

Brunch at Bounty

Served all day everyday!

Good Morning Sweetheart Sandwich \$10

Sea Wolf Roll, Beecher's Flagship Cheddar, Olympia Provisions "Sweetheart Ham," arugula, sun dried tomato puree, poached egg***

Good Morning Veggie Sandwich \$10

Sea Wolf Roll, Beecher's Flagship cheddar, avocado, arugula, sun dried tomato puree, 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, warm milk (whole, hemp or coconut) (*VE, VG, *DF, nut free, GF)

Morning Glory Oats \$8

Hearty oats with apple, pineapple, carrot, and coconut topped with walnuts, toasted coconut and cinnamon (made with coconut milk) (VE, VG, DF, GF)

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 cake, 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

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 vegan 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 ~ \$12 | Veg + 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, forbidden black rice, grilled baby bok choy, grilled shiitake mushrooms, grilled green onions, toasted sesame seeds, house demi-glace (DF)

Havana Libre Bowl \$14

Spinach, arugula, forbidden black rice, black 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, black beans & 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 cake, 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, romaine, 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, dried blueberries, beets, hemp seeds, avocado, dried cranberries, 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, grapes, parsley, spicy herbed dressing (DF, GF, dressing contains NUTS**)

Winter Salads

Moroccan Beet Salad \$12

Roasted golden beets, winter greens, "SeaWolf" rye croutons, chickpeas, oranges, avocado, pumpkin seeds, fresh dill, fresh mint, harissa date vinaigrette (VE, contains wheat)

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!