

107k+
meals donated



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

ARTISAN SANDWICHES

HERRADURA - 13

vegan

house chickpea mix, celery, red onion,
siracha, 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

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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 - 2

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.