

**106,072+**  
**meals donated**



**5620 6TH AVE S  
BUILDING T  
SEATTLE 98108  
206.659.4098**

## ARTISAN SANDWICHES

### HERRADURA - 13

**vegan**

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

### GARDEN + GOAT - 13

**vegetarian**

goat cheese, Mama Lil's, bell pepper, 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**

house 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 aioli  
+ 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

**artisan bread options - sourdough + hoagie  
gluten free substitutions - 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 basted egg \*,  
roma + romaine w/ Soria's chimmichuri 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

### 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  
+ 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

### BEEF MELT - 13.5

roasted beef, cheddar + sautéed onion  
w/ house roasted garlic 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 - 2.5

Consuming raw or undercooked eggs, meats or poultry could increase your risk of foodborne illness \*

## 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

Consuming raw or undercooked eggs, meats or poultry could increase your risk of foodborne illness \*

# 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**

gold 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**

**gluten free**

### A LIL' NOTE FROM THE ROWLANS:

THANK YOU FOR CHOOSING CONSCIOUS EATERY -  
WE'RE SO HAPPY TO SERVE YOU! SINCE WE OPENED OUR DOORS BACK IN 2016 WE KNEW THIS WAS OUR SPOT. THERE'S  
SOMETHING SPECIAL ABOUT THIS SPACE.

WHILE WE MAY BE A BREAKFAST + LUNCH SPOT IN SEATTLE'S GEORGETOWN NEIGHBORHOOD - WE'RE MAINLY A CATERER  
FOR THE GREATER KING COUNTY AREA. PLEASE CONSIDER US FOR YOUR NEXT GATHERING!

WE APPRECIATE YOUR PATIENCE WITH OUR TEAM -- PREPARING ITEMS FROM SCRATCH IN THIS ECONOMY IS AN ART IN  
ITSELF. DOING SO 100+ TIMES A DAY WITH OUR TINY TEAM IS TOUGH WORK AND A TOTAL BLESSING.

PRO-MOVE FOR BEST SERVICE IS TO PRE-ORDER ONLINE, IN-PERSON,  
ON THE CLOVER APP, EZCATER OR BY PHONE.

PLEASE ASK OUR CASHIER FOR AN UPDATE IF YOU'RE IN A RUSH.  
ALL SOLD ITEMS WILL BE TO THE LEFT OF THE CASHIER WHEN READY FOR PICKUP.