

CONSCIOUS EATERY CATERING MENU



5620 6TH AVE S
BUILDING T SEATTLE 98108
206.659.4098

106,072 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

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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.