

seed to sprout

WELCOME TO BRUNCH!

SERVED SATURDAY & SUNDAY

BRUNCH SPECIALS

MEXICAN OMELETTE \$17

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

BLT OMELETTE \$15

Tofu cashew base, sliced tomato, baby arugula, housemade coconut bacon, cashew cheese. Served with herb roasted potatoes, marinated greens & griddled millet-flax toast

CHILAQUILES \$15

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

GOLDEN SPELT PANCAKES \$10

SHORT STACK \$5

Served with housemade coconut butter & maple syrup

BLUEBERRY SPELT PANCAKES \$12

SHORT STACK \$6

Served with housemade coconut butter & maple syrup

CHOCOLATE BANANA BACON PANCAKES \$12

SHORT STACK \$6

Served with housemade coconut butter & maple syrup

CINNAMON BUN FRENCH TOAST \$12

SHORT STACK \$7

Cashew battered millet-flax bread, maple-glazed walnuts, vanilla bean drizzle, cinnamon

SIDES

MARINATED GREENS \$4

Kale, fresh lemon juice, olive oil, sea salt, nutritional yeast

ROASTED POTATOES \$4

GRIDDLED MILLET-FLAX TOAST \$3.50

SEARED TEMPEH \$3

TOFU SCRAMBLE \$5

AVOCADO \$2.50

SALADS

SEED SALAD \$14

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

TACO SALAD \$14

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

TEMPEH CAESAR SALAD \$14

Marinated kale, baby greens, red onion, diced tomato, seared tempeh, millet-flax croutons, cashew parm, creamy caesar dressing

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 EACH // ARUGULA, TOMATO, SPROUTS

*\$1.25 EACH // CAMELIZED ONION • KIMCHI
COCONUT BACON • RAW SAUERKRAUT*

\$3 EACH // SEARED TEMPEH, TOFU SCRAMBLE

**ADD CASHEW CHEESE SAUCE
& MAKE IT A MELT // \$1.25**

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

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BRUNCH DRINKS

SERVED SATURDAY & SUNDAY

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, turmeric, cayenne, flax oil

SMOOTHIES

\$7

SWEET SPROUT

Banana, mango, fresh ginger, spirulina, housemade cashew milk

MAUI WOWIE

Banana, strawberries, mango, coconut, house made cashew milk

NUTS & BOLTS

Banana, raw almonds, maca, cacao powder, cinnamon, house made cashew milk

ADD A SUPERFOOD TO YOUR SMOOTHIE // \$1

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

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

GT KOMBUCHA ON TAP \$4

TURMERIC LEMONADE \$5

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

ORGANIC FRESH OJ 8OZ \$4 // CARAFE \$15

Made this morning

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

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