

# spoonline

A SHORTCUT TO GOOD FOOD

## STARTERS



### KETO PIZZAS

Margherita: tomatoes, mozzarella, basil 11  
Pesto and sausage 13



### FALAFEL WAFFLE PLATTER

with tzatziki, hummus, and pita 13



### M O M SHARES

shaved Manchego, Olives and rosemary  
Marcona almonds 12  
+ prosciutto 4

### ALASKA SCALLOPS

miso glaze, baby bok choy 16

### DUBLINER QUESADILLA

with avocado & pico de gallo 8

### SEARED CURRY CAULIFLOWER

and toasted pinenuts 8

### ARTISANAL BREAD

with roasted garlic and  
olive oil 6



### CRAB CAKES

with goddess aioli 15

*\*consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*



FROM 3PM-5PM TAKE \$5 OFF THESE ITEMS

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DESSERT

\$8

FLOURLESS CHOCOLATE DECADENCE

*with berries*

BLUEBERRY LEMON PAVLOVA MERINGUE

*with lemon curd, whipped cream and blueberries*

PINEAPPLE UPSIDE DOWN CAKE

*we make it with almond flour so its extra rich and gluten free  
vegan*

CARROT CAKE

*with classic cream cheese frosting*



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A SHORTCUT TO GOOD FOOD

## BREAKFAST BURRITOS

Scrambled egg with mildly curried hashbrowns, salsa cream cheese, cheddar cheese. 10

*with bacon* 10

*with sausage* 10

*with veggies* 10

*combinations* 12

### VEGAN BURRITO

Hashbrowns and sautéed vegetables with a spicy carrot hummus spread and Daiya “cheddar”.

## BREAKFAST BOWL (GF)

**ALL THE BURRITO WITHOUT THE TORTILLA**

*veggie/bacon/sausage* 10

*Combinations* 12

### VEGAN BREAKFAST BOWL

Hashbrowns and sautéed vegetables with a spicy carrot hummus spread and Daiya “cheddar”.

## EGGS BENEDICT

*served with hash browns*

**CLASSIC** 15  
*with Black Forest Ham*

**ALASKAN** 17  
*with cold-smoked Copper River Red Salmon*

**CHILKOOT** 15  
*with reindeer sausage*

**FLORENTINE** 13  
*with spinach*

**THE HOWARD** 17  
*with pastrami, housemade slaw and a touch of Russian dressing on a English muffin topped with poached eggs and hollandaise.*

## ON THE SWEETER SIDE

**BAKED FRENCH TOAST** 12  
*with butter and maple syrup*

**CHIA COCONUT PUDDING** 8  
Served with fresh berries, candied ginger and organic coconut

**YOGURT CUP** 8  
Organic yogurt with fresh fruit and housemade granola.

## DRINKS

**PELLEGRINO MINERAL WATER** 2

**IZZE** 2.5

**JUICE BOX** 2

**HOT CHOCOLATE** 3

**FRESH BLACK COFFEE** 3  
*Caveman Style - blended with raw, organic coconut MCT oil* 3.5





## DINNER MENU

### SALADS

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#### **SOUTHCENTRAL MIXED GREEN**

roasted corn, tomatoes, cucumbers and black beans  
tossed with creamy chipotle dressing and topped with  
Tillamook cheddar and cilantro 12/8

#### **GRILLED VEGAN "CAESAR" WEDGES**

with homemade crostinis 12/6

#### **SPINACH SALAD**

with roasted beets, mandarins, pecan seared chevre  
and crispy prosciutto with lemon vinaigrette 12/8  
+ chicken 8 + sweet chile bacon 6  
+ PWS spot prawns 12 + seared AK scallops 15

#### **CLASSIC CAESAR**

housemade garlic crostinis and parmesan ribbons  
white anchovies 12/6

### MAIN COURSE

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#### **RISOTTO PRIMAVERA**

*summer peas and asparagus, green goddess gremolata 15*  
*+ chicken 8*  
*+ seared scallops 15*

