

# Seed

## breakfast

|                                                            |    |                                                                                               |    |
|------------------------------------------------------------|----|-----------------------------------------------------------------------------------------------|----|
| <b>Egg Frittata Bites</b> GF                               | 12 | <b>Farmers Breakfast Sandwich</b> NF                                                          | 16 |
| daily fresh offering                                       |    | pasture-raised farm eggs, turkey bacon, white cheddar, arugula, truffle aioli, english muffin |    |
| <b>Overnight Oats</b> NF VG                                | 9  | <b>Southwest Breakfast Burrito</b> DF NF V                                                    | 16 |
| chia, coconut flakes                                       |    | scrambled eggs, black beans, onions, cilantro, smashed avocado, mushroom chorizo              |    |
| <b>Lemon Chia Seed Pudding</b> GF NF VG                    | 8  |                                                                                               |    |
| <b>Greek Yogurt Parfait</b> GF NF V                        | 10 |                                                                                               |    |
| orange greek yogurt, house-made chia seed granola, berries |    |                                                                                               |    |

## smoothies & bowls

|                                                                                                        |    |                                                                                                                                                                                    |    |
|--------------------------------------------------------------------------------------------------------|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| <b>Orange Crush</b> GF VG anti-oxidants, vitamin c                                                     | 15 | <b>Golden Lassi</b> GF NF VG anti-inflammatory, vitamin c                                                                                                                          | 15 |
| orange juice, coconut water, goji berries, hemp seeds, cashew, dates, orange zest                      |    | mango, pineapple, oat milk, coconut yogurt, maple, turmeric, ginger, cinnamon                                                                                                      |    |
| <b>Rise &amp; Shine</b> GF VG energy, strengthening                                                    | 15 | <b>Berries Smoothie Bowl</b> GF NF VG                                                                                                                                              | 16 |
| almond milk, banana, hemp seed, vegan protein, cacao, unsweetened almond butter, coffee powder         |    | coconut water, banana, strawberry, blueberry, raspberry, mint, rose water, house-made chia seed granola, flax seeds                                                                |    |
| <b>Recovery</b> GF VG anti-inflammatory, calming                                                       | 15 | <b>Cacao Smoothie Bowl</b> GF VG                                                                                                                                                   | 16 |
| almond milk, banana, dates, turmeric, cinnamon, clove                                                  |    | almond milk, banana, hemp, vegan protein, cacao, coconut, unsweetened almond butter, vanilla powder, coffee powder, fig, mint, house-made chia seed granola, salted cashew caramel |    |
| <b>Green Goddess</b> GF NF VG nourishing, hydrating                                                    | 15 |                                                                                                                                                                                    |    |
| coconut water, apple, avocado, cucumber, kale, ginger, turmeric, lemon, maple syrup, chlorophyll water |    |                                                                                                                                                                                    |    |
| <b>Radiance</b> GF NF VG glowing, skin protector                                                       | 15 |                                                                                                                                                                                    |    |
| coconut water, banana, strawberry, blueberry, raspberry, flax seeds, rose water                        |    |                                                                                                                                                                                    |    |

## lunch

|                                                                                                                                                                                           |    |                                                                                                                  |    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|------------------------------------------------------------------------------------------------------------------|----|
| <b>Hummus &amp; Crudité</b> GF NF VG                                                                                                                                                      | 15 | <b>Poblano Hummus Vegetable Wrap</b> NF VG                                                                       | 17 |
| garlic hummus with seasonal fresh vegetables                                                                                                                                              |    | roasted poblano, sweet potato, spinach, fiesta peppers, cucumber, on a whole wheat wrap, served with chips       |    |
| <b>Vegan Cheese Platter</b> GF VG                                                                                                                                                         | 18 | <b>Brie, Fig, &amp; Apple Grilled Cheese Panini</b> NF V                                                         | 18 |
| rebel vegan cheese, cave-aged truffle brie, honee pistachio chèvre, gruyere, tomato herb fromage, seeded crackers, pickled grapes, marcona almond                                         |    | fig jam, arugula on noble ciabatta, served with chips                                                            |    |
| <b>Sunflower Salad</b> GF NF VG                                                                                                                                                           | 18 | <b>Smoked Turkey Pesto Panini</b>                                                                                | 18 |
| baby gem, cucumber, avocado, hemp seeds, flax seeds, cherry tomatoes, dehydrated dulce crackers, dehydrated enoki mushroom, flax oil, sunflower miso dressing, nasturtium, edible flowers |    | pistachio arugula pesto, spinach, oven roasted tomato, almond lemon ricotta on noble ciabatta, served with chips |    |
| <b>Greek Salad</b> GF NF VG                                                                                                                                                               | 18 | <b>Rainbow Glass Noodle Bowl</b> GF NF VG                                                                        | 18 |
| arugula, baby gem, cucumber, olives, chickpeas, cherry tomatoes, onion, fiesta peppers, vegan feta, evoo, lemon, apple cider vinegar, pink himalayan salt, nasturtium                     |    | sweet pepper, carrots, broccoli, purple cabbage, pickled mushrooms, toasted cashew, thai basil                   |    |
| <b>Forager Bowl</b> GF NF VG                                                                                                                                                              | 20 | <b>Shrimp Ceviche</b> GF NF DF                                                                                   | 18 |
| kale, cucumber, avocado, edamame, sprouted lentils, dehydrated chamomile quinoa, sweet potatoes, pumpkin seeds, dehydrated kale, evoo, chlorella vinaigrette, edible flowers              |    | pico de gallo, corn tortilla chips                                                                               |    |
| <b>Antioxidant Bowl</b> NF VG                                                                                                                                                             | 18 |                                                                                                                  |    |
| kale, farro, shaved cauliflower, tomato, butternut squash, pumpkin seeds, cranberries, champagne vinaigrette                                                                              |    |                                                                                                                  |    |

