

# Food Menu

## Sandwiches & More

Served with Chips & Pickle  
Gluten Free Bagel OR Bread +2.00

### Build a Bagel

**Choose:** cream cheese, hummus, avocado, peanut butter, vegan pesto cream cheese. 4.99 **protein & veg extra charge**

### Ham & Chez on Sourdough

Piles of ham, cheddar, lettuce, tomato, red onion on our house baked sourdough bread with garlic aioli. 11.99

### Vegan Club Bagel

3 slices of Quality vegan bacon, Violife vegan provolone, avocado spread, lettuce, roma tomatoes & red onion. 12.99 **choose: pesto OR garlic aioli**

### Turkey Italian Bagel

House sliced turkey, salami, pepperoni, provolone, avocado spread, lettuce, tomato, red onion & pesto aioli. 12.99

### Chickpea of the Sea

Plant based tuna salad made with chickpeas & soy-free veganise, topped with lettuce & red onion on toasted sourdough 11.99 **sub bomb tuna +1 on bagel +1**

### Soup & Sour ON ROTATION

12oz cup of soup and toasted sourdough 6.99

- Sweet Potato Turkey Chili: *paleo*
- Potato Leek: *vegan/gluten free*
- Tomato Bisque: *vegan/gluten free*
- Hungarian Mushroom: *gluten free*
- AND OTHERS - Just Ask!

### Avocado Caprese Bagel

Toasted bagel served open face, avocado spread, fresh mozzarella, pesto spread, roma tomatoes a drizzle of dark balsamic & everything seasoning. 11.99 **Add 2 bacon +2**

### Hipster Toast

Toasted sourdough served open face on a bed of greens, avocado spread, hummus, sliced cucumber, tomato, watermelon radish, pickled red onion, hemp seeds, balsamic drizzle & micro greens. 11.99 **Bagel +1**

### Lox & Bagel\*

Toasted bagel served open face, cold smoked salmon, cream cheese schmear with capers and dill, cucumbers, pickled red onion, microgreens & a twist of cracked pepper. 13.99

### Hot Pockets ON ROTATION!

House baked bread pocket stuffed with a savory filling and panini pressed. 7.99

- **Breakfast Buddy:** sausage, egg and cheese
- **OG:** ground beef filling w/cheddar
- **Pizza:** pepperoni, sausage, and cheese
- **Veggie:** temeph and medley of veg
- **Porter:** burger, bacon, mushroom and swiss

### F.O.K. Burrito "Forks Over Knives"

The best vegan/plant based sausage, egg, cheese, we can find; tots, spinach, sweet red bells & red onion panini pressed served with salsa & vegan chipotle sour cream on the side. 11.99

### Ultra Burrito

The one that started it all, panini pressed tortilla filled with egg, cheese, potato, bacon, sausage, & light red bell peppers, spinach & onion. served with corn chips, salsa & sour cream. 11.99

## Wraps & Bowls

Wraps served with Chips & Pickle  
Make it a Gluten Free salad: No charge

### Turkey BLT Wrap

Turkey, bacon, shredded cheese, house salad mix, roma tomatoes, red onion & carrot, wrapped in a garlic tortilla with a side of ranch dressing. 12.99

### Plant Based Wrap

Grilled local tempeh, house salad mix, avocado, hummus, tomato, pickled red onion, carrots, cucumber & red bell pepper, wrapped in a garlic tortilla with a side of white balsamic. 12.99 **add 2 vegan bacon +3**

### Chicken Caesar Wrap

Seasoned chicken breast, parmesan cheese, house salad mix, roma tomatoes & cucumber, wrapped in a garlic tortilla with a side of caesar dressing. 12.99 **add 2 bacon +2**

### Greek Out Wrap

Fresh salad mix, roma tomatoes, cucumber, red onion, kalamata olives, feta, banana peppers, hummus, wrapped in a garlic tortilla with a side of tzatiki. 12.99 **add chicken +2**

### Bomb Tuna Wrap

Indian inspired Newport caught tuna mix made with apples, slivered almonds, green onion & golden raisins wrapped inside a garlic tortilla with pickled red onions & house salad served with a side of curry aioli. 13.99

Make any bowl vegan friendly  
NO CHARGE!

### Aloha Teri Bowl

3 chicken skewers, rice, linguisa sausage, steamed broccoli, cabbage, carrots, pineapple, topped with sesame seeds & teriyaki aioli drizzle. 13.99

### Burrito Bowl

"Romans" shredded chicken, rice, cheese, black beans, corn, diced red bell pepper, red onion, cilantro, avocado scoop, sour cream, salsa & chipotle aioli drizzle. 13.99

### NW Fusion Bowl\*

Smoked wild salmon, surimi kani salad, rice, wakame seaweed, edamame, cucumber, carrots, radish, furikake sprinkle, ginger, wasabi & poke aioli drizzle. 14.99

### Thai Time Bowl

3 chicken skewers, rice, cabbage, cucumber, carrot & daikon radish mix, green onion, cilantro, sesame seeds, & sweet thai aioli drizzle. 13.99

## Acai Bowls

Substitute Chia OR Greek Yogurt NO Charge!  
peanut butter +1 almond butter +2

### Classic Acai Bowl

2 scoops of Acai, fresh sliced strawberries, blueberries, banana, house granola, topped with coconut flakes, cacao nibs, chia seeds, & agave drizzle. 9.99

### Pacific Acai Bowl

2 scoops of Acai, topped with fresh blueberries, banana & local PNW Granola mix made with hazelnuts, cranberries and pumpkin seeds, topped with bee pollen & cinnamon honey drizzle. 9.99

NO MODS

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

