

FOOD MENU

PLEASE ORDER AT THE COUNTER

ACAI SUPERFOOD SMOOTHIE BOWL \$16 *(anti-oxidants)*

Acai | berries | banana | coconut milk | paleo granola | dates | pepitas & goji | toasted coconut | strawberries **P | GF | DF | V***
+ coconut yoghurt +\$2 | homemade nut butter + \$2

SEEDLING SIGNATURE BAKED EGGS \$18

Free range eggs | roast veg | spiced tomato relish | rocket | feta | pumpkin bread
Add: bacon, smoked salmon or avo + \$6 **P | GF | DF | V | LC**

SUPER SMASH \$18 *(good fats)*

Smashed avo | goats cheese | dukkah | sauerkraut | toast **GF | V**
*Make it vegan: swap the cheese for wilted spinach & pesto **V****
Add: Hot smoked salmon +\$6 (chef's recommendation)

SMOKED SALMON SALAD \$16 **GF**

Avocado | house pickled onion | toasted almonds | kalamata olives | feta | mixed salad leaf | olive oil | lemon juice

SEEDLING LUNCH SET \$16

Choose a protein: grass-fed beef meatloaf | free range chicken meatloaf | free range frittata *(please see display cabinet for today's flavours)*
served with our homemade tomato relish
+ your choice of **TWO** salads from our display cabinet **P | GF**

SUPERFOOD SALAD COMBO \$12.5

Choose up to **FOUR** options from our selection of freshly made salads in our display cabinet **P | GF**

SUPERCARGE ANY MEAL

avocado | smoked salmon | free range bacon \$6

garlic roast mushrooms \$5

wilted spinach with lemon | halloumi \$4

roast cherry tomatoes \$4 sauerkraut \$3

pumpkin bread (swap with GF bread) +\$2

BREAKFAST ITEMS

available until 11.30am

GOJI GRANOLA \$16 *(probiotics)*

Homemade granola | coconut yoghurt | raspberry chia coulis | fresh fruit | toasted coconut **P | GF | DF | V***

TROPICAL CHIA \$16

Coconut chia pudding | mango | banana | strawberries | toasted coconut | coconut yoghurt | tropical fruit **V* | GF | P**

CHILLI & HERB SCRAMBLE \$18 *(protein)*

Eggs | feta | chilli | goats cheese | pesto | chilli oil | rocket | served on thick cut toast **GF**
Add: bacon, smoked salmon or avo + \$6

SWEET TREATS - see our display cabinet.

vegan | raw | refined sugar free

BANANA or PUMPKIN BREAD \$6 per slice **P | GF | DF**

Served with butter or nut butter

FRUIT TOAST WITH SPICED CINNAMON BUTTER \$9

GF buckwheat and chia seed fruit toast | butter | cinnamon | rice malt **GF | V**

GF BUCKWHEAT & CHIA SEED TOAST \$8 (available all day)

Butter | Spreads **GF | V* | NF**

Peanut butter / vegemite / honey / house made nut butters / raspberry chia jam

Please Note:

We believe in serving high quality food and coffee. Please be patient while we prepare your meals.

P = Paleo GF = Gluten Free DF = Dairy Free

V = Vegan NF = Nut Free LC = Low Carb*



seedling
cafe

100% gluten free | refined sugar free | paleo inspired

* KITCHEN OPEN FROM 7AM - 2.30PM

DRINKS MENU

PLEASE ORDER AT THE COUNTER

HOT DRINKS

SEEDLING ORGANIC SIGNATURE BLEND COFFEE

Single Espresso \$3.5 | Black \$4 | White \$4.5 | Iced \$5

almond / coconut / bonsoy / lactose free / decaf / mug + 0.50c

BULLET PROOF \$6.5

Double espresso | grass fed butter | organic coconut oil

Swap the coffee for matcha or turmeric

ADD: mork 70% chocolate +0.50c

BRAIN POWER

Swap out coconut oil for bulletproof brain octane (MCT oil) +\$2
MCTs help improve cognitive function and increase metabolism

SEEDLING CHAI LATTE \$5 (house made chai blend *unsweetened*)

Soy | almond | coconut + 0.50c

SEEDLING TURMERIC LATTE \$5

House made turmeric blend served with almond milk | honey (optional)

MATCHA LATTE \$5

Matcha maiden green tea powder served with almond milk | honey (optional)

MORK HOT CHOCOLATE \$5

Specialty cacao 70% sweetened with coconut blossom

POT OF TEA \$5

English Breakfast / Earl Grey / Green Tea / Peppermint / Lemongrass & Ginger

IMMUNITY BOOSTER SHOT \$4

Lemon juice | turmeric | cayenne pepper | ginger | coconut oil | honey

SMOOTHIES

COCOA NUT \$10.9

Mork 70% chocolate | banana | toasted coconut | cacao nibs | coconut milk | peanut butter | dates

STRAWBERRIES & CREAM \$10.9

Strawberries | dates | coconut cream | almond milk | vanilla essence

BLENDED JUICES

UP BEET \$10.9

Beetroot | mixed berries | ginger | lime | mint | coconut water

MATCHA MAIDEN HEAVEN \$10.9

Matcha maiden powder | greens | lemon | ginger | mango | coconut water

ADD PROTEIN TO YOUR SMOOTHIE +\$2

COCONUT WATER \$4

SPARKLING MINERAL WATER \$4.5

PLAIN BOTTLED WATER \$3.5

HEALTHY HUMANS \$5

Probiotic living soda | pressed juice - ask our staff for flavours

MADE WITH 