

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, 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

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

EGG SALAD*

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

BREAKFAST SANDWICH*

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

WILD SOCKEYE COLD SMOKED SALMON*

choice of cream cheese, capers, red onion, dill, cracked pepper, lemon, olive oil *half 9.50 or whole 18.00*

SIMPLE SMOKED SALMON* *Farm Raised Salmon*

choice of cream cheese, capers, red onion, dill, cracked pepper, lemon, olive oil *half 8 or whole 15.00*

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*

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

Housemade Gluten Free Sourdough Bagel
made with an 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.



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 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, 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

BOTTLED WATER

1 liter glass bottles

ACQUA PANNA STILL 5.50

SAN PELLEGRINO SPARKLING 5.50

ORGANIC MILKS

SKINNY or WHOLE

ORGANIC PLANT BASED MILKS

free from processed fillers, gums, oils & sugar

ALMOND + 1.25 | OAT + 1.25 | COCONUT + 1.25

ORGANIC COLD FOAMS

VANILLA + 1.50 | SALTED CARAMEL + 1.50

ORGANIC SYRUPS

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, raspberries, mango, coconut yogurt, grass-fed vanilla collagen, strawberry jam, maple syrup, coconut water, coconut milk 14.00

PEANUT BUTTER BUZZ

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

TROPICAL BREEZE

pineapple, mango, ginger juice, lime juice, maple syrup, coconut yogurt, coconut water, e3 live blue majik 14.00

ORGANIC PRESSED JUICE

served in 12 oz. glass bottles

ORANGE JUICE 10.00

cold preesed 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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