

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

SHAKEN ESPRESSO 9.50 / 11.50

espresso, organic syrup of your choice,
splash of milk, served iced

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

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

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 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

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.

MORE SWEETNERS +.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 10.50 / 12.50

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, passionfruit, coconut yogurt,
grass-fed whey protein, vanilla collagen,
coconut water, coconut milk, strawberry glaze 15.00

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 15.00



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