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.