



Order ahead at:
CafeYumm.com/7th-Pine
717 Pine St, Seattle
206-624-YUMM (9866)

What's a YUMM! Bowl?

Our famous Original has:

- Organic Brown Rice
- Yumm! Sauce®
- Organic Black Beans
- Cheddar Cheese
- Fresh Mild Red Salsa
- Black Olives
- Tomato
- Avocado
- Sour Cream
- Cilantro

Sub
Cauliflower
Rice for
\$1.75



Personalize Your Yumm!
Chicken · Tofu · Tempeh · Vegan

YUMM! Bowls

Deluxe Toppings on all Yumm! Bowls®:

Sliced Avocado · Diced Tomato · Cilantro
Black Olives · Cheddar Cheese · Sour Cream

Original (538 | 776 | 1016 cal.)

Organic Brown Rice · Yumm! Sauce®
Organic Black Beans · Fresh Mild Red Salsa
Deluxe Toppings

Jazzy® (528 | 761 | 996 cal.)

Thai Jasmine Rice · Yumm! Sauce®
Organic Red Beans · Fresh Mild Red Salsa
Deluxe Toppings

Hot 'n' Jazzy® Spicy! (550 | 783 | 1018 cal.)

Thai Jasmine Rice · Yumm! Sauce®
Organic Red Beans · Jalapeño Sesame Salsa
Deluxe Toppings

Smoky Mild heat. (511 | 740 | 961 cal.)

Organic Brown Rice · Yumm! Sauce®
Our own Chipotle Chili
Fresh Mild Red Salsa · Deluxe Toppings

Chilean Zucchini™ (508 | 737 | 956 cal.)

Organic Brown Rice · Yumm! Sauce®
Our own Chilean Zucchini™ Stew
Fresh Mild Red Salsa · Deluxe Toppings

Edamame (544 | 784 | 1008 cal.)

Organic Brown Rice · Yumm! Sauce®
Organic Edamame · Nori · Deluxe Toppings

Yumm! Baby® No beans about it!

(536 | 778 | 999 cal.) Thai Jasmine Rice
Yumm! Sauce® · Extra Avocado · Deluxe Toppings



Yumm! Bowl® Add-ons

- \$1.75 Sub Cauli Rice (-96 cal. Small | -121 Medium | -145 Large)
- \$3.50 All-Natural Chicken, Southwest or Original (98 | 80 cal.)
- \$3.50 Organic Tofu, Southwest or Original (160 | 93 cal.)
- \$3.50 Organic Tempeh (173 cal.)
- \$3.00 Add Soup (60 - 110 cal.)
- \$1.50 Nori – roasted, salted seaweed (48 cal.)
- \$1.50 Pepitas – roasted, salted pumpkin seeds (73 cal.)
- \$1.50 Slivered Almonds – blanched, unsalted (90 cal.)
- \$1.50 Café Yumm!® Crispy Noodles – gluten-free (60 cal.)
- \$1.50 Jalapeño Sesame Salsa (35 cal.)
- 0¢ Substitute Organic Nonfat Yogurt for Sour Cream (-39 cal.)

More Ways to YUMM!

Yumm! Wrap® You'll need a fork.

\$15.99 (788-1288 cal.)
Large Yumm! Bowl® of your choice
Folded into a grilled, open-face tortilla
with melted cheddar.



Yumm! Wrappit® A hand-held meal!

\$14.99 (646-1053 cal.)
Medium Yumm! Bowl® of your choice
Rolled up tight in a warm tortilla.



Yumm! 'n' Greens®

\$13.99 (403-658 cal.)
Small Yumm! Bowl® of your choice
Served on a bed of organic field greens
and crowned with tortilla chips.



Yumm! Bento®

\$15.99 BBQ Organic Tofu (984 cal.)
\$15.99 Teriyaki Organic Tempeh (1085 cal.)
\$15.99 Teriyaki All-Natural Chicken (914 cal.)
Organic Brown Rice or Thai Jasmine Rice
Served with our creamy ginger Asian Cole
Slaw, a Skewer,
and a side of
Yumm! Sauce®



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Simply delicious. Simply nourishing.™

Salad · Soup

AvoCrunch Salad™ \$12.99 (514 cal.)
Organic Field Greens · Tomato · Carrots
Red Cabbage · Crispy Noodles (GF)
Sliced Avocado · Slivered Almonds
Cilantro · Sweet Ginger Miso Dressing



AvoCrunch Salad™

Southwest Salad
\$14.99 All-Natural Chicken (423 cal.)
\$14.99 Organic Tofu (461 cal.)
Organic Field Greens · Black Beans
Diced Tomato · Sliced Avocado
Diced Onion · Pepitas · Cilantro
*Served with fresh mild red salsa and
choice of dressing (+90 - 150 calories).*



Southwest Salad

Side Salad \$7.99 (43 cal.)
Organic Field Greens · Tomato
Red Cabbage · Carrots · Red Onion
Choice of Dressing (+90 - 150 cal.)

