

# CONSCIOUS EATERY CATERING MENU



5620 6TH AVE S  
BUILDING T SEATTLE 98108  
206.659.4098

## 100,000 MEALS DONATED

PACKED LUNCHES COME W/ AN APPLE + SEA SALT CHIPS

### DONATE A MEAL

FOR EACH PACKED LUNCH SOLD -  
WE DONATE A MEAL TO SOMEONE  
IN NEED THROUGH OUR PARTNERS.

### CONSCIOUS SIDES

HOUSE-MADE POTATO SALAD, HOUSE-MADE  
COLESLAW, MIXED FRUIT OF LOCAL BERRIES,  
SPICY KALE SALAD, 1/2 SALADS,  
HOUSE-MADE SOUP, CONSCIOUS COOKIE,  
GLUTEN FREE MARSHMALLOW RICE BAR,  
PEAR, APPLE, ASSORTED CHIPS, WATER +  
DILLANOS DARK ROAST COFFEE

**SALAMI** 1/2: \$6  
PACKED LUNCH: \$16

HARD SALAMI, GOAT CHEESE, PEPPERONCINI +  
ARUGULA W/ GOLDEN DIJON ON SOURDOUGH

**SPICY ITALIAN** 1/2: \$6.75  
PACKED LUNCH: \$17.5

HARD SALAMI, HAM, ROMAINE, ROMA TOMATO,  
MAMA LIL'S PEPPERS + PEPPERONCINI W/  
HOUSE-MADE CAJUN + HERB AIOLI ON HOAGIE (DF)

**B.L.T.** 1/2: \$6  
PACKED LUNCH: \$16.5

BACON, ROASTED ROMA TOMATO + ROMAINE W/  
OVEN ROASTED HOUSE-MADE GARLIC AIOLI  
ON SOURDOUGH (DF)

**H.L.T.** 1/2: \$5.75  
PACKED LUNCH: \$16.5

HUMMUS, ROASTED ROMA TOMATO + ROMAINE  
W/ OVEN ROASTED HOUSE-MADE GARLIC AIOLI  
ON SOURDOUGH (VEG + DF)

**GARDEN + GOAT** 1/2: \$5.75  
PACKED LUNCH: \$16

GOAT CHEESE, MAMA LIL'S PEPPERS, BELL  
PEPPER, ARUGULA W/ GOLDEN DIJON +  
HOUSE-MADE LEMON AIOLI ON SOURDOUGH (VEG)

**HERRADURA** 1/2: \$6.25  
PACKED LUNCH: \$16

SRIRACHA CHICKPEA MIX, CELERY, RED ONION,  
ROMA TOMATO, SLICED ALMOND + ROMAINE  
W/ GOLDEN DIJON ON HOAGIE (VEGAN)

**GRANOLA PB+J** 1/2: \$5  
PACKED LUNCH: \$12

HOUSE-MADE MIXED BERRY JAM, CREAMY PEANUT  
BUTTER + HOUSE GRANOLA ON SOURDOUGH (VEG)

## ARTISAN SANDWICHES

**TURKEY  
CRANBERRY** 1/2: \$6.75  
PACKED LUNCH: \$16.5

ROASTED TURKEY, SWISS + ARUGULA W/  
HOUSE-MADE CRANBERRY CONDIMENT ON SOURDOUGH

**TURKEY CLUB** 1/2: \$6.75  
PACKED LUNCH: \$17

ROASTED TURKEY, BACON, ROMAINE + ROMA TOMATO  
W/ HOUSE-MADE HERB AIOLI ON SOURDOUGH (DF)

**CLASSIC  
ROAST BEEF** 1/2: \$6.75  
PACKED LUNCH: \$16

ROASTED BEEF, SHARP CHEDDAR W/ GOLDEN DIJON +  
HOUSE-MADE HORSERADISH CREME FRAICHE ON HOAGIE

[WWW.CONSCIOUSEATERY.ORG](http://WWW.CONSCIOUSEATERY.ORG)

[@WEEATCONSCIOUS](https://www.instagram.com/weeatconscious)

[INFO@CONSCIOUSEATERY.ORG](mailto:INFO@CONSCIOUSEATERY.ORG)

# CONSCIOUS SALADS

## SOUTHWEST

+ 1/2 MEAL: \$6  
PACKED LUNCH: \$14.5  
SM BOWL: \$39 / LRG BOWL: \$57

BLACK BEAN, SHARP CHEDDAR, CORN, ROMA +  
GLUTEN-FREE TORTILLA STRIPS ON ROMAINE W/  
HOUSE-MADE CHIPOTLE RANCH DRESSING *(VEG + GF)*

