

100,000
MEALS DONATED



5620 6TH AVE S
BUILDING T
SEATTLE 98108
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ARTISAN SANDWICHES

HERRADURA - 13

vegan

house chickpea mix, celery, red onion, sriracha w/ roma, sliced almond + romaine w/ golden dijon on hoagie

GARDEN + GOAT - 13

vegetarian

goat cheese, Mama Lil's, bell pepper and arugula w/ golden dijon + lemon aioli on sourdough

GRANOLA PB+J - 9

vegetarian - dairy free

house berry jam, creamy peanut butter + granola on sourdough

HLT - 13.5

vegetarian - dairy free

hummus, roasted roma, romaine w/ house roasted garlic aioli on sourdough

BLT - 13.5

dairy free

bacon, roasted roma, romaine w/ house roasted garlic aioli on sourdough

CLASSIC ROAST BEEF - 13

roasted beef, sharp cheddar w/ golden dijon + horseradish creme fraiche on hoagie

SALAMI - 14

hard salami, goat cheese, pepperoncini, arugula w/ golden dijon on sourdough

SPICY ITALIAN - 14.5

dairy free

salami, ham, mama lil's, pepperoncini, roma, romaine w/ house herb + cajun aioli on hoagie

TURKEY CLUB - 14

dairy free

roasted turkey, crispy bacon, romaine + roma w/ house herb aioli on sourdough

TURKEY CRANBERRY - 13.5

roasted turkey, swiss + arugula w/ house cranberry on sourdough

gluten free substitutions can be made to all sandwiches - (2.5)

HOT ARTISAN SANDWICHES

FRENCH DIP - 13

house roasted beef, horseradish creme fraiche on hoagie w/ beef jus (cheese +1)

SORIA STEAK - 15

dairy free

USDA prime steak, Vital Farms fried egg *, roma + romaine w/ Soria's chimichuri on sourdough

PHILLY - 14

house roasted beef, provolone, sautéed bell pepper + sautéed onion w/ roasted garlic aioli on hoagie

PANINI PRESSED

CUBAN - 14

pulled pork, ham, swiss + long cut pickles w/ whole grain mustard aioli on hoagie

BEEF MELT - 13.5

roasted beef, cheddar + sautéed onion w/ house roasted garlic aioli on sourdough

TUNA MELT - 14.5

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

SPICY TURKEY DIP - 14

house roasted turkey, pepperjack + sautéed jalapeño w/ garlic aioli on sourdough w/ turkey jus

GRILLED CHEESES

3 CHEESE - 11

vegetarian

slabs of sharp cheddar + provolone, topped w/ parmesan crust on sourdough

FUEGO - 11.5

vegetarian

sautéed jalapeño, Mama Lil's, pepperjack, sharp cheddar w/ house sriracha aioli on sourdough

HAM + CHEDDAR - 13

on sourdough

PULLED PORK - 14

sharp cheddar w/ bbq + house whole grain mustard aioli on sourdough

HOT TURKEY PESTO - 14

house roasted turkey, provolone + roma w/ house pesto aioli on sourdough

ADD PROTEIN

steak (5) chicken (4) pulled pork (4.5) turkey (4.5) salami (4) ham (4) tuna (4) bacon (3) egg* (3)

gluten free substitutions can be made to all sandwiches - (2.5)

CONSCIOUS EATERY

#FIGHTINGHUNGERTOGETHER

SALAD PROTEIN

steak (5) chicken (4) pulled pork (4.5)
turkey (4.5) salami (4) ham (4)
tuna (4) bacon (3) egg* (3)

gluten free substitutions can be made to all salads

SPRING - 13

vegetarian - gluten free

blueberries, strawberries,
sunflower seeds, goat cheese + fried yam
on spring mix w/
house champagne vinaigrette

BEET - 11.5

vegetarian - gluten free

roasted beets, goat cheese +
candied walnuts on arugula
w/ house citrus vinaigrette

SPINACH - 12.5

dairy free - gluten free

bacon, roma, egg, sliced almond +
red onion on spinach
w/ house citrus vinaigrette

PEAR + WALNUT - 12.5

vegetarian - gluten free

pear, candied walnut, bleu crumbles
+ fried yam on spring mix
w/ house champagne vinaigrette

HARVEST - 13

vegetarian

bleu crumbles, garbanzo, Mama Lil's,
roma, red onion + crouton on spring mix
w/ house balsamic vinaigrette

SOUTHWEST - 11.5

vegetarian - gluten free

black bean, sharp cheddar, corn, roma
+ gf tortilla strips on romaine
w/ house chipotle ranch

CAESAR - 11.5

sliced almond, parmesan cheese,
lemon wedge + crouton on romaine
w/ caesar

COBB - 14

gluten free

bacon, hard boiled egg, bleu crumbles,
roma + cucumber on romaine w/
bleu cheese dressing

TUNA QUINOA - 14

gluten free

Albacore tuna mix, tri-colored quinoa,
parmesan crisp + lemon wedge on
arugula w/ house dill vinaigrette

SPICY KALE - 7.5

vegan - gluten free

Mama Lil's + Kale

CONSCIOUS EATERY

SIDES + MEAL PROGRAM

HOUSE MADE TOMATO SOUP - 5/8

vegan - gluten free

roma tomato

MIXED BERRIES - 3.5

vegan - dairy free - gluten free

locally sourced

HOUSE MADE POTATO SALAD - 3

vegetarian - dairy free - gluten free

yuKon potatoes, red onion, celery,
house made dressing topped w/
pepper + dill

ASSORTED CHIPS - 1.5

vegetarian - gluten free

sea salt
smokehouse bbq
jalapeno

COLESLAW - 3

vegetarian - dairy free - gluten free

house dressing, cabbage + carrot
topped w/ pepper

CONSCIOUS COOKIE - 2.5

vegetarian

chocolate chip, macadamia nut +
toasted coconut

1/2 SALADS - 5-7

varies * see salad for description

beet
caesar
cobb
harvest
pear + walnut
southwest
spicy Kale
spinach
spring
tuna quinoa

MARSHMALLOW RICE BAR - 3

vegetarian - gluten free