



cups & bowls	
gluten free +1	
oat bowl oats, fruit, spiced brown sugar, super food toppings (v)	4.95
chia cup or bowl chia pudding, granola, fruit, agave, super food toppings	5.95 7.95
acai cup or bowl acai blend, granola, fruit, honey, super food toppings	7.55 9.45

burritos	
panini pressed make it a bowl +1	
hearty burrito egg, italian sausage, potato, cheese in flour tortilla	5.95
healthy burrito egg, spinach, red pepper, red onion, light cheese in flour tortilla	6.95
ultra burrito bacon, egg, cheese, potato, sausage, red onion, red pepper spinach in flour tortilla	7.95
salsa, sour cream, hot sauce included ADD EXTRA +.25 each	

breakfast & more	
add housemade sauce +.50 gluten free +1	
classic breakfast sandwich sausage, egg, cheddar on sourdough english muffin	4.95
healthy breakfast sandwich egg, cheddar, spinach, red onion, red pepper on sourdough english muffin	5.45
eggwich bacon OR sausage (both +1) spinach, red onion, red pepper, cheddar between two egg patties grilled panini style	6.45
breakfast bagel egg, bacon & cheddar on plain bagel w/cream cheese	6.75
italian breakfast bagel egg, spinach & tomato on an asiago bagel w/pesto cream cheese	6.65

bagels & melts	
asiago, cheddar, everything (v), jalapeno cheddar plain (v) & sesame (v) gluten free waffle +1	
bagel w/cream cheese	2.95
bagel w/vegan pesto cream cheese	3.95
veggie bagel cucumbers, lettuce, tomato, red onion, red pepper & vegan pesto cream cheese on an everything bagel (v) add tempeh +2	6.65
PNW vegan bagel PNW seasoned & smoked tempeh, lettuce, tomato, red onion red pepper w/ vegan sweet chili cream cheese on a plain bagel	8.85
smoked salmon bagel locally smoked salmon spread from f/v Chelsea Rose lettuce, tomato, red onion, capers on a sesame bagel	9.95
bagel melt ham OR turkey, cheddar, lettuce, tomato on a plain bagel with cream cheese make it ultra +2	6.95
blt melt bacon, cheddar, lettuce, tomato on a cheddar bagel with cream cheese	6.95
smoked tuna melt locally smoked tuna spread from f/v Chelsea Rose, cheddar lettuce, tomato on a sesame bagel	8.95

wraps & salads	
make it a salad box-no charge	
hearty salad wrap turkey OR ham, cheese, carrot, salad mix, & cream cheese spread in garlic wrap + ranch sauce	7.95
vegan salad wrap grilled tempeh, cucumber, carrot, red pepper, red onion tomato, salad mix & humus spread in spinach wrap + choice of vegan sauce	8.85
blt salad wrap bacon, salad mix, tomato in garlic wrap + pesto aioli add turkey +1.95	8.95
ultra salad wrap bacon, chicken, tomato, carrot, red pepper, red onion, salad mix, cheese, & cream cheese spread in garlic wrap + garlic aioli	9.25
caesar salad wrap chicken, parmesan, lettuce in a garlic wrap + caesar sauce	9.95
keto salad box spinach, bacon, red pepper, red onion, parmesan, mct oil and choice sauce	9.95

not a certified gluten free kitchen

LIMITED FOOD MENU AFTER 2P

(v) vegan available

spreads whipped cream cheese +.50 pesto cream cheese +1.50 vegan cream cheese +1 vegan pesto cream cheese +1.75 vegan sweet chili cream cheese +1.75	protein +2 bacon grilled chicken eggs deli ham natural pork sausage tempeh deli turkey	sauces +.50 garlic aioli (v) pesto aioli (v) ranch sriracha aioli (v) caesar balsamic vinaigrette
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small 12oz | medium 16oz | large 20oz

ultralife signature drinks

ask for flavor & add in list

nitro cold brew*	3.85 4.35
iced sweet cream cold brew	3.45 3.95 4.25
scoby one draft kombucha	3.75 4.50 5.25
Kali drinking chocolate	3.25 3.75 4.25
keto coffee, latte or mocha	4.95 5.95 w/jar
campfire mocha	2.95

coffee & espresso

ask for flavor & add in list

house coffee	1.85 2.15 2.55
iced cold brew*	2.95 3.45 3.75
americano	2.45 2.95 3.25
cappuccino	3.25 3.75 4.25
latte*	3.25 3.75 4.25
mocha*	3.75 4.25 4.75
white mocha*	3.85 4.55 4.95
caramel macchiato	3.95 4.55 4.95

add extra shot +.50 | sub white coffee +.50

tea

ask for tea list

Chamillia organic tea & tisane*	2.25 2.45 2.65
matcha green tea latte	3.95 4.45 4.65
PNW fog tea latte	3.55 4.15 4.35
flavored shaken iced tea	3.25 3.75 4.25
iced black/green tea	2.25 2.65 2.95

blended drinks

ask for flavor & add in list

Cappuccine frappe*	4.25 4.75 5.50
classic espresso shake*	4.45 4.95 5.75
fruit smoothie*	4.35 4.85 5.35
protein shake (vanilla/chocolate)	5.95
UL cold brew protein shake	
w/almond butter	6.55
w/peanut butter	6.25
vegan superfood shake	6.25

chai

Big Train chai	3.65 4.15 4.25
Sattwa chai	3.75 4.25 4.45
Tanglewood ginger spice chai	3.95 4.55 4.85
Chamellia turmeric fresh chai	3.95 4.55 4.85
Chamellia 9 spice vegan fresh chai	4.55 4.95 5.45

cold drinks

ask for flavor & add in list

lemonade	2.45 2.95 3.45
italian soda	2.45 2.95 3.45
flavored red bull	3.95 5.95
Coke or Diet Coke bottle	2.45
La Croix	1.45
water bottle	1

milk alternatives +.50

almond*, coconut*, hemp*, soy, Oatly

*available unsweetened

favorite flavors +.50

almond, caramel, cardamom, french vanilla, hazelnut, irish cream, lavender, peppermint

*ask for full flavor list

sweetener

agave, honey, panela, pure cane syrup

raw stevia, raw sugar, splenda

kid drinks \$1.95

ask for flavor & add in list

frappe, hot cocoa, italian soda, lemonade
smoothie, steamer