

# GREENSEED



(Photos Courtesy of [www.greenseed.com](http://www.greenseed.com) )



## About Green Seed

Green seed is a neighborhood produce shop with a twist; we put our produce on your plate. We are not a traditional salad bar; think of us more as a vegetable-forward restaurant with dishes with all the yummy things you like in a salad without all the filler. Our chef inspired food showcases our produce and helps customers shop for meals they can prepare at home. We are really excited to meet our neighbors and share with them our fresh juices, made to order salads, and morning snacks in this unique market experience.

Green Seed is owned by husband-wife duo Stephen Julia & Katsumi Yuso Ruiz and industry veteran Zach Spott.

(Photo Courtesy of [www.stanleysigalov.com](http://www.stanleysigalov.com))

## Spring Menu

### BOWLS

#### **K-Leo Bowl**

Sauteed Kale, Quinoa, Seasonal Vegetables, Sliced Almonds, Green Onion, White Apple Balsamic

#### **Medi Bowl**

Farro, Cabbage, Mushrooms, Onions, Feta, Tomatoes, Almond Pesto

#### **Fried Rice**

Fried Rice! Ask for details



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## **SALADS**

### **Peanut Butter Soba Time**

Arugula, Soba Noodles, Sesame, Peppers, Onion, Apple, Thai Peanut Vinaigrette

### **Loosey Goosey**

Beluga Lentils, Arugula, Pickled Enoki Mushrooms, Radish, Candied Pecans, Gooseberries, Goat Cheese Mousse, Lemon Berbere Vinaigrette

### **Hail Caesar**

Chopped Romaine, Shaved Parmesan, Izzio's House Made Croutons, Vegan Cashew Caesar Dressing, or Traditional

### **Kale Yeah Mother Brussel**

Kale, Shaved Brussels, Bacon, Heirloom Cherry Tomatoes, Gorgonzola, Sliced Almonds, Golden Raisins, White Apple Balsamic

### **Miso Hungry**

Mixed Greens, Curried Cauliflower/Broccoli, Shaved Carrots, Onion, Cabbage,  
Miso Apple Balsamic

### **Build Your Own**

Your choice of base, toppings, add protein or not and choose a dressing

## **What Else is Awesome ...**

- Rotational Menu for Every Season
- Direct Sourcing from Local Farms
- Greens by pound and Herbs by the ounce