicken)
• **Caesar**: shredded parmesan, house made croutons, lemon + sliced almonds on romaine w/ caesar
  Small: $30.00 Large: $45.00
  Small: $42.00 Large: $63.00 (w/ chicken)
• **Cobb**: bleu cheese crumbles, bacon, vital farms egg, cucumber, roma on romaine w/ bleu cheese
  Small: $39.00 Large: $58.00
  Small: $51.00 Large: $76.00 (w/ chicken)