

## **Brunch at Bounty**

Served all day everyday!

### **Good Morning Sweetheart Sandwich \$10**

Sea Wolf Roll, Beecher's Flagship Cheddar, Olympia Provisions "Sweetheart Ham," arugula, roasted cherry tomatoes, poached egg\*\*\*

### **Good Morning Veggie Sandwich \$10**

Sea Wolf Roll, Beecher's Flagship cheddar, avocado, arugula, roasted cherry tomatoes, poached egg\*\*\* (VG)

### **The Forager Scramble \$12**

Fresh seasonal mushrooms, scrambled eggs, spinach, potatoes, scallions. Served with Sea Wolf Sourdough Toast\*\*\* (VG, contains DAIRY)

Add Beecher's Flagship cheese crumbles \$2

### **Seasonal Veggie Hash \$12**

Our seasonal veggies, fresh herb vinaigrette, served with a poached egg\*\*\* (DF, GF, VG)

### **Bounty Granola Bowl \$8**

Seasonal house made granola, walnuts, almonds, pecans, hemp seeds, yogurt, seasonal compote, honey drizzle, cinnamon (VG, contains NUTS, GF)

### **Bob's Steel Cut Oats \$7**

Seasonal compote, maple butter, house made granola, warm milk (whole, hemp or coconut) (\*VE, VG, \*DF, GF, contains NUTS)

### **Gluten Free Griddle Cakes \$10**

Chef Morgan's secret family recipe with Bob's Red Mill Gluten Free Pancake flour blend, seasonal compote, powdered sugar (Contains dairy, GF)

### **Potlicker Bowl \$13**

Collard greens in potlicker sauce, maple pecans, polenta, black-eyed peas, Creole salsa, scallions, poached egg\*\*\* (DF, GF, VG, \*VE with no egg, contains NUTS)

## **Toast is a thing!**

(Also available gluten free with Nu Flours bread)

### **Avocado \$7**

Sea Wolf Pullman Rye, avocado, poached egg\*\*\*, San Juan "Madrona Smoked" sea salt, pepper, EVOO (VG, VE no egg, DF)

## **Soups**

### **House made fresh daily**

Check our specials board for today's soup!

8 ounces ~ \$4

12 ounces ~ \$6

Add Sea Wolf Sour Dough Bread \$1.50

## **Sandwiches & More**

Also available gluten free with Nu Flours bread

### **The Marinated Steak Bank Mi \$16**

Our interpretation of the classic; marinated, grilled flank steak on a Sea Wolf roll with pickled carrots, red onion, basil, cucumber, baby kale, mint, cilantro, spicy aioli.

### **"Chickpea of the Sea" Mock Tuna \$12**

Made with chickpeas and "Just Mayo," you'll never believe that this is not real tuna! (VEGAN)

### **Spicy Gippeo "Happy" Tacos**

Korean style tacos with spicy gochujang sauce, slaw. Vegan with sweet potatoes ~ \$12 | Veg with sweet potatoes + poached egg ~ \$14 | Chicken + poached egg ~ \$14

\*\*\*The Health Department wants you to know that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs, while delicious, may increase your risk of foodborne illness, especially if you have certain medical conditions.

## **Great Bowls of Goodness**

Greens, Beans + Grains

### **Forbidden Braised Beef Bowl \$18**

Braised beef, seasonal greens, brown rice, grilled baby bok choy, grilled shiitake mushrooms, grilled green onions, toasted sesame seeds, house demi-glace (DF)

### **Havana Libre Bowl \$14**

Spinach, arugula, brown rice, red beans, grilled red onion, avocado, sweet potato, cilantro, sofrito, adobo seasoning, citrus cashew cream dressing (GF, VE, DF, dressing contains NUTS\*\*)

### **Cha Cha Chicken Bowl \$15**

Sofrito rubbed chicken, red beans & brown rice, cabbage & spinach slaw, radish, cilantro, lime, avocado, cilantro vinaigrette (GF, DF)

### **Marrañeck Market Bowl \$12**

Kale, arugula, mint, Ras el Hanout, cous cous, dried currants + apricots, chickpeas, sweet potatoes, Harissa, carrots + cauliflower, crushed almonds, cilantro, preserved Meyer lemon vinaigrette (VE, DF, contains NUTS, WHEAT)

### **Potlicker Bowl \$13**

Collard greens in potlicker sauce, maple pecans, polenta, black-eyed peas, Creole salsa, scallions, poached egg\*\*\* (DF, GF, VG, \*VE with no egg, contains NUTS)

## **Add Ons**

Poached Egg\*\*\* \$2

Organic Porcini Baked Tofu \$2

Marinated + Grilled Flank Steak\*\*\* \$5

Draper Valley All Natural Salt + Pepper Roasted Chicken \$3

Beecher's Flagship Cheddar Cheese Crumbles \$2

Sea Wolf Sourdough Bread \$1.50

## **Salads**

### **Spicy Lemongrass Basil + Peanut \$12**

Cabbage, red leaf lettuce, carrots, bean sprouts, bell pepper, cilantro, basil, mint, lemongrass, green onion, cucumber, peanuts, peanut vinaigrette (GF, VE, DF, dressing contains NUTS\*\*)

### **Flagship Kale \$12**

Curly kale, spinach, baby kale, Parmesan croutons, dehydrated lemon powder, Beecher's Flagship Cheese crumbles, parmesan garlic dressing (VG, contains DAIRY)

### **"On the Wagon" Detox Salad \$12**

Red leaf lettuce, kale, radicchio, almonds, strawberries, blueberries, beets, hemp seeds, avocado, chervil, basil, parsley, maple cayenne lemon vinaigrette (GF, VE, DF, contains NUTS, dressing contains NUTS\*\*)

### **Spicy Southern Not-Fried Chicken Salad \$15**

Red leaf lettuce, kale, radicchio, salt and pepper grilled chicken breast, red onion, spicy maple roasted pecans, seasonal veggies, avocado, celery leaves, celery, cherry tomatoes, parsley, spicy herbed dressing (DF, GF, dressing contains NUTS\*\*)

## **Summer Salads**

### **Meg's Bread Salad \$15**

Toasted Seawolf sourdough bread, cherry tomatoes, kalamata olives, cucumber, fresh mozzarella, salt and pepper grilled chicken, and basil with a white balsamic vinaigrette (contains wheat, contains dairy)

VG – vegetarian

VE – vegan (\*VE—can be made vegan)

GF – gluten free (\*GF – can be made gluten free)

DF- Dairy Free (\*DF – can be made dairy free)

\*\*All NUTS can be removed from items except where in dressings. We are happy to substitute any dressing!