Salad Add-ons

- \$1.75 Sliced Avocado (45 cal.)
- \$1.75 Cheddar Cheese (113 cal.)
- \$3.50 All-Natural Chicken, Southwest or Original (98 | 80 cal.)
- \$3.50 Organic Tofu, Southwest or Original (160 | 93 cal.)
- \$3.50 Organic Tempeh (173 cal.)

Dressing Choices: Original Yumm! Sauce® (106 cal.)
Creamy Ginger Asian (150 cal.) · Sweet Ginger Miso (90 cal.)
Balsamic Vinaigrette (137 cal.) · Blue Cheese (120 cal.)
Buttermilk Ranch (120 cal.)

House Soups

- \$7.99 Cup (120-220 cal.)
 - \$9.99 Bowl (180-330 cal.)
- Served with baguette roll and butter.*



Chilean Zucchini™
Stew

Soup Add-ons

- 75¢ Diced Red Onion (15 cal.)
- \$1.75 Cheddar Cheese (113 cal.)
- \$4.00 Deluxe Toppings (243 cal.)
(Avocado, Tomato, Cilantro, Olives, Cheddar Cheese, and Sour Cream)
- \$1.50 Sour Cream or Organic Nonfat Yogurt (46 | 7 cal.)

Cookies · Drinks

Chocolate Chip Cookie \$3.75 (335 cal.)
Organic whole wheat flour

Ginger Spice Cookie \$3.75 (344 cal.)
Vegan and wheat-free

Oatmeal Raisin Cookie \$3.75 (394 cal.)
Organic oat flour

Chocolate-Dipped Cookie add 50¢ (+78 cal.)



Chocolate-Dipped
Cookie


Café Yumm!® Organic Coffee \$3.50 (0 cal.)

Organic Herbal Teas \$3.75 (0 cal.)

Freshly Brewed Iced Tea \$3.75 (0 cal.)

Fresh Strawberry Lemonade \$3.75 (180 cal.)

Bottled Juices, Sodas, Kombucha, and Smoothies
See display case.

Fountain Drinks \$3.75 (200 | 0 cal.) 
Pepsi, Dr. Pepper, Starry Lemon Lime, Mug Root Beer, Diet Pepsi, Diet Dr. Pepper

**Feeding
a crowd?
Ask about
catering!**

Grilled Items

Southwest Wrap™
\$15.99 All-Natural Chicken (769 cal.)
\$15.99 Organic Tofu (864 cal.)
Cheddar Cheese · Avocado · Tomato
Fresh Mild Red Salsa · Cilantro
*Folded into a grilled, open-face tortilla
with melted cheddar.*



Southwest Wrap™
with Chicken

Deluxe Quesadilla
\$13.50 (883 | 863 cal.)
White or Whole Wheat Tortilla
Cheddar Cheese · Diced Tomatoes · Olives
Sliced Avocado · Cilantro
*Served with fresh mild red salsa
and sour cream on the side.*



Deluxe Quesadilla

Cheese Quesadilla
\$11.50 (790 | 770 cal.)
White or Whole Wheat Tortilla
*Served with fresh mild salsa and
sour cream on the side.*

Skewers

Teriyaki Tempeh
\$6.50 (393 cal.) Organic Tempeh

BBQ Tofu
\$6.50 (329 cal.) Organic Tofu


Teriyaki Chicken
\$6.99 (259 cal.) All-Natural Chicken




Tempeh, Chicken,
and Tofu

YUMM! Kids™

 **Original Kid Yumm! Bowl®** \$9.50
(436 cal.) Organic Brown Rice · Organic Black
Beans · Yumm! Sauce® · Cheddar Cheese

 **AvoKiddo™ Yumm! Bowl®** \$9.50
(443 cal.) Thai Jasmine Rice · Yumm! Sauce®
Cheddar Cheese · Fresh Sliced Avocado

 **Organic Rice & Beans** \$8.50 (338 cal.)
Organic Brown Rice · Organic Black Beans
Beautiful, Delicious, Nourishing.™

 **Teriyaki Chicken & Rice**
\$11.50 (464 cal.)
Teriyaki All-Natural Chicken
Thai Jasmine Rice · Teriyaki Sauce



Teriyaki Chicken
& Rice

Add-ons for Yumm! Kids
\$3.50 All-Natural Chicken (80 cal.)
\$3.50 Organic Tofu, Original (93 cal.)
\$1.75 Fresh Avocado Slices (45 cal.)
\$1.75 Shredded Cheddar (110 cal.)
\$1.75 Diced Tomato (10 cal.)
\$1.75 Black Olives (33 cal.)

Kid Quesadilla \$9.50 (588 cal.)
White or Whole Wheat Tortilla · Cheddar Cheese
Unlike Cheese Quesadilla, does not include salsa and sour cream.


Served in a
bigger bowl
to help kids
avoid the
"Oops!"

**Dietary
requests
are always
welcome!**