pantry specials

TAKE HOME OUR FAVORITES

Soups

(Sold Warm or Chilled)

- 8 ounces | \$5
- 12 ounce | \$7
- 32 Ounce (Quart) \$12

Julie's Albacore Tuna Salad (pint) \$15

Gluten Free Griddle Cake Batter (pint) \$12 House Whipped Maple Butter (pint) \$12 Pure Grade A Maple Syrup (pint) \$12 Apple & Pear Spiced Compote (pint) \$12

> BK Salad Dressings Pint \$8 | each

- Creamy Garlic Parmesan (Flagship)
 - Spicy Thai Peanut (V)
- Southern Spicy Vegan Buttermilk (V)
 - Lemon Thyme (V)
 - Meg's Vinaigrette (V)
 - Detox Vinaigrette (V)
- Creamy Citrus Cashew Vinaigrette (V)
 - Cilantro Lime Vinaigrette (V)

juices

8 OUNCES \$7 16 OUNCES \$11 32 OUNCES (QUART) \$18

Ginger Wellness Shot 302 | \$4

cucumber, apple, tons of ginger, lemon

Turmeric Fantastic

orange, turmeric, carrot

Spicy Green

Kale, spinach, jalepeno, lime, lemon, cilantro,

pineapple

Beet Down

Beets, ginger, apple Orange

*** Warning: This product has not been pasteurized and, therefore, may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems.

good to know

Bounty Kitchen Queen Anne 7 Boston Street Seattle WA 98109 206-695-2017

We deliver through UberEats and Caviar

www.bountykitchenseattle.com

Ask us about our Catering Program

brunch

SERVED ALL DAY EVERY DAY

Good Morning Breakfast Sandwiches

Sea Wolf Bakers ciabatta roll, poached egg***Beecher's Flagship cheddar, arugula, summer tomatoes

with Avocado \$11

with Olympia Provisions "Sweetheart" Ham \$11 with Eva's Wild Sockeye Salmon \$13

The Forager's Scramble \$14
served with Sea Wolf Sourdough Toast

Fresh seasonal mushrooms, scrambled eggs***, spinach, potatoes, scallions (contains DAIRY)

Add Beecher's Flagship cheddar cheese \$2

The Hunter's Scramble \$16

served with Sea Wolf Sourdough Toast

Olympia Provisions "Sweetheart" ham, Beecher's "Flagship" cheddar cheese, scallions, scrambled eggs*** (contains DAIRY)

Bounty Granola Bowl \$9

Seasonal house-made granola, walnuts, almonds, pecans, hemp seeds, yogurt, seasonal compote, honey drizzle, cinnamon (GF, VG, contains NUTS, DAIRY)

Bob's Steel Cut Oats \$9

Seasonal compote, maple butter, house-made granola, warm milk (whole, hemp, coconut or oat milk) (*VE, VG, *DF, GF, contains NUTS)

Gluten Free Griddle Cakes \$14

Our secret family recipe made with Bob's Red Mill Gluten-Free pancake flour blend, seasonal compote, powdered sugar (Contains dairy, GF)

Potlicker Bowl \$15

Collard greens, potlicker jus, maple pecans, polenta, black-eyed peas, Creole salsa, scallions, poached egg***

(DF, GF, VG, *VE with no egg, contains NUTS)

tea & coffee

Ríshí Organic Hot Teas \$4

Lemonade \$5 House-made, fresh squeezed, mint

Rishi Organic Blueberry Iced Tea \$4

Caffé Vita Brewed Coffee \$4
Bistro Blend

Caffé Vita Cold Brew Coffee \$5 Made in House, Theo Blend

Vanilla Cinnamon Coffee \$5
Served Not or cold
Mystic Kombucha
On Draft ~ 160z \$7

wine & beer

White By the Glass & Bottle

Townshend Sauvignon Blanc \$7 | \$15

Lone Birch Chardonnay \$7 | \$15

Vandoori Prosecco \$7 | \$15 <u>Red By the Glass & Bottle</u>

Christopher Michael Pinot Noir \$7 | \$15

Ruby Sky Cabernet Sauvignon \$7 | \$15

Draft Pints \$8 Finn River "Blackberry" Cider Holy Mountain "Black Beer"