#### **PORTOBELLO TACOS**

*with Napa slaw, refried black beans and ginger jasmine rice 16*

#### **ALASKA BLACK COD CAUGHT BY F/V STRESS POINT**

*mirin marinated and served on a tangle of sautéed bok choy, sweet peppers,  
carrot ribbons and soba noodles with a shiso broth 28*

#### **ALASKA WILD SALMON**

*special market price*

#### **ORGANIC LEMON SKILLET CHICKEN**

*with garlic thyme pan sauce, fennel apple slaw and smashed potatoes 24*

#### **THAI STYLE YELLOW CURRY**

*with veggies over rice noodles or organic spinach 16*  
*+ chicken 8 +AK Sprouts tofu 6*  
*+ PWS spot prawns 12 +seared AK scallops 15*

#### **FILET MIGNON**

*8oz. with Herbes de Provence, chimichurri compound butter,  
asparagus and roasted potatoes 38*



## SUNDAY BRUNCH

### BREAKFAST BURRITOS

Scrambled egg with mildly curried hashbrowns, salsa cream cheese, cheddar cheese.	10
<i>with bacon</i>	10
<i>with sausage</i>	10
<i>with veggies</i>	10
<i>combinations</i>	12

### VEGAN BURRITO

Hashbrowns and sautéed vegetables with a spicy carrot hummus spread and Daiya “cheddar”.

### BREAKFAST BOWL (GF)

#### ALL THE BURRITO WITHOUT THE TORTILLA

<i>veggie/bacon/sausage</i>	10
<i>Combinations</i>	12

### VEGAN BREAKFAST BOWL

Hashbrowns and sautéed vegetables with a spicy carrot hummus spread and Daiya “cheddar”.

### EGGS BENEDICT

*served with hash browns*

<b>CLASSIC</b>	15
<i>with Black Forest Ham</i>	
<b>ALASKAN</b>	17
<i>with cold-smoked Copper River Red Salmon</i>	
<b>CHILKOOT</b>	15
<i>with reindeer sausage</i>	
<b>FLORENTINE</b>	13
<i>with spinach</i>	
<b>THE HOWARD</b>	17
<i>with pastrami, housemade slaw and a touch of Russian dressing on a English muffin topped with poached eggs and hollandaise.</i>	

### ON THE SWEETER SIDE

<b>BAKED FRENCH TOAST</b>	12
<i>with butter and maple syrup</i>	
<b>CHIA COCONUT PUDDING</b>	8
<i>Served with fresh berries, candied ginger and organic coconut</i>	
<b>YOGURT CUP</b>	8
<i>Organic yogurt with fresh fruit and housemade granola.</i>	

### DRINKS

<b>PELLEGRINO MINERAL WATER</b>	2
<b>IZZE</b>	2.5
<b>JUICE BOX</b>	2
<b>HOT CHOCOLATE</b>	3
<b>FRESH BLACK COFFEE</b>	3
<i>Caveman Style - blended with raw, organic coconut MCT oil</i>	3.5



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**LUNCH MENU**

**BREAKFAST BURRITOS**

Scrambled egg with mildly curried hashbrowns, salsa cream cheese, cheddar cheese.

- with bacon* 10
- with sausage* 10
- with veggies* 10
- combinations* 12

**VEGAN BURRITO 10**

Hashbrowns and sautéed vegetables with a spicy carrot hummus spread and Daiya “cheddar”.

**BREAKFAST BOWL (GF)**

**ALL THE BURRITO WITHOUT THE TORTILLA**

- veggie/bacon/sausage* 10
- Combinations* 12

**VEGAN BREAKFAST BOWL 10**

Hashbrowns and sautéed vegetables with a spicy carrot hummus spread and Daiya “cheddar”.

