

do  
what  
comes  
naturally.

Seed

# breakfast

## entrees

**Dream State Granola Bowl** GF 8  
a breakfast bowl as dreamy as last night's sleep. featuring our house made hempseed + chia granola, bee pollen, organic berries, and coconut yogurt. this breakfast bowl is packed with body-loving nutrition (and a little bit of magic).

**Dragonfruit & Acai Bowl** V NF GF 10  
blended with pitaya, acai, hemp seeds, berries and coconut, topped with shaved coconut, almond butter, bananas, strawberries, & hemp-chia granola.

**Good Day Chia Pudding** GF 8  
a creamy coconut-chia seed pudding steeped in vanilla oat milk, infused with cinnamon, and topped with toasted coconut and anti-oxidant rich berries.

**Don't Wake Me Oats** GF 8  
rolled oats mixed with whole flax seeds and organic chia seeds, drizzled with honey, and soaked overnight in oat milk, topped with fiber rich dried fruits & candied nuts.

**Veg Out** V 8  
everything sourdough bagel toasted and topped with almond cream cheese, organic tomato, cucumber, radish, capers, & scallions.

**Seed Breakfast Bowl** NF GF 16  
with eggs any style, braised kale, sweet potato hash, herbed quinoa, & spicy kraut.

**Tree Hugger Toast** 10  
you'll thank mother nature for this one. almond butter, arizona honey, & goji strawberry jam, topped with toasted almonds on noble bakery sourdough.

**Perfectly Paired Toast** V NF 12  
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)

**Breakfast Burrito** NF 14  
gluten free tortilla & tofu scramble available  
with scrambled eggs\*, chorizo mushrooms, avocado, herbed potatoes, & salsa verde.

**Mezze Frittata** GF 14  
tofu scramble available  
with scrambled and baked eggs, wild arugula, roasted delicata squash, heirloom cherry tomatoes, chickpeas, pickled red onion, olives, & green tahini.

**Sourdough Spelt Waffle** V 12  
with honey crisp apples, berries, whipped coconut, & spiced maple.

## 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** strawberries, raspberries, banana, green apple, dates, kiwi, 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** 7  
orange or grapefruit

### COLD

**Botanicals** 6  
lemon lavender, caffeine free

**Iced Tea** 6  
raspberry lemon, caffeine included

**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

### SPIKED

**Mimosa** 12  
with classic or hibiscus pamplemousse

**Bloody Mary** 12  
with arizona distilling company mission vodka or commerce gin

\*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. Substitutions Available: gluten free bread, gluten free tortilla, tofu scramble.