



## BITES:

BREAKFAST TACOS: 3.25 each {served until 12pm}

BACON & EGG- salsa . cheese. flour tortilla

CHORIZO & EGG- salsa . cheese. flour tortilla

VEGGIE- corn tortilla. sauteed veggies

AVOCADO TOAST- avocado. seedful toast. radish. sprouts. sea salt. lemon 6

CLEMENTINE TOAST- almond ricotta. mint. honey. challah bread (n,d) 6

PLAIN JANE TOAST- banana . almond butter . chia seeds (n) 6

ACAI BOWL- frozen acai. coconut granola. berries. banana 7.50 (n,d)

HOUSE MADE GRANOLA PARFAIT- greek yogurt. cocout granola. chia seeds.  
dried fruits (n,d) 7.5

CACAO-CHIA SEED PUDDING- fresh berries. bee pollen 6

SLOW ROASTED TURKEY SANDWICH- turkey. seedful bread. havarti. avocado.  
sun dried tomato sambal. sprouts (d) (Sub curried tofu) 10

CHICKEN SALAD SANDWICH- pretzel bun. pickled veggies. roasted chicken 8

AUTUMN KALE SALAD- shredded kale. sweet potato. clementines. pomegranate.  
avocado. queso fresco. miso vinaigrette  
chicken breast or curried tofu 12

BROWN RICE BOWL- chicken breast or curried tofu, avocado, radish,  
marinated chickpeas, marinated kale, hardboiled egg, seeds 12

HAVARTI & CHEDDAR GRILLED CHEESE- seedful bread. pickled veggies 8

CUP OF CHICKEN SALAD with pickled veggies \$5



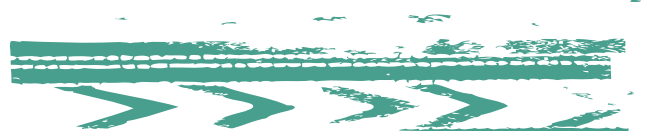
## KIDS:

GRILLED CHEESE (d) + FRUIT CUP 6

PB&J + FRUIT CUP 6

STRAWBERRY BANANA SMOOTHIE (d) 5

with spinach 5.50



Though we try to accommodate allergy restrictions, we are unable to  
guarantee 100% free of any allergen.

*n- contains nuts d- contains dairy*