

BREAKFAST BOWLS

ACAI SMOOTHIE BOWL \$15

Acai | mixed berries | banana | coconut milk | paleo granola | dates | pepitas & goji | toasted coconut | strawberries P | GF | DF | V*

HOMEMADE GRANOLA \$16

Granola | coconut yoghurt | raspberry chia coulis | fresh fruit | goji berries | toasted coconut P | GF | DF | V*

PALEO PORRIDGE \$15

Quinoa | cashew meal | coconut | almond milk | granola | banana | rice malt | cinnamon | berry compote | coconut yoghurt P | GF | DF | V*

TOAST AND OTHER STUFF

SMASHED AVO \$16

Smashed avocado | goat's cheese | dukkah | GF toast GF | V
*Make it vegan: swap the cheese for wilted spinach & pesto V**
Make it paleo: swap toast for pumpkin bread + \$2 P

ROAST MUSHROOM OPEN SANDWICH \$17

Roasted field mushrooms | herbs | garlic | goats cheese | rocket | pesto | thick cut gf bread | bacon or halloumi GF | V

GF BUCKWHEAT & CHIA SEED TOAST \$7

Butter | Spreads

Peanut butter / vegemite / tahini / honey

*House made nut butters / raspberry chia jam GF | V**

P = Paleo GF = Gluten Free DF = Dairy Free
V = Vegetarian V* = Vegan NF = Nut Free

EGGS & SIDES

PALEO BAKED EGGS \$16

Free range eggs | roast vegetables | tomato relish | pumpkin bread | rocket with free range bacon or smoked salmon or feta P | GF | DF | V

SEEDLING SCRAMBLE \$18

Free range eggs | bacon | feta | cherry tomatoes | spinach | thick cut toast GF

POACHED EGGS \$12 (available till 11.30am)

On thick cut GF toast with butter GF | V

EXTRAS:

avocado | smoked salmon | free range bacon \$6

garlic roast mushrooms \$5

wilted spinach with lemon | roast cherry tomatoes \$4

pumpkin bread (swap with GF bread) | sauerkraut \$2

SEEDLING SIGNATURES

NOURISH BOWL \$18

Kale | quinoa | roast sweet potato | toasted nuts and seeds | avocado | pesto | sauerkraut | bacon or smoked salmon or halloumi P | GF | DF | V

LUNCH SET \$16

Choose a protein: grass-fed beef meatloaf | free range chicken meatloaf | free range veg frittata | free range bacon frittata

served with our homemade tomato relish

+ your choice of salads from our display cabinet

SUPERFOOD SALADS \$12.50

Choose from our selection of freshly made salads in our display cabinet

DAILY SPECIALS

See our blackboard or talk to our team for today's options



100% gluten free | refined sugar free | paleo inspired

* KITCHEN OPEN FROM 7AM - 2.30PM

HOT DRINKS

SEEDLING SIGNATURE BLEND COFFEE

Black | White \$4

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

MORK HOT CHOCOLATE \$4.5

Specialty cacao with coconut blossom

POT OF TEA \$5

English Breakfast / Earl Grey / Malabar Chai / Honeydew Green / Peppermint / Lemongrass & Ginger / Chamomile

GYPSY CHAI LATTE (sugar free) \$4.50

DETOX LATTES \$5

Choose from Matcha | Beetroot | Turmeric

All served with almond milk | honey (optional)

LIMITLESS \$ 7.50

Double espresso | grass fed butter | organic coconut oil | raw egg | cinnamon | dates

BULLET PROOF \$6

Double espresso | grass fed butter | organic coconut oil

MATCHA BULLET PROOF \$6

Matcha green tea | grass fed butter | organic coconut oil

TURMERIC BULLET PROOF \$6

Organic turmeric | cinnamon | grass fed butter | organic coconut oil

IMMUNITY BOOSTER SHOT \$4

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

SMOOTHIES & COLD DRINKS

STRAWBERRIES & CREAM \$9.90

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

GREEN POWER \$9.90

Banana | spinach | coconut milk | coconut oil | matcha | dates

BERRY NICE \$9.90

Raspberries | banana | chia seeds | coconut milk | honey

MAD MANGO \$9.90

Mango | lime | turmeric | mint | coconut water | ginger | cayenne

MR. MORK \$9.90

70% Mork cacao | banana | coconut cream | cacao nibs | dates | coconut milk

A D D: natural whey protein powder to any smoothie +\$2

ORGANIC ORANGE | APPLE JUICE \$4.50

COCONUT WATER \$4

ICED COFFEE \$5

with almond milk/ coconut milk / bonsoy / lactose free / decaf +0.50c

SPARKLING MINERAL WATER \$4.50

PLAIN BOTTLED WATER \$3

KEFIR SODA \$5

probiotic drink | blueberry / lemon

SWEET TREATS - see our display cabinet
vegan | raw | refined sugar free

MADE WITH 