

# DRINKS

\*MILK OPTIONS: almond, soy, whole cow's

\*NUT BUTTER OPTIONS: almond, peanut, tahini  
add to any blended drink + \$1

## BLEND

16oz/10oz (child size) – 9/7

### SWEETGRASS SMOOTHIE

**JUICED** – kale, fennel, tarragon, grapefruit, orange, apple, pear

**BLEND** – with spinach, avocado, and ice

### MEXICAN MORNING AVENO

oats, pear, blueberries, coconut milk, dates, goji berries, maca, cinnamon, himalayan salt, milk\*, h2o

### GOOD MORNING BREW

cold brew coffee, spinach, banana, coconut milk, nut butter\*, dates, cacao nibs, maca, himalayan salt, milk\*, h2o

### TART, FRESH, SWEET BEET

beets, cucumber, tart cherries, blueberries, avocado, dates, goji berries, cashews, h2o

### MELBOURNE GREEN

kale, spinach, cucumber, banana, dates, brazil nuts, fresh basil, h2o, granola on top

### FIREFLY

greek yogurt, mango, peaches, pear, fresh turmeric and ginger, goji berries, pinch of cayenne, himalayan salt, fresh oj, h2o

### GREEN PINA COLADA

kale, pineapple, peaches, greek yogurt, coconut milk, h2o

### NANA'S BANANA-WALNUT

banana, spinach, walnuts, dates, coconut milk, flax, maca

## COLD BREW

### COLD BREW COFFEE 16oz – 5.50

with water over ice

with milk\* over ice + \$1

### COLLEEN'S BREW LATTE 16oz – 10

cold brew coffee and housemade nut milk over ice  
coconut-mint-brazil nut milk or turmeric-ginger-cayenne-cashew nut milk

# JUICED

12oz/10oz (child size) – 8/6

### GREEN JUICE, RED JUICE, SUNNY JUICE

check our "fresh sheet" for the ingredients we're using today

## HOT DRINKS

### SWEETGRASS COFFEE 8oz/12oz – 4/4.50

gold-tip filtered drip coffee blended with organic grass-fed butter and coconut oil ( add raw cacao and agave + 1 )

### DRIP COFFEE 12oz – 2.75

### ESPRESSO (add agave, cacao or vanilla for 1.00):

**ESPRESSO** – 2.75

**AMERICANO 8oz/12oz – 3**

**CAPPUCINO 8oz – 3.50**

**LATTE 8oz/12oz – 3.50/4**

**MOCHA 8oz/12oz – 4.50/5**

### MATCHA LATTE 8oz/12oz – 4/4.50

matcha, steamed milk\*

### MATCHA MOCHA 8oz/12oz – 4.50/5.25

matcha, raw cacao, agave, steamed milk\*

### HOT TEA 12oz – 3

black, green, herbal

### BALINESE TEA 12oz – 3

lemon slices, fresh ginger, cinnamon stick

### BROTHS 12oz – 5

chicken herb (GF) or fennel-miso (GF)(V)

## OTHER DRINKS

### BEER – 5

ipa, amber, blonde

### WINE – 6

white, red, rose, sparkling

### BELLINIS – 9

sparkling + sunny juice

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*Our juices and smoothies contain unprocessed fruit and vegetables  
(consumption of unprocessed fruits and vegetables may result in  
foodborne illness)*



**100% GOOD FOOD**  
sweetgrassfoodco.com

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1923 7<sup>th</sup> Avenue  
Seattle, Washington 98101

Phone: (206) 602-6656

M - F: 7-8 & Sat: 9-4

**We feature local, responsibly sourced  
and mostly organic ingredients.**

# GRAB & GO

## SOAKED OATS – 7

oats, groats, and brazil nut-hemp milk with fruit compote, dried figs, and hemp hearts (GF)(V)

## CHIA PUDDING – 6

vanilla cashew chia pudding with raw pumpkin seeds, sunflower seeds, and golden berries (GF) (V) (N)

## TODAY'S TO-GO SALAD – 9.50

Please visit [sweetgrassfoodco.com](http://sweetgrassfoodco.com) for today's selection