Maritime Pacific "Old Seattle" Lager \$7

Rueben's "Crikey" IPA Stoup "Mosaic" Pale Ale

Wild Tonic "Blueberry Basil" Hard Kombucha

salads

LAYERS OF TASTE & TEXTURE

Spicy Thai Peanut & Basil Salad \$12

Cabbage, red leaf lettuce, carrots, bean sprouts, bell pepper, cilantro, basil, mint, green onion, cucumber, peanuts, spicy lime peanut vinaigrette (GF, VE, DF, dressing contains NUTS, SOY)

Flagship Kale \$12

Kale mix, spinach, baby kale, parmesan croutons,
Beecher's Flagship cheese crumbles, parmesan garlic
dressing (VG, contains DAIRY, WHEAT)
Add Mary's Organic Chicken \$3
Add Eva's Wild Sockeye Salmon \$6

"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**)

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 herb dressing

(DF, GF, dressing contains NUTS**)

Soba Noodle Bowl \$12

Buckwheat soba noodles, cabbage, red leaf lettuce, bean sprouts, green onion, carrots, salty seed mix, maple-miso dressing (VE, DF, dressing contains sesame and soy)

Curried Cauliflower Salad \$14

Spring mix greens, house roasted curried cauliflower, lemon thyme vinaigrette (Meg's favorite dressing) red grapes, golden raisins, red onions, almonds (Contains: dairy, nuts)

soup, sides & extras

OUR SOUPS ARE MADE IN HOUSE DAILY!

8 ounces ~ \$5 12 ounces ~ \$7

Add Sea Wolf Bakers Sourdough Bread \$3

Side of Julie's Tuna Salad \$6 Organic Poached Egg*** \$3

Grilled Tofu \$4

Eva's Wild Sockeye Salmon, Bristol Bay AK \$6

Smashed California Avocado \$3

Marinated Painted Hills Flank Steak*** \$6

St. Helen's Braised Short Rib*** \$6

Mary's Organic Salt & Pepper Roasted Chicken \$4

Beecher's "Flagship" Cheddar Cheese Crumbles \$3

Sea Wolf Bakers Sourdough Bread \$3

Olympia Provisions "Sweetheart" Ham \$4

beans greens + grains

GREAT BOWLS OF GOODNESS

Braised Beef Bowl \$18

St. Helen's braised beef, seasonal greens, brown rice, grilled baby bok choy, shiitake mushrooms & green onions, toasted sesame seeds, honey chili vinaigrette (DF, sauce contains: SOY, SESAME)

Havana Libre Bowl \$15

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 \$16

Mary's Organic chicken, red beans & brown rice, cabbage & spinach slaw, sofrito, radish, pineapple jalapeño salsa, cilantro, lime, avocado, cilantro lime vinaigrette (GF, DF)

Marrakech Market Bowl \$15

Kale, arugula, mint, Ras el hanout, cous cous, dried currants + apricots, chickpeas, sweet potatoes, harissa, carrots, crushed almonds, cilantro, preserved lemon vinaigrette

(VE, DF, contains NUTS, WHEAT)

Potlicker Bowl \$15

Collard greens in potlicker jus, maple pecans, polenta, black-eyed peas, Creole salsa, scallions, poached egg***

(DF, GF, VG, *VE with no egg, contains NUTS)

things with bread

TOASTS, TACOS & SANDWICHES Available gluten free upon request

Avocado Toast \$9

Smashed California avocado, Stiebr's Organic poached egg, fancy olive oil drizzle, sea salt, pepper, paprika, Sea Wolf Bakers Pullman rye

The Marinated Steak Banh Mi \$16

Our interpretation of the classic!

Marinated & grilled flank steak, Sea Wolf Bakers ciabatta roll, pickled carrots & red onion, basil, cucumber, mint, cilantro, spicy aioli.

Korean Tacos \$14

Choice of roasted adobo

Salmon Tacos \$16

Eva's Wild Salmon, avocado, cabbage slaw, cilantro lime vinaigrette, pineapple salsa

Julie's Albacore Tuna Salad Toast \$12

House poached albacore loin from Astoria, OR, Beecher's Flagship Cheddar cheese, kalamata olive vinaigrette, lemon, parsley all atop Sea Wolf Baker's Pullman Rye (contains: wheat, dairy, fish)

***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.