

SOUR SEED

Bagels

BAGEL + CREAM CHEESE

with classic cream cheese, *whole only 6*

BAGEL + BUTTER

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

BREAKFAST SANDWICH*

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

BUTTER + JAM

grass-fed butter, your choice of blueberry, or raspberry 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

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

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*

WILD ALASKAN SOCKEYE SMOKED SALMON*

cold smoked - wildly delicious with a rich red hue
choice of cream cheese, capers, red onion, dill, cracked pepper, lemon, olive oil
half 9.50 or whole 18

SIMPLE SMOKED SALMON*

farm raised nova salmon - silky texture, mild flavor
choice of cream cheese, capers, red onion, dill, cracked pepper, lemon, olive oil
half 8.50 or whole 15

SMOKED RIVER TROUT*

choice of cream cheese, pickled red onion, parsley, dill, cracked pepper, lemon, olive oil
half 9 or whole 17

TUNA SALAD*

choice of cream cheese, wild albacore tuna salad, chopped lettuce, dill, parsley, cracked pepper, olive oil, lemon *half 9 or whole 17*

EGG SALAD*

choice of cream cheese, organic egg salad, dill, paprika, cracked pepper, olive oil, lemon
half 9 or whole 17

SOURDOUGH BAGELS

Our sourdough bagels are handmade in house daily using 100% organic flour from central milling.

PLAIN EVERYTHING SESAME

Housemade Gluten Free/Vegan Sourdough Bagel
made with our organic brown rice + sorghum flour starter

Plain Half + 1.00 | Plain 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.

GOOD TO KNOW

Our Bagels are all 100% Organic Sourdough and Individually Hand Shaped.
Single Bagels for Sale are Subject to Availability.



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 LATTE 7.50 / 9.50

espresso, milk of choice, chaga, cacao, cinnamon, monk fruit, hot or cold

COLLAGEN CRUSH 7.50 / 9.50

15g to 20g of protein with whole milk espresso, cacao, collagen, lion's mane, coconut sugar, ashwaganda, hot or cold

COCONUT CLOUD 10.50 / 12.50

adaptogenic mushroom + espresso cold foam, cinnamon, layered over coconut water and ice

MATCHA + TEA

We use Organic Ceremonial Grade Matcha

MATCHA LATTE 6.75 / 7.75

matcha with choice of milk, hot or iced

STRAWBERRY MATCHA 9.75 / 10.75

matcha, strawberry syrup and strawberry cold foam, choice of milk, served iced

HOUSE MATCHA BLEND 8.25 / 9.75

matcha, organic coconut milk, organic coconut water, monk fruit, served iced

PALM BEACH FOG 9.50 / 10.50

cold steeped earl grey tea with matcha, vanilla syrup and vanilla cold foam, served iced

CHAI TEA LATTE 7.50 / 8.50

our housemade chai spice blend, assam black tea, fresh ginger, 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

BOTTLED WATER 1 liter

ACQUA PANNA STILL 5.50

SAN PELLEGRINO SPARKLING 5.50

ORGANIC MILK

SKINNY or WHOLE

ORGANIC PLANT BASED MILKS

ALMOND + 1.25 | OAT + 1.25 | COCONUT + 1.25

Our cold foams and syrups are made in house using high quality organic ingredients.

ORGANIC COLD FOAMS + 1.50

VANILLA | SALTED CARAMEL | STRAWBERRY

FROTHED PURE MAPLE - SEA SALT FOAM + 1.50

ORGANIC SYRUPS + 1.50

VANILLA | SALTED CARAMEL

CHOCOLATE | STRAWBERRY

MORE SWEETENERS + .75

ORGANIC HONEY | ORGANIC MAPLE SYRUP

SMOOTHIES

Made with 100% organic ingredients, 16 oz.

STRAWBERRY SWIRL

banana, strawberries, raspberries, passion fruit, coconut yogurt, grass-fed vanilla collagen, strawberry glaze, coconut water, coconut milk 14.00

PEANUT BUTTER BUZZ

pure peanut butter, banana, grass-fed whey protein, cinnamon, cacao nibs, coconut water, coconut milk, chocolate sauce 14.00

TROPICAL BREEZE

mango, pineapple, coconut water, coconut yogurt, fresh pressed ginger, pineapple and lime juice, E3 live blue majik 14.00

ORGANIC PRESSED JUICE

Served in 12 oz. Glass Bottles

ORANGE JUICE 10.00

cold pressed organic valencia oranges

COCONUT WATER 9.00

thai coconut water

BRAIN WATER 9.50

thai coconut water with E3 live blue majik *energy boost, detoxification + joint health*

COLD KICKER TONIC 5.50

pressed ginger and lemon juice, wild oregano oil, raw honey, minerals

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