



Seattle Restaurant Week Menu Oct 26-Nov 8

Gluten-free, dairy-free, egg-free, soy-free, peanut-free, tree nut-free, fish-free, shellfish-free, crustacean-free, sesame-free, corn-free, potato-free, mustard-free, celery-free, no GMOs, no xanthan/guar gums, no sunflower, no flax

\$20+tax/serving includes: *albondigas (meatball) soup with your choice of beef or vegan meatballs, house-made tortillas, 8 oz Mexican hot chocolate*

\$5/\$10/\$15/\$20 Give a Meal Program*

Albondigas:

Soup: tomatoes, mushroom broth, Farias Farm organic produce (onion, carrots, zucchini, garlic) rutabaga, kohlrabi, organic mint, organic cilantro, organic oregano, organic cumin, organic coriander, sea salt, organic pepper

Beef Meatballs: Olsen Farms grass fed and finished 85/15 ground beef, organic long grain rice, organic mint, organic chia seeds, organic smoked paprika, onion powder, garlic powder, sea salt, organic cumin, organic black pepper

Vegan Meatballs: organic crimini and shiitake mushrooms, organic black beans, organic long grain rice, Farias Farm organic shallots, organic extra virgin olive oil, organic buckwheat sourdough bread crumbs, organic chia seeds, Yoka Miso chickpea miso, mushroom powder, organic garlic powder, organic smoked paprika, organic black pepper, sea salt organic cumin

Tortilla:

water, organic cassava flour, sweet potato starch, organic ivory teff flour, grape seed oil, baking powder, salt

Mexican Hot Chocolate:

Choice of oat/coconut/hemp milk, organic cocoa powder, organic cane sugar, organic Ceylon cinnamon, chipotle chili powder, cayenne chili powder

***Give a Meal Program**

All Give a Meal donations will directly support Good Food Kitchens, a program of the Good Business Network of Washington. Since 2020, Good Food Kitchens has directed over \$1.9 million to 78 restaurants and caterers, sourcing from 100 local farms and producers, to prepare over 184,000 nourishing free meals for community members facing food insecurity through their trusted partnerships with 82 community organizations and through direct distribution to those in need.

Askatu Bakery by Liberated Foods
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