

v = Vegan • veg = Vegetarian • gf = Gluten Free • df = Dairy Free

Chips +1 • Pickle +.50

Gluten-free bread/bagel add 1.50

SPECIALTY BAGELS

Hipster Bagel (v, gf +1.5)

Toasted handmade bagel served open face on a bed of house greens, avocado spread, hummus, sliced cucumber, tomato, radish, topped with pickled red onion, hemp seeds, and drizzle of light and dark house balsamic. Includes pickle. 13

Avocado Caprese Bagel (veg, gf +1.5)

Toasted handmade bagel served open face, avocado spread, fresh mozzarella, housemade pesto spread, tomato & drizzle of dark balsamic topped with everything seasoning. Includes pickle. 13.5 add 3 bacon +2

Smoked Seafood Bagel (gf +1.5)

Toasted handmade bagel with local smoked tuna whipped cream cheese OR smoked salmon cream cheese, lettuce, tomato & red onion. Served with chips & pickle. 14.5

SOURDOUGH SANDWICHES

Bomb-Bay Tuna (gf +1.5)

Indian inspired local caught tuna mix made with apples, slivered almonds, golden raisins, spring onion topped with house red onion & arugula on sourdough bread. Served with chips & a pickle. 13.5

Ham & Cheddar (gf +1.5)

Eight slices of ham, cheddar, lettuce, roma tomato, red onion on toasted NW sourdough bread with garlic aioli. Served with chips & pickle. 13.5

Ultra Turkey Italian (gf +1.5)

Toasted Sourdough, sliced turkey breast, salami, provolone, avocado spread, lettuce, tomato, red onion & pesto aioli. Served with chips & pickle. 15

Vegan Club (v, gf +1.5)

Toasted sourdough, vegan bacon, vegan pepperoni, vegan provolone, avocado spread, lettuce, tomato, red onion & vegan pesto aioli. Served with chips & pickle. 15

RICE BOWLS (OR skip the rice, sub salad same cost)

Two Sizes: Regular 15 / Half for 10

Fiesta Bowl (v, gf)

Choice of chicken or tempeh on warm white rice, mexi cheese, black beans, corn, salsa, red bells, red onion, cabbage mix topped with guacamole, cilantro & Pico-Pica aioli. Includes chips & hot sauce. *Sour Cream +.50*

Aloha Bowl (veg)

Shredded kahlua pork, warm white rice, loaded house mac salad, on a bed of cabbage mix topped with furikake and choice of aioli with ginger teriyaki on the side.

Teriyaki Bowl (v)

Choice of chicken, (beef skewers +2) or tempeh on warm white rice, fresh pineapple, broccoli, red bells, cabbage mix, house gochu aioli, green onions, sesame seeds and side of teriyaki.

Banh Mi Bowl (v, gf)

Choice of chicken & pork or tempeh, warm white rice, cabbage mix, cucumber, house daikon and carrot ferment, topped with cilantro, sesame seeds & sweet Thai aioli drizzle.

Pacific Poke Bowl* (Subject To Availability, Only One Size)

Sushi grade ahi tuna and poke sauce, edamame, green onions, seaweed salad, furikake, house tangy aioli, over white rice.

*Consuming raw or undercooked seafood may increase your risk of foodborne illness.

SMALLER BITES *Great for kids or lighter appetites!*

Mini Quesadilla (veg)

Plain tortilla and mexi cheese. 8

Salsa 0.50 • Sour cream .50 • Guacamole .75
add chicken or pork +3

Cheddar Toasty (veg, gf +1.5)

Buttered sourdough toast & cheddar sandwich 9

BLT Biscuit (gf +1.5)

Housemade biscuit, bacon, lettuce, tomato, garlic aioli 10
add cheese +1.5

SALAD + WRAP

Chicken Caesar Salad Wrap

Sub smoked salmon OR tempeh no charge. Make it a salad no charge. House greens, diced herbed chicken, parmesan, cucumber, tomato, wrapped in a garlic tortilla. Caesar dressing on the side. Served with chips & a pickle. 15

Paleo Protein Salad (gf)

House greens topped with 2 hard boiled eggs, garlic herb chicken, cucumbers, tomato, red onion, carrots, avocado and house white balsamic shallot vinegrate. 14