

do
what
comes
naturally.

Seed

lunch

salads

Market Salad V GF NF 12
with market greens, avocado, raw shredded vegetables, marinated red peppers, green olives, radishes, sprouts & creamy citrus dressing, + smoked salmon* (6), egg* (3), grilled tofu (6), grilled chicken (6), or avocado (3)

Lacinato Kale Salad V GF 15
with shredded vegetables, almond ricotta, honey crisp apples, spiced sunflower seeds & toasted sesame date dressing, + smoked salmon* (6), egg* (3), grilled tofu (6), grilled chicken (6), or avocado (3)

Veggie Cobb Salad GF 18
with romaine lettuce, grilled portobello, smokey black beans, hard boiled egg, avocado, cherry tomatoes, sprouts and cashew ranch dressing

bowls

Seed Grain Bowl V GF NF 16
with quinoa & jasmine rice, stewed lentils, marinated kale, roasted carrots, ruby kraut, mustard seed vinaigrette, + smoked salmon* (6), egg* (3), grilled tofu (6), grilled chicken (6), or avocado (3)

Vadouvan Kitchari Bowl V GF 16
cleansing bowl of slow cooked brown rice and white lentils, spiced with turmeric, ginger and shallots. broccoli spinach and carrots. topped with coconut yogurt raita and crispy chickpeas. + smoked salmon* (6), egg* (3), grilled tofu (6), grilled chicken (6), or avocado (3)

sandwiches & wraps

Perfectly Paired Toast 12
V NF gluten free bread available
nothing goes together better than avocado and toast. our take on the classic is topped with nutrient dense sprouts, tiny tomatoes, & radish on sourdough. + smoked salmon* (6), egg* (3) or grilled tofu (6)

Chicken Pesto Sandwich 14
with lemon herbed chicken layered with roasted vegetables, parsley-almond pesto & lettuce. served on noble onion roll.

Seed Tacos GF NF 14
with choice of grilled salmon*, chicken or tofu, "refried" beans, guacamole, cabbage salad & tomatillo salsa

Eggplant Bahn Mi V NF 13
with pickled carrots, radish, thai basil, lentil pate, jalapeño, spicy chick pea aioli served on noble eatery bread

Hippy Wrap V NF 14
with herbed tofu salad, brown rice, chickpeas, pickles, shredded vegetables & green tahini. served in a whole wheat tortilla

smoothies

Hemp Cacao 8
oat milk, hemp seeds, maple syrup, avocado, cacao & banana

Greenvana 8
green apple, lime, ginger spirulina, spinach, kale leaves, cilantro, banana & kiwi

Glow Getter 8
oat milk, strawberry, raspberry, blueberry, banana, dates, hemp seeds, flax seeds & vanilla

Add into any smoothie

- FRUITS pineapple, watermelon, banana, green apple, dates, cherries, blueberries, mango +2
- VEGETABLES spinach, avocado, kale +2
- SEEDS chia, hemp, sunflower, sesame, flax, pumpkin +1
- NUTS almonds, cashews +2
- BUTTERS almond butter, peanut butter +1
- SUPERFOODS spirulina, maca, ashwagandha, lion's main mushroom +2
- PROTEIN vegan protein powder +2

bevvies

PRESSED

Juice orange or grapefruit 7

COLD

Botanicals lemon lavender, caffeine free 6

Iced Tea raspberry lemon, caffeine included 6

Iced Americano 7

HOT

Coffee small / large 4 / 6

Latte or Cappuccino small / large 5 / 7

Espresso single / double 4 / 7

Hot Tea 4

Chai Tea Latte small / large 5 / 7

COCKTAILS 12 each

Bloody Mary choice of arizona distilling company mission vodka or commerce gin

CBD Spritz aperol, prosecco, cbd-infused zero-sugar sparkling citrus soda

COCKTAILS CONT'D

Mimosa choice of classic or hibiscus pamplemousse

Prickly Pear Sangria natura organic pinot noir, gran marnier, hendrick's solstice gin, seasonal fruit, prickly pear

Honey Margarita corcel tequila blanco, honey, lime, chile lime salt frozen or on the rocks

Moscow Mule chakra vodka, big marble organic ginger beer, lime

WINE 12 per glass / 48 per bottle

Natura Organic Wines choice of unoaked chardonnay, sauvignon blanc or pinot noir

Rosé fleurs de prairie, côtes de provence, france

Prosecco drusian brut, valdobbiadene d.o.c.g, treviso, italy

Sparkling Rosé amelia brut, crémant de bordeaux, france

BOTTLES & CANS 6 each

Lucky Buddha Enlightened Lager japanese rice lager | international distillers & vintners, china | 4.8% abv

Sippin' Pretty Fruited Sour odell brewing co. | fort collins, co | 4.5% abv

Special Effects Zero Alcohol Dry Hop Lager brooklyn brewery | brooklyn, ny | <.5% abv

Maha Hard Seltzer 110 calories | 4.5% abv | organic, gluten free

Northeast IPA helton brewing co. | phoenix, az | 6.2% abv

Pincapple and Charcoal juneshine hard kombucha | san diego, ca | 6% abv, probiotic, gluten free

*These items may be cooked to order and may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of a food borne illness.

GF Gluten Free NF Nut Free V Vegan

All GF items listed above are prepared with gluten-free ingredients. However, our kitchen is not completely gluten free. Please let us know if you have a food allergy or sensitivity.