**BREAKFAST SANDWICHES**

**BAGEL AND LOX 12**

Everything bagel, Copper River salmon, classic fixings.

**SANDWICHES**

**MEXI VEGGIE 10**

sweet bell peppers, avocado, carrots, scallions, spinach and cheddar served with salsa cream cheese on a croissant – delicious toasted.

**MEXI TURKEY 12**

Add roasted turkey to the deliciousness above.

**HEHNLIN 12**

The hardest working sandwich in town! Pastrami and kimchi on a ciabatta with dijon cream cheese topped with 2 slices of swiss and served hot.

**REBECCA’S REUBEN 10**

Roasted turkey and Russian dressing with melted swiss and napa cabbage slaw, served hot.

Sub pastrami add 2

**CHUGACH CHICKEN CROISSANT 11**

Juicy chicken salad with cranberries and organic apples in a creamy lemon dressing.

**TURKEY BACON MELT 12**

Toasted ciabatta with creamy dijon, turkey, chile bacon, Havarti cheese and spinach served hot.

**APPLE AND BRIE CROISSANT 10**

Thinly sliced organic apples, creamy brie and sweet apple mustard with or without spinach.

Great melted!

*with bacon or ham 2*

**VEGELISCIOUS WRAP 10**

Carrot hummus spread on a flour tortilla with all the freshest veggies (vegan)

**OR ...**

design your own- Gluten free bread, tortilla wrap, oatnut bread, croissant, ciabatta, lettuce wrap

**SALADS**

**CHEF’S SALAD 14**

Crisp romaine, turkey, ham, hard boiled eggs and cheddar cheese

**BABY SPINACH SALAD 12**

Baby spinach with roasted beets & oranges, tossed with lemon vinaigrette and topped with toasted pecans.

*add crispy prosciutto 2.5*

*Salad dressings - choose from our housemade Lemon Vinaigrette, Russian caper or Ranch.*

**SOUPS**

**HARVEST SOUP 6 / 8**

Carrot, coconut milk, sweet potato, ginger and apple (vegan)

**CURRY OF THE DAY 12**

Rice on the Side

**DRINKS**

- Pellegrino mineral water 2
- Izze 2.5
- Juice box 2
- Hot Chocolate 3
- Fresh Black Coffee 3
- Caveman Style - blended with raw, organic coconut oil 3.5*

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# WINE LIST

## Bubbly, Rose, White

**Miquel Pons Brut Cava** lively and fresh 8/30

**Domaine de Prieure Cremant de Bourgogne** excellent racy cremant with 10% aligoté blended in for added citrusy notes and lush bubbles 13/50

**Estreia Vinho Verde Rose** refreshing Portuguese rose – perfect for the porch 7/28

**Dowie Doole Rosé of Grenache/Vermentino** big fruit right up front with a touch of salinity and citrus on the finish from the Vermentino 9/44

**Nai Albariño** reminiscent of sauvignon blanc, a light, bright albarino 8/38

**Aurora Chardonnay** lightly oaked and very drinkable 8/30

**Capitello Chardonnay** Willamette Valley, classic, buttery 56

## Red

**Little Brother Langhorne Creek Cabernet** "I just want a glass of good red" 9/36

**Ferratus AO Ribera del Duero Tempranillo** powerful and structured 49

**Serbal Malbec** ripe fresh fruit Violets, blueberries, pepper, 10/39

**Territorial Pinot Noir Willamette Valley** a very small-production pinot with great cherry/spice aromatics and lush texture 12/49

**Tom de Baton Douro Red** Portuguese red blend that evokes some of the herbal character of Cab Franc with Portugal's typical earthiness. 11/42

## Dessert

**Aurora Rutherglen Muscat** tropical notes and orangey sweetness 8/33 half bottle

**Villa da Filicaja Vin Santo Chianti Classico** a stunning Italian dessert wine, nutty and nuanced 18/70 half bottle