

SOUR SEED

Bagels

BAGEL + CREAM CHEESE

with classic cream cheese, *whole only* 6

BAGEL + BUTTER

grass-fed butter, flaky salt, *whole only* 5.50

BUTTER + JAM

grass-fed butter, your choice of blueberry, raspberry or strawberry jam, flaky salt *half 7 or whole 13*

TOMATO + CREAM CHEESE

choice of cream cheese, sea salt, cracked pepper, lemon, olive oil *half 8 or whole 15*

SMASHED AVOCADO

housemade pickled red onions, chili flakes, cracked pepper, flaky salt, lemon *half 9 or whole 16*

EGG SALAD*

choice of cream cheese, organic egg salad, smoked paprika, dill *half 9 or whole 17*

BREAKFAST SANDWICH*

choice of cream cheese, soft scramble, cheddar cheese, bacon served *whole 15*

SIMPLE SMOKED SALMON*

choice of cream cheese, capers, red onion, dill, cracked pepper, lemon, olive oil *half 8 or whole 15*

Choice of Salmon:

Farm Raised Salmon

or Substitute Wild Alaskan Sockeye Cold Smoked Salmon + 1.25 half | + 2.50 whole

SMOKED RIVER TROUT*

we use line caught wild trout
choice of cream cheese, pickled red onion, parsley, dill, cracked pepper, lemon, olive oil *half 9 or whole 17*

TUNA SALAD*

we use line caught wild albacore tuna
choice of cream cheese, tuna salad, shaved lettuce, dill, parsley, cracked pepper, olive oil, lemon *half 9 or whole 17*

THE GARDEN

choice of cream cheese, cucumber, tomato, pickled red onion, dill, parsley, capers, flaky salt, cracked pepper, olive oil, lemon *half 7 or whole 13*

SOURDOUGH BAGELS

Our sourdough bagels are handmade in house daily using only the best organic flours.

PLAIN EVERYTHING SESAME

Gluten-Free Option
Housemade Sourdough Everything Bagel
we use an organic brown rice and sorghum flour starter
Half + 1.00 | Whole + 2.00

CREAM CHEESE

Classic
Scallion + .75
Dill, Parsley, Chive + 1.00
Horseradish & Chive + 1.25
Preserved Lemon & Calabrian Chili + 1.50
Cashew Cream Cheese + 1.75
Truffle Cashew Cream Cheese + 2.00

Our cashew cream cheese is vegan and made with healthy gut probiotics.



Follow along @sourseedbagels

Please alert us at beginning of your meal to ALL possible food allergies. *State Health code requires us to inform you: these items contain (or may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

SOUR SEED

Bagels

COFFEE + ESPRESSO

organic + regeneratively grown coffee

- CAPPUCCINO 6.00
- LATTE 6.00 / 7.50
- DRIP COFFEE 4.00 / 5.00
- ESPRESSO 4.00
- AMERICANO 4.00 / 5.00
- MACCHIATO 4.25
- MOCHA 4.50 / 6.00
- COLD BREW 5.75 / 6.50

MUSHROOM COFFEE

- CHAGACCINO 7.50 / 9.50
espresso, milk of choice, chaga, cacao, cinnamon, monk fruit, hot or cold
- COCONUT CLOUD 10.50 / 12.50
adaptogenic mushroom + espresso cold foam layered over coconut water and ice

MATCHA + TEA

organic ceremonial grade matcha

- MATCHA LATTE 6.50 / 7.25
matcha with choice of milk, hot or iced
- HOUSE MATCHA BLEND 8.25 / 9.75
matcha, organic coconut milk, organic coconut water, monk fruit sweetener, served iced
- PALM BEACH FOG 8.25 / 9.75
cold steeped earl grey tea, matcha, vanilla cold foam, served iced
- CHAI TEA LATTE 7.25 / 8.75
our housemade spice blend, fresh ginger, assam black tea, chai syrup, choice of milk, hot or iced

ICED TEA

organic rishi teas, cold steeped 3.75 / 4.50

- JASMINE GREEN
- HIBISCUS BERRY
- EARL GREY

PRESSED JUICE

organic + served in 12 oz glass bottles

- ORANGE JUICE 10.00
- COCONUT WATER 9.00
- BRAIN WATER 9.50

ORGANIC MILKS

SKINNY or WHOLE

- ORGANIC PLANT BASED MILKS
no fillers, gum free, oil free, sugar free
- ALMOND + 1.00
- OAT + 1.00
- COCONUT + 1.25

ORGANIC COLD FOAMS

- housemade*
- VANILLA + 1.50
- SALTED CARAMEL + 1.50

ORGANIC SYRUPS

- housemade*
- VANILLA + 1.50
- SALTED CARAMEL + 1.50
- CHOCOLATE + 1.50

MORE SWEETENERS

- ORGANIC HONEY + .50
- ORGANIC MAPLE SYRUP + .50

ORGANIC SMOOTHIES

made with organic ingredients 16 oz

- STRAWBERRY SWIRL
banana, strawberries, coconut yogurt, grass-fed collagen, housemade strawberry glaze, coconut water, malk almond milk 14
- PEANUT BUTTER BUZZ
peanut butter, banana, cacao nibs, ice, grass-fed whey protein, maple syrup, cinnamon, coconut water, malk almond milk, chocolate sauce 14
- TROPICAL BREEZE
pineapple, mango, fresh lime and ginger juice, coconut yogurt, coconut water, e3 live blue majik 14

BOTTLED WATER

1 liter glass bottles

- ACQUA PANNA STILL 5.50
- SAN PELLEGRINO SPARKLING 5.50

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