

# 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 | V | LC**

## SUPER SMASH \$18 *(good fats)*

Smashed avo | smashed peas | 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) **GF**

## SMOKED SALMON SALAD \$16 GF

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

## 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 \$13

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 \$4  
halloumi \$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 | coconut milk **P | GF | DF | V\***

### 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

### 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*

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

Served with butter or nut butter

### SWEET TREATS - see our display cabinet.

vegan | raw | refined sugar free

*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

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## 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 WHEY 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 