

seed **BISTRO**

by chef eric lechasseur

SOUPS

- * daily soup 5
- * three vegetable miso soup 5

SALADS

- kale, quinoa, avocado lemon wasabi, nori, and dill 12
- * three seaweed salad with bean sprouts, baby greens and soy ginger dressing 11
- baby romaine ceasar salad with pepitas, tomato, and cashew cheese 9
- seed's chop-chop 12
with romaine, cucumber, carrots, tomatoes, baked tempeh, roasted almonds,
and ume plum-ranch dressing

LUNCH ENTRÉES

- * sai sai donburi macro bowl 12
with kale, bean of the day, squash, shitake, bean sprouts, pickled vegetables,
and a choice of brown rice or quinoa
- * bento box 18
kale salad, protein of the day, vegetable stew, burdock kimpira, pickled vegetables
brown rice or quinoa
- seed's southwest burger 12
chef eric's bean & grain burger, ancho chili spread, quacamole, vegan soy cheeze,
on a ciabatta bun or atop green salad
- seed's blackened tempeh burger 12
with lettuce, onion, mustard, vegenaïse and mango salsa

SIDES

- * quinoa 4
- * brown rice 4
- * steamed kale 6
- sweet potato fries 5

* indicates items "approved"
for healing diets by
Macrobiotic Expert Sanae Suzuki

