

Food Menu

Oatmeal, sandwiches, pickles, salads, and parfaits are made in the café. Our preferred partner for vegetables, herbs, and fruit is the UW Farm. If we need it and it is on the fresh sheet, we purchase directly from the farm.

Breakfast

Oatmeal

Mixture of groats, rolled & steel-cut oats, whole barley, flax and chia seeds
Topped with Greek yogurt, strawberries, blackberries, hemp seeds

Pastries

From Seattle's The Essential Baking Company
Available warmed

Juice

Columbia Gorge organic juice from Hood River, OR

Snacks

Yogurt Parfait

Greek yogurt mixed with honey. Topped with fruit and granola.

Fresh Fruit

Trail Mix & Dried Fruit

Selection from Northwest Delights, Sumner, WA

Theo Chocolate Bars

Selection from the Seattle's organic and Fair Trade chocolate factory

Lunch and Dinner

Kale Salad

Nicoise olives, toasted pumpkin seeds, parmesan, olive oil & lemon juice dressing

Grilled Cheese

Focaccia, chevre, Havarti, provolone, pesto with a side of house-made pickles

Turkey and Salami

Pretzel bun, chevre, sweet fried peppers, pesto with a side of house-made pickles

Soup

Rotating selection of Meritage and Blount soups. Two options daily including one vegetarian.