## TODAY'S FRESH JUICES – 8

green juice, red juice, sunny juice

# HOUSEMADE SWEETGRASS SWEETIES

\* free of refined sugar

buckwheat snail cookies (GF) – 2.50

tahini-walnut-spelt cookies (WF) (N) – 2.50

mira bar\* (GF) (V) (N) – 3.50

chocolate-coconut spelt loaf (WF) – 4 full/2 half

matcha tea cake (WF) – 4 full/2 half

poppy seed-spelt seasonal fruit loaf (WF) – 4 full/2 half

# BOTTLE DRINKS

dry soda – 3

kombucha town kombucha – 4.50

water: bubble/still – 3

# GOOD START BREAKFAST

+ egg (GF), + sprouted organic tofu (GF)(V) – \$2

+ chicken, shrimp, or tuna (GF) – \$4

## FIVE-COLOR SWEETGRASS RICE POTTAGE – 8.50

(SERVED ALL DAY) short grain brown rice, shiitake, greens, adzuki beans, pickled sweet chilies, cilantro, shaved fennel, fresh ginger, scallions (GF)(V)

## SWEETGRASS MACA OATS – 6.50

oats, himalayan salt, maca powder, avocado, seasonal fruit, apple cider vinegar-soaked sultanas (GF)(V)

## 100% GOOD GRANOLA – 6.50

amaranth, oats, teff, sliced banana, and milk\*, cold or steamed (GF)

with almond or soy milk (Vegetarian)

## AMARANTH GRITS – 7.50

amaranth, fennel, lemon, kale, and aged sharp cheddar or seasonal fruit, nuts, and a honey drizzle (GF)

with no cheese or honey (V)

## HOUSE BREAKFAST SALAD – 8.50

arugula, soaked pearled barley, feta, lentils, walnuts, chives, basil, pomegranate-molasses vinaigrette (N)

(N) = indicates nuts which may not be listed in ingredients

(V) = indicates Vegan Option

(GF) = indicated Gluten Free

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*If you have food allergies or just want things your way, ask for our **BUILD YOUR OWN** menu.*

*Our soft poached eggs are not cooked to the temperature required by the food code (consumption of undercooked eggs may result in illness)*

# LUNCH & DINNER

+ egg (GF), sprouted organic tofu (GF)(V) – \$2

+ chicken, shrimp, or tuna (GF) – \$4

## SWEETGRASS THAI KALE SALAD – 9.50

kale, shaved red cabbage, green beans, watercress, edamame, mung beans, basil, cilantro, fresh ginger, pickled sweet chilies, cashews, thai chili-peanut-ginger vinaigrette (GF) (V) (N)

## MIKE'S GREENS – 9.50

kale, brussels sprouts, shredded carrots, seasonal vegetables, edamame, chickpeas, seasonal fruit, sunflower seeds, chevre, tahini dressing (GF)

## HABANERO FRESH SEASONAL GREENS – 9.50

sprouted rainbow quinoa, kale, new potatoes, roasted sweet potatoes, seasonal fruit & vegetables, fresh coconut, pomegranate seeds, mung beans, walnuts, habanero-lime-allspice vinaigrette (GF) (V) (N)

## MATCHA CAESAR – 9.50

baby gem lettuce, cherry tomatoes, basil, roasted garlic, croutons, vegan parmesan, vegan matcha caesar, lemon squeeze (V) (N)

## CITRUS SWEET POTATO GREENS & GRAINS – 9.50

spinach, arugula, soaked pearled barley, adzuki and mung beans, shaved fennel, roasted sweet potato, basil, apple cider vinegar-soaked sultanas, hazelnuts, citrus-coriander vinaigrette (V) (N)

## ROASTED BEETS LENTILS & CHEVRE – 9.50

spinach, baby gem lettuce, beets, lentils, watercress, seasonal fruit, chevre, walnuts, hemp hearts, hibiscus-cacao vinaigrette (GF) (N)

## WHITE BALSAMIC SEASONAL GRAINS – 9.50

soaked pearled barley, spinach, seasonal fruit & vegetables, lentils, white beans, aged sharp cheddar, sesame seeds, fresh herbs, toasted walnuts, white balsamic vinaigrette (N)

## BUDDHA BOWL – 9.50

coconut brown rice, sprouted soaked quinoa, kale, brussels sprouts, shredded carrots, shaved red cabbage, avocado, lentils, edamame, mira bar crumble, tamarind-makrut lime-turmeric vinaigrette (GF) (V) (N)

## FIVE-COLOR SWEETGRASS RICE POTTAGE – 8.50

(SERVED ALL DAY) short grain brown rice, shiitake, kale, adzuki beans, pickled sweet chilies, cilantro, shaved fennel, fresh ginger, scallions (GF)(V)