**lunch additions:**

- local farm fresh cage-free hard boiled egg\* +4 GF NF V
- grilled natural chicken breast +10 GF NF
- grilled chilled salmon +12 GF NF
- tofu +8 GF NF V

GF Gluten Free NF Nut Free DF Dairy Free VG Vegan V Vegetarian Items 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. \*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

## fresh pressed juices

|                                            |    |                                                          |    |
|--------------------------------------------|----|----------------------------------------------------------|----|
| <b>Miracle Red Juice</b> GF NF VG          | 10 | <b>Green Machine</b> GF NF VG                            | 10 |
| red beets, carrots, pineapple, lemon juice |    | kale, lettuce, parsley, apples, lemon juice, ginger root |    |

## lattes

|                                                                                                                                                     |   |                                                                     |   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|---|---------------------------------------------------------------------|---|
| <b>Cozy Chocolate</b> GF NF VG immunity, clarity                                                                                                    | 8 | <b>Vanilla Matcha Latte</b> GF NF VG anti-inflammatory              | 8 |
| oat milk, cacao butter, vanilla extract, cinnamon, cacao powder, maple syrup / hot only                                                             |   | oat milk, kiwami matcha, vanilla extract, maple syrup / hot or iced |   |
| <b>Chai Dream</b> GF NF VG longevity, immunity, relaxation                                                                                          | 8 | <b>Matcha Straight-Up</b> GF NF VG anti-inflammatory                | 7 |
| oat milk, chai concentrate (cinnamon, nutmeg, star anise, cloves, cardamom, black peppercorn), cinnamon, vanilla extract, maple syrup / hot or iced |   | hot water, kiwami matcha / hot or iced                              |   |

## coffee & tea

|                                          |       |                                |   |
|------------------------------------------|-------|--------------------------------|---|
| HOT                                      |       | COLD                           |   |
| <b>Coffee</b> small / large              | 4 / 6 | <b>Botanicals Seasonal Tea</b> | 6 |
| <b>Americano</b>                         | 5 / 7 | <b>Cold Brew</b>               | 6 |
| <b>Latte or Cappuccino</b> small / large | 5 / 7 | <b>Iced Americano</b>          | 7 |
| <b>Matcha Latte</b>                      | 6 / 8 | <b>Iced Latte</b>              | 5 |
| <b>Espresso</b> single / double          | 3 / 5 | <b>Iced Matcha Latte</b>       | 6 |
| <b>Hot Tea</b>                           | 4     |                                |   |

**additions:**

flavors – lavender +1, rose +1, vanilla +1 / sweeteners – maple, agave, honey / milks – oat, almond, coconut, dairy

## refreshers

|                                                              |   |                                                                                              |   |
|--------------------------------------------------------------|---|----------------------------------------------------------------------------------------------|---|
| <b>Hibiscus Aqua Fresca</b> GF NF VG                         | 9 | <b>Pitaya Lemonade</b> GF NF VG                                                              | 9 |
| hibiscus, orange blossom, sparkling water                    |   | coconut water, apple cider vinegar, lemon, rose water, pitaya, agave                         |   |
| <b>Dragon Lemonade</b> GF NF VG                              | 9 | <b>CIVANA Switchel</b> GF NF VG                                                              | 9 |
| filtered water, lemon, dragon fruit, strawberry, maple syrup |   | nature’s gatorade! filtered water, lemon, cinnamon, apple cider vinegar, ginger, maple syrup |   |
| <b>Blue Lemonade</b> GF NF VG                                | 9 |                                                                                              |   |
| filtered water, lemon, blue spirulina, maple syrup           |   |                                                                                              |   |

## wine by the glass

|                                    |    |                                            |    |
|------------------------------------|----|--------------------------------------------|----|
| <b>Pinot Grigio</b>                | 15 | <b>Chardonnay</b>                          | 19 |
| giuseppe luigi, friuli, italy      |    | domaine ventoura chablis, burgundy, france |    |
| <b>Sauvignon Blanc</b>             | 15 | <b>Pinot Noir</b>                          | 15 |
| drylands, marlborough, new zealand |    | montinore, willamette valley, oregon       |    |

## cocktails

|                                                                               |    |                                                              |    |
|-------------------------------------------------------------------------------|----|--------------------------------------------------------------|----|
| <b>Strawberry Cooler</b>                                                      | 17 | <b>Desert Citrus Paloma</b>                                  | 16 |
| local vodka, strawberry, honey, lime, coconut water, served frozen            |    | tequila, grapefruit, prickly pear, lime, club soda           |    |
| <b>Passionfruit Cooler</b>                                                    | 17 | <b>Elderflower &amp; Strawberry Spritz</b>                   | 17 |
| tequila, pineapple, mango, passion fruit, honey, coconut water, served frozen |    | st germaine, strawberry liquor, lemon, prosecco, club soda   |    |
| <b>Mimosa</b>                                                                 | 14 | <b>Blackberry Collins</b>                                    | 16 |
| classic or hibiscus pamplemousse                                              |    | local gin, lemon, blackberry lemonade social tonic, lavender |    |

do  
what  
comes  
naturally.

Seed