

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) (GF)

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. Cherry Tomatoes. Baconish Crunch. Pepperoncini 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 \$7

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 +\$1 EACH

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 EACH

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 +\$1 EACH

Port Wine • Smoked Gouda • Figs • Avocado

MORNING EATS

Served All Day

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

1419 12th Ave

Seattle, WA 98122

206.838.5333

Open Daily

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