



contact us 206-512-3075 www.trymollys.com michelle@mollysteam.com



breakfast

Field Roast Breakfast Burrito - chipotle field roast, cage free eggs, organic yellow onion, organic russet potatoes, tomato chutney, black beans and chiles in a white tortilla

Lumberjack Breakfast Sandwich – honey ham, cage free eggs, and sharp cheddar cheese on a multi-grain english mulfin

Start-Up Breakfast Sandwich - applewood smoked bacon, cage-free eggs, tomato, organic caramelized onions, spinach and sharp cheddar cheese on a multi-grain english muffin

Treehugger Breakfast Sandwich - nutmeg spiced cage free egg, carmelized onion, wild arugula, aged white cheddar on ciabatta

salads

Cowardly Brutus - baked chicken, organic red cabbage, wild arugula, organic fennel, organic pear, and sliced radishes with mustard thyme vinaigrette

Quinoa – organic quinoa mixed with an organic carrot-garlic dressing, organic spinach, radish, organic lemon wedge, shredded carrots

The Grecian - organic orzo tossed in our homemade red wine vinaigrette, kalamata olives, organic red bell peppers, organic spinach, organic red onion and feta

Olympic – organic spring mix, organic fuji apples, walnuts, dried cranberries, gorgonzola cheese, lemon wedge, balsamic vinaigrette

Tortellini Salad - cheese tortellini, homemade herb pesto, parsley, and sun-dried tomatoes

Mountain Goat - organic quinoa on a bed of organic spinach, topped with goat cheese, green onion, almonds, completed with a mustard thyme vinaigrette that has a serious attitude

sandwiches

Freebird Turkey - turkey, peasant levain bread, sun dried tomato spread, spinach, pepper jack cheese

Seattle Blues - black forest ham, pickled red onions, fig jam, blue cheese spread on a potato torpedo roll

Shindig Sammy - pesto spread, roasted red bell peppers, roasted chicken, and organic spring mix on french sourdough

Peppenwolf - salsa verde, organic caramelized onion, pepperoni, and wild arugula on ciabatta

Molly's Hero - smoked ham, spicy italian salami, organic roma tomato, organic green leaf lettuce with a dijonaise spread on organic multi-grain bread

Sage Turkey Toasty - hickory smoked turkey, provolone, caramelized onions with sage and dijon aioli on sourdough

Autobahn - smoked tofu, pickled vegetables, fresno chiles, cucumber, soy-lime aioli on a potato torpedo roll

Chicken Curry - roasted chicken, carrots, celery, homemade curry sauce, cilantro, and red onion on a potato torpedo roll

Solip

Udon Tofu Noodle - udon miso soup, tofu, shiitake mushrooms, bok choi, seaweed, and togarashi

Udon Chicken Noodle - udon miso soup, roasted chicken, shiitake mushrooms, bok choi, seaweed, and togarashi

Wraps

Yam & Kale - roasted yams, kale marinated in balsamic vinaigrette, black beans, and feta, in a white tortilla wrap

Hangry Vegan - organic tofu, peanutty dressing, organic cilantro, organic carrots, organic red cabbage, organic red onion, in a white tortilla wrap

El Compadre - chipotle field roast, roasted corn, black beans, cilantro, bell peppers, chipotle aioli, and cotija cheese in a whole wheat tortilla wrap

snacks

PB & J - raspberry preserves and peanut butter on whole grain bread

Fremont Rx - roasted cauliflower, rosemary roasted almonds, hard-boiled egg, marinated olives, iberico cheese

Granono Bar - oats, raisins, wild-flower honey, walnuts, pumpkin seeds, sunflower seeds, coconut, flax seed and cinnamon