

## Brunch at Bounty

Served all day every day!

### Good Morning Sweetheart Sandwich \$10

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

### Good Morning Avocado Sandwich \$10

Sea Wolf Roll, Beecher's Flagship cheddar, smashed avocado, arugula, sun dried tomato jam, 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 \$8

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 \$14

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)

## 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

## Toast is a Thing!

### Our Daily Toast \$8

Please check our specials board for our daily toast! Always served with the best breads in the world from SeaWolf Bakers!

## 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, mint, cilantro, spicy aioli.

### Superfood Veggie Burger \$13

On a Sea Wolf roll, house made date ketchup, house made dill pickles, lettuce, red onion and Dijon mustard (made with brown rice, flaxseeds and red beans)(VE,DF,VG) \*\*If made GF no longer VE

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

\*\*\*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

### 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, sweet potato, cilantro, sofrito, adobo seasoning, citrus cashew cream dressing topped with avocado (GF, VE, DF, dressing contains NUTS\*\*)

### Cha Cha Chicken Bowl \$15

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

### Marrakech Market Bowl \$14

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

### Potlicker Bowl \$14

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

Smashed Avocado \$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

Olympia Provisions "Sweetheart" Ham \$3

## 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, dried cherries and blueberries, beets, hemp seeds, cucumber, 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, carrots, celery leaves, celery, parsley, spicy herbed dressing (DF, GF, dressing contains NUTS\*\*)

## Summer 2018

### Meg's Bread Salad with Chicken \$15

Grilled Sea Wolf sourdough bread, salt and pepper grilled chicken, kalamata olives, English cucumber, ciliegine mozzarella, white balsamic vinaigrette (contains wheat, dairy)

### Curried Cauliflower Salad \$15

Curry roasted cauliflower, spring greens mix, watercress, sunflower sprouts, almonds, pickled white grapes, golden raisons, lemon thyme vinaigrette. (contains NUTS)

### Yin & Yang Macro Bowl \$13

All of the elements of a perfect macrobiotic bowl with greens, roasted sweet potatoes, "sushi rice" quinoa, cashews, mint, basil, poached egg, our famous detox dressing (GF, DF)