

BLEND**E**D 16oz – 9.95

make it a smoothie bowl +2.50 (chia, granola, fruit, honey)

SO-CAL ACAI

açaí, blueberries, bananas, dates, hemp seeds, himalayan salt, h2o
*add nut butter +1

SWEETGRASS SMOOTHIE

JUICED kale, fennel, tarragon, grapefruit, orange, apple, pear
BLENDE**D** with spinach, avocado, and ice

MEXICAN MORNING AVENA

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

MATCHA MATCHA MATCHA

matcha, spinach, fresh coconut, bananas, dates, flax, himalayan salt, raw vanilla, milk*

GOOD MORNING BREW

cold brew coffee, spinach, banana, coconut milk, nut butter*, dates, cacao nibs, maca, 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, topped with granola

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

HOUSE-MADE COLD BREW

COLD BREW COFFEE 16oz – 5.50

over ice

COLLEEN'S COLD BREW 16oz – 10

cold brew coffee and house-made coconut-mint-brazil nut milk over ice

JUIC**E**D 12oz – 8.95

GREEN JUICE, RED JUICE, SUNNY JUICE

HOT DRINKS

SWEETGRASS BUTTER COFFEE 12oz – 5.50

organic drip coffee blended with organic grass-fed butter, coconut oil and XCT Oil (add raw cacao and agave + 1)

DRIP COFFEE 12oz – 3

ESPRESSO (add agave, cacao, vanilla, citrus spice or maple molasses +1)

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 – 4.95/5.95

matcha, steamed milk*

MATCHA MOCHA 8oz/12oz – 4.95/5.95

matcha, raw cacao, agave, steamed milk*

GOLDEN LATTE 12oz – 5.95

hemp milk, coconut oil, turmeric, orange slice, honey with fresh cracked pepper

GOODNIGHT MOON 12oz – 2.95

orange slice, star anise, cinnamon stick, apple cider vinegar, raw honey

HOT TEA 12oz – 3

varietal

BALINESE TEA 12oz – 2.95

lemon slices, fresh ginger, cinnamon stick

BROTHS 12oz – 4.95

+chicken bone broth (GF) or fennel-miso (GF)(V)

*add grass-fed butter or coconut oil +.75

*add XCT oil +1.50

OTHER DRINKS

BEER & CIDER – 6

ipa, pale ale, cider

WINE – 12 (two serving container)

white, red

Sophia Sparkling Rose – 7.50



100% GOOD FOOD

sweetgrassfoodco.com

1923 7th Avenue
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Mon - Fri: 7-8 & Sat: 8-3

Order for pick-up or delivery on our website:
sweetgrassfoodco.com
OR text SWEETGRASS to 33733
to download & *order through our mobile app*

We feature local, responsibly sourced
and mostly organic ingredients.

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

GRAB & GO

SOAKED OATS – 7.5

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

CHIA PUDDING – 7.5

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

TODAY'S FRESH JUICES – 8

green juice, red juice, sunny juice

HOUSEMADE SWEETGRASS SWEETIES

* free of refined sugar

rosemary-citrus scone (v) \$4.00

rye brownie \$4.00

matcha tea cake \$2.75

chocolate coconut loaf \$2.75

tahini-spelt cookies (n) \$2.75

snail cookies (gf) \$2.75

BOTTLE DRINKS

dry soda – 3

kombucha 5.25

sparkling water – 3.50

GOOD START BREAKFAST

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

+ humanely raised chicken, or wild caught salmon, or tuna **(GF)** – \$4

FIVE-COLOR SWEETGRASS RICE POTTAGE – 9.50

(SERVED ALL DAY) simmered coconut brown rice with pickled sweet chilies and shiitake mushrooms topped with adzuki beans cilantro, fresh ginger, shaved fennel, arugula, scallions **(GF)(V)**

SWEETGRASS MACA OATS – 7.50 (available until 10:30 daily)

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

HOUSE GRANOLA – 7.50

millet, oats, teff, topped with sliced banana or seasonal fruit, and milk* (cold or steamed) **(GF)(V)**
add greek yogurt +1

AMARANTH GRITS – 7.50 (available until 10:30 daily)

savory grits with kale, sharp white cheddar, sweetgrass chili oil, lemon squeeze **(GF)**

-OR-

sweet grits with seasonal fruit, nuts, and a honey drizzle **(GF)**

HOUSE BREAKFAST SALAD – 9.50

arugula, soaked pearled barley, seasonal fruit, feta, lentils, walnuts, citrus-coriander vinaigrette (available any time of day!) **(N)**

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

(V) = Indicates Vegan Option

(GF) = Indicated Gluten Free

*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

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

+ humane chicken, or wild caught salmon, or tuna **(GF)** – \$4

GREENS

SWEETGRASS THAI KALE SALAD – 9.95

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

MIKE'S GREENS – 10.95

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

HABANERO HIPPIE BOWL – 10.95

sprouted rainbow quinoa, kale, fresh coconut, roasted sweet potatoes, seasonal fruit, seasonal vegetables, walnuts, habanero-lime-allspice vinaigrette **(GF)(V)(N)**

MATCHA CAESAR – 9.95

romaine lettuce, cherry tomatoes, fresh basil, roasted garlic, croutons, vegan parmesan, vegan matcha caesar dressing, lemon squeeze **(V)(N)**

GRAINS

warm up your grains with ladleful of broth (chicken bone broth **(GF)** or fennel-miso **(GF)(V)**) – + \$2

CITRUS SWEET POTATO SWEETHEART BOWL – 10.95

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

WHITE BALSAMIC HEARTY BARLEY – 10.95

soaked pearled barley, spinach, seasonal fruit, seasonal vegetables, lentils, white beans, aged white cheddar, hemp seed, toasted walnuts, white balsamic vinaigrette **(N)**

BUDDHA BOWL – 11.50

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

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(SERVED ALL DAY) simmered coconut brown rice with pickled sweet chilies and shiitake mushrooms topped with adzuki beans, cilantro, fresh ginger, shaved fennel, arugula, scallions **(GF)(V)**