## CAESAR

+ 1/2 MEAL: \$5.5  
PACKED LUNCH: \$14.5  
SM BOWL: \$33 / LRG BOWL: \$48

SLICED ALMOND, PARMESAN CHEESE, LEMON WEDGE  
+ HOUSE-MADE CROUTON ON ROMAINE W/ CAESAR  
DRESSING

## BEET

+ 1/2 MEAL: \$6  
PACKED LUNCH: \$14.5  
SM BOWL: \$37 / LRG BOWL: \$53

ROASTED BEET, GOAT CHEESE, CANDIED WALNUTS ON  
ARUGULA W/ HOUSE-MADE CITRUS VINAIGRETTE *(VEG + GF)*

## COBB

+ 1/2 MEAL: \$6.5  
PACKED LUNCH: \$17  
SM BOWL: \$42 / LRG BOWL: \$61

BACON, HARD BOILED EGG, BLEU CRUMBLES, ROMA,  
CUCUMBER ON ROMAINE W/ BLEU CHEESE DRESSING *(GF)*

## PEAR + WALNUT

+ 1/2 MEAL: \$6.5  
PACKED LUNCH: \$15.5  
SM BOWL: \$37 / LRG BOWL: \$53

PEAR, CANDIED WALNUT, BLEU CRUMBLES, FRIED YAM ON  
SPRING MIX W/ HOUSE-MADE CHAMPAGNE VINAIGRETTE  
*(VEG + GF)*

## HARVEST

+ 1/2 MEAL: \$6.5  
PACKED LUNCH: \$16  
SM BOWL: \$42 / LRG BOWL: \$61

BLEU CRUMBLES, GARBANZO, MAMA LIL'S PEPPERS,  
ROMA TOMATO, RED ONION + HOUSE-MADE CROUTON ON  
SPRING MIX W/ HOUSE-MADE BALSAMIC VINAIGRETTE *(VEG)*

SMALL SALAD BOWLS FEED: 5-10

LARGE SALAD BOWLS FEED: 10-15

CORPORATE CATERING, PARTNERSHIPS + PRICING AVAILABLE  
UPON REQUEST.

AVAILABLE FOR DAILY BREAKFAST + LUNCH CATERING.

## 1/2 + 1/2 \$16

YOUR CHOICE OF 2 ITEMS:

1/2 SANDWICH,  
1/2 SALAD +/OR  
CUP OF SOUP

PACKED W/ APPLE + SEA SALT CHIPS

## TUNA QUINOA

+ 1/2 MEAL: \$6.5  
PACKED LUNCH: \$17  
SM BOWL: \$44 / LRG BOWL: \$63

ALBACORE TUNA MIX, QUINOA, PARMESAN CRISP +  
LEMON WEDGE ON ARUGULA W/  
HOUSE-MADE DILL VINAIGRETTE *(GF)*

## SPRING

+ 1/2 MEAL: \$6  
PACKED LUNCH: \$16  
SM BOWL: \$37 / LRG BOWL: \$53

BLUEBERRIES, STRAWBERRIES, SUNFLOWER SEEDS,  
GOAT CHEESE, HOUSE-FRIED YAM ON SPRING MIX  
W/ HOUSE-MADE CHAMPAGNE VINAIGRETTE  
*(VEG + GF)*

## SPINACH

+ 1/2 MEAL: \$6.5  
PACKED LUNCH: \$15.5  
SM BOWL: \$37 / LRG BOWL: \$53

BACON, ROMA TOMATO, EGG, SLICED ALMOND, RED  
ONION ON SPINACH W/ HOUSE-MADE CITRUS  
VINAIGRETTE *(GF + DF)*

## PROTEIN ADD ON

HOUSE USDA STEAK: \$5  
HOUSE ROASTED CHICKEN: \$4  
HOUSE PULLED PORK: \$4.5  
HOUSE ROASTED TURKEY: \$4.5  
HOUSE ROASTED BEEF: \$4  
SALAMI: \$4  
HAM: \$4  
HOUSE ALBACORE TUNA MIX: \$4  
BACON \$3  
VITAL FARMS FRIED EGG: \$3  
VITAL FARMS HARD BOILED EGG: \$3

WANT TO ADD TO YOUR 1/2 ITEM?  
ADD FOR 1/2 OFF.