

## BLEND**E**D 16oz – 9.95

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

### SO-CAL ACAI

açaí, blueberries, bananas, dates, hemp seeds, himalayan salt, h2o

### SWEETGRASS SMOOTHIE

kale, fennel, tarragon, grapefruit, orange, apple, pear juice  
**BLEND**E**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, milk\*

### 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

## JUIC**E**D 12oz – 8

### 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 – 4.95

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



## 100% GOOD FOOD

[sweetgrassfoodco.com](http://sweetgrassfoodco.com)

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

Phone: (206) 602—6656

Mon - Fri: 7—8 & Sat: 8—3  
Sun: 8—3 (summer only)

Order for pick-up or delivery on our website:  
[sweetgrassfoodco.com](http://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)

## AVOCADO CACAO MOUSSE – 7.5

avocado, cacao, cinnamon, cayenne, sea salt, coconut oil, agave, vanilla, coconut milk (GF) (V) (N)

## TODAY'S FRESH JUICES – 8

green juice, red juice, sunny juice

# HOUSEMADE SWEETGRASS SWEETIES

\* free of refined sugar

buckwheat snail cookies (GF) – 2.75

tahini-walnut-spelt cookies (WF) (N) – 2.75

mira bar\* (GF) (V) (N) – 3.95

matcha tea cake (WF) – 2.75

peanut butter square (GF) (V) (N) – 2.50

# BOTTLE DRINKS

dry soda – 3.50

kombucha – 4.50

water: bubble/still – 3.50

# GOOD START BREAKFAST

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

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

## FIVE-COLOR SWEETGRASS RICE POTTAGE – 9.50

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

## SWEETGRASS MACA OATS – 7.50

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

## 100% GOOD GRANOLA – 7.50

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

with almond or soy milk (Vegetarian)

add greek yogurt +1

## AMARANTH GRITS – 7.50

lemon-fennel grits with kale, sharp white cheddar, sweetgrass chili oil (GF)

OR with seasonal fruit, nuts, and a honey drizzle (GF)

with no cheese or honey (GF) (V)

## 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

# LUNCH & DINNER

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

+ humane or wild chicken, 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 – 10.50

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

### HABANERO FRESH SEASONAL GREENS – 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 herb (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, mira bar crumble, tamarind-lime vinaigrette (GF) (V) (N)

### FIVE-COLOR SWEETGRASS RICE POTTAGE – 9.50

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

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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)*