

Plum

# CHOPPED

CHEF MAKINI HOWELL SHARES THE FLAVORS, SPICES, AND SOULFUL SPIRITS SHE ENCOUNTERED WHILE SERVING AS THE PERSONAL CHEF TO STEVIE WONDER ON HIS SONGS IN THE KEY OF LIFE WORLD TOUR.

## SIGNATURE SALADS \$9

### WORLD TRAVELER

*A crunchy and cool Asian-inspired salad*

Chopped Romaine Lettuce. Coriander-Rubbed Tofu. Edamame. Tangerine. Napa Cabbage. Toasted Turmeric Pepitas. Red Peppers. Sesame Ginger Dressing. (NF) (SF)

### BLACK GODDESS

*A rich, delicious, protein packed Greek salad*

Arugula + Spinach. Black Beans. Chickpeas. Quinoa. Cucumber. Grape Tomatoes. Sun Dried Tomatoes. Nut Cheese. Mediterranean Vinaigrette. (SF) (GF)

### TURN UP THE BEET

*Creamy spinach and beet salad*

Chopped Red Beets. Spinach + Arugula. Wheat Berries. Nut Cheese. Spanish Almonds. Balsamic Vinaigrette. (SF)

### WELL AREN'T YOU FANCY

*If a cheese plate were a salad*

Spinach + Arugula. Quinoa. Figs. Pecans. Port Wine. Nut Cheese. Blackberries. Balsamic Vinaigrette. (SF) (GF)

### RED BLOODED VEGAN

*A plant-based, pub style salad*

Chopped Red Leaf + Romaine Lettuce. Avocado. Tomato. Baconish Crunch. Peperoncini Peppers. Red Onion. Nut Cheese. Croutons. Ranch Dressing.

### TAKE ME ON TOUR

*Our spin on the classic Caesar*

Chopped Kale + Romaine Lettuce. Baked Tempeh. Non-Dairy Parmesan. Fried Chickpeas. Grape Tomatoes. Caesar Dressing. (NF)

### TRAVELIN' THRU MEMPHIS

*Tastes like summer BBQ*

Chopped Green + Red Leaf Lettuce. Smoked BBQ Mushrooms. Southern Baked Beans. Red Onion. Tomatoes. Avocado. Seasoned Plantain Chips. Baconish Vinaigrette. (NF) (GF)

### WRAP ME UP +\$1

Turn ANY salad into a wrap.

(GF) Gluten Free

(SF) Soy Free

(NF) Nut Free

# BUILD YOUR OWN \$9

**Includes** Greens | Fruits + Veggies | Dressing of Your Choice

**Complete the Experience by Adding** Protein | Crunchies | Cheese

## LEAFY GREENS

Romaine • Red Leaf • Green Leaf • Spinach  
Kale • Arugula

## GRAINS AND PROTEINS +\$2

Red Quinoa • Chickpeas • Edamame  
Coriander-Rubbed Strami Tofu • Baked Tempeh  
Wheat Berries

## FRUITS AND VEGGIES

Cucumbers • Red Peppers • Red Onions  
Tomatoes • Mushrooms • Cabbage • Beets  
Tangerines • Broccoli

## CRUNCHIE MUNCHIES +\$1

Baconish • Pepitas • Seasoned Plantain Chips  
Seasoned Fried Chickpea • Dried Berries  
Spanish Almonds • Southern Spicy Pecans  
Turmeric Pumpkin Seeds • Herb Croutons

## SCRATCH MADE DRESSING

Balsamic • Mediterranean • Baconish • Caesar  
Sesame Ginger

## NUT CHEESE AND EXTRAS +\$2

Port Wine • Smoked Gouda • Figs • Avocado

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## MORNING EATS

### SLEEPING LATE \$6

Savory Spinach. 'Bacon' Portobello. Cheese. Tomato.  
English Muffin Toast.

### PITTSBURGH ENERGY \$8

Anaheim Tofu Scramble. Portobello. Onions. Garlic.  
Fresh Herbs. Tamari. Chili Flakes. Served with Toast  
and Avocado.

### ON THE ROAD IN TEXAS \$7

Roasted Yam and Refried Black Bean Breakfast  
Burrito. Soy Chorizo. Vegan Cheese. Roasted  
Red Peppers.

### THE FOUR SEASONS \$7

Strawberry-Pear Steel Cut Oat Bowl. Toasted Pepitas.  
Dried Dates. Shaved Almonds. Coconut Chips.  
Almond Milk. Agave.

### DALLAS SUNSHINE \$7

Blackberry Avocado Cheesecake Breakfast Bowl.  
Sunflower Buckwheat Granola. Dried Berries. Fresh  
Blackberries. Bourbon Agave.

#### LOCATION

1429 12th Ave  
Seattle, WA 98122  
206.329.1654

#### HOURS

Morning Eats 7am — 11am  
Signature Salads 11am — 6pm  
Open Daily