

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 SOCKEYE COLD 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 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

COCO ESPRESSO 10.50 / 12.50

coconut water, espresso, vanilla syrup,
vanilla cold foam, cacao powder, served iced

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 sryup, 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 risi teas, cold steeped 3.75 / 4.50

JASMINE GREEN

HIBISCUS BERRY

EARL GREY

ORGANIC MILK

2% or WHOLE

ORGANIC PLANT BASED MILKS

free from processed fillers, gums, oils & sugar

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 MAPLE SEA SALT FOAM +1.50

ORGANIC SYRUPS + 1.50

VANILLA | SALTED CARAMEL

CHOCOLATE | STRAWBERRY

MORE SWEETENERS + .75

ORGANIC HONEY | ORGANIC MAPLE SYRUP

ORGANIC SMOOTHIES

Made with 100% Organic Ingredients 16 oz.

sana. GLASS SKIN SMOOTHIE

cherries, strawberries, guava juice, watermelon juice,
lime juice, probiotic yogurt, pearl (beauty food),
vanilla collagen, sea moss, cherry glaze 16.00

STRAWBERRY SWIRL

banana, strawberries, raspberries, passion fruit,
coconut yogurt, grass-fed vanilla collagen,
strawberry glaze, coconut water, coconut milk 15.00

PEANUT BUTTER BUZZ

pure peanut butter, banana, grass-fed whey protein,
cinnamon, cacao nibs, coconut water,
coconut milk, chocolate sauce 15.00

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, E3 live blue majik -
energy boost, detoxification + joint health

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