

# seed to sprout

## DAILY MENU

SERVED MONDAY - FRIDAY

### JUICES

\$7

#### GREEN GOODNESS

Kale, grapefruit, apple, ginger, celery, cilantro

#### PINK LEMONAID

Lemon, apple, ginger, beet

#### 24 CARROT GOLD

Carrot, apple, orange, ginger, turmeric

### SHOTS

SINGLE \$2 / DOUBLE \$4

#### WHEATGRASS

Pure liquid sunshine

#### THE HOT SHOT

Lemon, garlic, ginger, cayenne, flax oil

### SMOOTHIES

\$7

#### SWEET SPROUT

Banana, mango, ginger, spirulina,  
homemade cashew milk

#### MAUI WOWIE

Strawberries, mango, banana, coconut,  
fresh turmeric, housemade cashew milk

#### NUTS & BOLTS

Banana, raw almonds, maca, raw cacao,  
cinnamon, homemade cashew milk

**ADD A SUPERFOOD TO YOUR SMOOTHIE // \$1**

HEMP SEEDS • SPIRULINA • KALE • FLAX OIL  
FRESH TURMERIC • GINGER • MACA ROOT  
MATCHA POWDER

OUR FOOD IS  
VEGAN, ORGANIC  
& MADE WITH LOVE

- XOXO, ALEX & CARA

### DRINKS

#### ORGANIC FAIR TRADE COFFEE

Provided by Maiden Roasters

SMALL \$2.50 // LARGE \$3.00

MAIDEN COLD BREW \$3.50

**+ HOUSEMADE COCONUT CREAMER // \$.50**

#### MATÉ LATTE \$5

Yerba maté, steamed coconut cream,  
agave nectar, cinnamon

#### MATCHA LATTE \$5

Green tea matcha, steamed  
coconut cream, agave nectar

#### GOLDEN MILK LATTE \$5

Fresh turmeric, fresh ginger, steamed  
coconut cream, agave nectar

#### ORGANIC HERBAL TEA \$2.50

- Green  
- Peppermint  
- Yerba Maté

#### KOMBUCHA ON TAP \$4

From Fine Health Kombucha

#### TURMERIC LEMONADE \$4

Fresh turmeric, fresh ginger, agave nectar,  
fresh squeezed lemon juice

**ALL BEVERAGES CAN BE MADE ICED.**

**ADD HOMEMADE  
COCONUT WHIPPED CREAM // \$.50**

"OUR GOAL AT SEED TO SPROUT IS  
TO BE HERE FOR YOUR EVERYDAY.  
WE BELIEVE IN NOURISHING THE BODY,  
MIND AND SOUL FROM THE GROUND UP,  
AND THAT HEALTH STARTS WITH WHAT  
WE EAT AND DRINK."

- XOXO, ALEX & CARA

OUR KITCHEN PROCESSES FOODS THAT CONTAIN WHEAT, SOY, AND NUTS. PLEASE INFORM US OF ANY FOOD ALLERGY.

#REALGOODFOOD // @SEEDTOSPROUT // SEEDTOSPROUTNJ.COM

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## DAILY MENU

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VEGAN, ORGANIC  
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### BREAKFAST ALL DAY

#### BLT OMELETTE \$12

Tofu & cashew, tomato, arugula, coconut bacon, cashew cheese. Served with marinated greens & griddled millet-flax toast.

#### MEXICAN OMELETTE \$14

Tofu & cashew, sunflower taco meat, pico de gallo, avocado, cashew cheese. Served with marinated greens & griddled millet-flax toast.

#### CHILAQUILES \$12

Tofu scramble, corn tortilla, black beans, avocado, pico de gallo, cashew cheese sauce. Served with marinated greens & housemade salsa.

### SIDES

#### MARINATED GREENS \$4

Kale massaged with olive oil, lemon juice, sea salt.

#### GRIDDLED MILLET & FLAX TOAST \$2.50

#### SEARED TEMPEH \$3

#### BROWN RICE \$3

#### TOFU SCRAMBLE \$6

### LIVE, RAW FOOD

#### RAW CASHEW COLLARD WRAP \$9

Collard leaf, cashew cream, shredded carrots, red cabbage, sprouts, tomato.

#### RAW SUNFLOWER BURRITO \$9

Collard leaf, raw sunflower taco meat, pico de gallo, red cabbage, chipotle cream.

#### RAW MARGHERITA PIZZA \$7

Sunflower flax crust, cashew cream, tomato, fresh basil, spices.

### SOUP

#### LEMON PEPPER RED LENTIL

CUP \$4 // BOWL \$6

Onion, garlic, red lentil, lemon, black pepper, spices.

### BOWLS

#### SEED SALAD \$14

Marinated kale, baby greens, carrots, beets, sprouts, red cabbage, sunflower seeds, hempseeds, housemade raw sauerkraut, creamy tahini dressing.

#### TACO SALAD \$14

Marinated kale, baby greens, sunflower taco meat, avocado, red cabbage, apple cider vinaigrette, pico de gallo, chipotle crema

#### TEMPEH CAESAR SALAD \$14

Marinated kale, baby greens, red onion, diced tomato, seared tempeh, house made croutons, cashew parm, caesar dressing.

#### KIMCHI RICE BOWL \$14

Marinated kale, warm brown rice, carrots, cabbage, housemade kimchi, sea veggies, avocado, cilantro, creamy ginger dressing.

#### ADD SOME EXTRA LOVE TO YOUR BOWL!

\$3 // SEARED TEMPEH

\$2 // AVOCADO

\$1.50 // EXTRA DRESSING

**MAKE YOUR SALAD A RICE BOWL FOR \$1**

### SANDWICHES

#### BACON CHEDDAR MELT \$9.50

Seared marinated tempeh, caramelized onion, coconut bacon, cashew cheese sauce griddled on millet-flax bread

#### THE GRILLED AVOCADO SANDWICH \$6.50

Mashed avocado & nutritional yeast seasoning griddled on millet-flax bread.

#### ADD SOME TOPPINGS TO YOUR SANDWICH!

\$.50 // ARUGULA, TOMATO, SPROUTS

\$1.25 // CARAMELIZED ONION • COCONUT BACON  
RAW SAUERKRAUT • KIMCHI

\$3 // SEARED TEMPEH, TOFU SCRAMBLE

**ADD CASHEW CHEESE SAUCE  
& MAKE IT A MELT FOR \$1**

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