www.consciouseatery.org @weeatconscious info@consciouseatery.org

115k+
meals donated

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BUILDING T
SEATTLE 98108
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ARTISAN SANDWICHES

HERRADURA - 14
vegan

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

GARDEN + GOAT - 14
vegetarian

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

GRANOLA PB+J - 10
vegetarian - dairy free

house berry jam, creamy peanut butter + granola on sourdough

HLT - 14.5
vegetarian - dairy free

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

BLT - 14.5
dairy free

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

CLASSIC ROAST BEEF - 14

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

SALAMI - 15

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

SPICY ITALIAN - 15.5
dairy free

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

TURKEY CLUB - 15
dairy free

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

TURKEY CRANBERRY - 14.5

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

artisan bread options - sourdough + hoagie

gluten free substitutions - 3.5

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

HOT ARTISAN SANDWICHES

FRENCH DIP - 14

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

SORIA STEAK - 16

dairy free

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

PHILLY - 15

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

GRILLED CHEESES

3 CHEESE - 12

vegetarian

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

FUEGO - 12.5

vegetarian

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

HAM + CHEDDAR - 14

on sourdough

PULLED PORK - 15

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

PANINI PRESSED

CUBAN - 15

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

TUNA MELT - 15.5

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

SPICY TURKEY DIP - 15

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

HOT TURKEY PESTO - 15

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

BEEF MELT - 14.5

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

ADD PROTEIN

steak (6) chicken (5) pulled pork (5.5)
turkey (5.5) salami (5) ham (5)
tuna (5) bacon (4) egg* (4)

gluten free substitutions - 3.5

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CONSCIOUS EATERY

#FIGHTINGHUNGERTOGETHER

SALAD PROTEIN

steak (6) chicken (5) pulled pork (5.5)
turkey (5.5) salami (5) ham (5)
tuna (5) bacon (4) egg* (4)

gluten free substitutions can be made to all salads

SPRING - 14

vegetarian - gluten free

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

BEET - 12.5

vegetarian - gluten free

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

SPINACH - 13.5

dairy free - gluten free

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

PEAR + WALNUT - 13.5

vegetarian - gluten free

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

HARVEST - 14

vegetarian

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

SOUTHWEST - 12.5

vegetarian - gluten free

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

CAESAR - 12.5

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

COBB - 15

gluten free

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

TUNA QUINOA - 15

gluten free

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

SPICY KALE - 8.5

vegan - gluten free

Mama Lil's + kale w/ spicy Mama's oil

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CONSCIOUS EATERY
SIDES + MEAL PROGRAM

TOMATO SOUP - 6/9
vegan - gluten free

made from scratch daily

SOUP OF THE DAY - 7/10
vegan - dairy free - gluten free

made from scratch daily (see soup menu)

MARSHMALLOW RICE BAR - 5
gluten free

gluten free brown sugar rice marshmallow treat

CONSCIOUS COOKIE - 3.5
vegetarian

chocolate chip, macadamia nut + toasted coconut

POTATO SALAD - 4
vegetarian - dairy free - gluten free

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

COLESLAW - 4
vegetarian - dairy free - gluten free

house dressing, cabbage + carrot, topped w/ pepper

ASSORTED CHIPS - 2.5
vegetarian - gluten free

sea salt, smokehouse bbq,
jalapeño OR sea salt + vinegar

MIXED BERRIES - 4.5
vegan - dairy free - gluten free

½ + ½ - 17

YOUR CHOICE OF 2:
ANY ½ SANDWICH, ½ SALAD
AND/OR CUP OF SCRATCH SOUP

UPGRADE: SORIA STEAK,
OR A BOWL OF SOUP +1