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 16*

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 7.50 or whole 14*

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 9 or whole 17

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

House-made 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 + 1.00
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.

For all catering orders please visit our website sourseedbagels.com to place those orders 48hrs in advance.

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

COCO ESPRESSO 10.50 / 12.50
coconut water, espresso, vanilla syrup,
vanilla cold foam, cacao powder, served iced

AMERICANO 4.00 / 5.00

MACCHIATO 4.25

MOCHA 4.50 / 6.00

COLD BREW 5.75 / 6.50

MATCHA + TEA
we use 100% 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

HONEY MATCHA 9.75 / 10.75
matcha, honey syrup, whipped honey
cold foam, choice of milk, served iced or hot

PALM BEACH FOG 9.50 / 10.50
cold steeped earl grey tea, matcha,
vanilla cold foam, served iced

CHAI TEA LATTE 7.50 / 8.50
our house-made 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, Full Bodied Black

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

ORGANIC MILKS
2%. WHOLE.
ALMOND. OAT. COCONUT. + 1.25

ORGANIC SYRUPS + 1.50
VANILLA. SALTED CARAMEL. CHOCOLATE.
STRAWBERRY.

ORGANIC COLD FOAMS + 1.50
VANILLA. SALTED CARAMEL. STRAWBERRY.
FROTHED MAPLE SEA SALT. WHIPPED HONEY.

MORE SWEETENERS +.75
ORGANIC HONEY.
ORGANIC MAPLE SYRUP.
MONK FRUIT.

MUSHROOM COFFEE

CHAGACCINO LATTE 7.50 / 9.50
espresso, milk of choice, chaga, cacao,
cinnamon, monk fruit, hot or iced

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 iced

COCONUT CLOUD 7.50 / 9.50
rich & delicious brain fuel with mct oil
adaptogenic mushroom + espresso cold foam,
cinnamon, layered over coconut water and ice

ORGANIC SMOOTHIES
clean, energizing smoothies
with nutrient packed superfoods 16 oz.

STRAWBERRY SWIRL
banana, strawberry, raspberry, passion fruit,
coconut yogurt, vanilla collagen, coconut water,
coconut milk, strawberry glaze 16.00

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

TROPICAL GREEN
mango, pineapple, fresh spinach and mint,
lime juice, coconut water 15.00

PEANUT BUTTER BUZZ
peanut butter, banana, grass-fed whey protein,
cinnamon, cacao nibs, coconut water,
coconut milk, chocolate sauce 16.00

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