

FOOD MENU

PLEASE ORDER AT THE COUNTER

BREAKFAST (available until 11.30am)

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 yogurt +\$2 | homemade nut butter + \$2

GOJI GRANOLA \$16 (probiotics)

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

TURMERIC SPICED PORRIDGE \$16 (anti-inflammatory)

Chia | cashew meal | coconut | almond milk | turmeric spice mix | stewed rhubarb |
strawberries | paleo nut clusters | rice malt | coconut yoghurt P | GF | DF | V*

CHIMICHURRI EGGS \$15

Two free range poached eggs | chimichurri (green salsa) | thick cut GF toast
GF | V | DF | NF

HARVEST SCRAMBLE \$18 (protein)

Eggs | feta | roasted mushrooms | spinach | thyme | roasted tomatoes | pesto |
served on thick cut toast 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

ALL DAY (available till 2.30pm)

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 SALADS \$12.5

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

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

HOT SMOKED SALMON

LOW CARB OPEN SANDWICH \$18 (omega 3)

Hot smoked salmon | smashed avo | goats cheese | lemon | rocket | pesto | house
pickled onion | pumpkin bread P | GF | LC

SUPER SMASH \$18 (good fats)

Smashed avo | goats cheese | dukkah | black quinoa | sauerkraut | toast GF | V
Make it vegan: swap the cheese for wilted spinach & pesto V*
Make it paleo: swap toast for pumpkin bread + \$2 P | GF | LC

SEASONAL BOWL \$20 (grains, greens and seasonal veggies) GF

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

Served with butter, nut butter or (raspberry coulis +\$2 or coconut yoghurt +\$2)

SUPERCHARGE 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

P = Paleo GF = Gluten Free DF = Dairy Free

V = Vegetarian V* = Vegan NF = Nut Free

LC = Low Carb

SWEET TREATS - see our display cabinet.

vegan | raw | refined sugar free



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

MORK HOT CHOCOLATE \$4.5

Specialty cacao with coconut blossom

POT OF TEA \$5

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

MALABAR CHAI LATTE \$5

Soy | almond | coconut + 0.50c

DETOX LATTES \$5

Turmeric | Matcha | Beetroot. All served with almond milk | honey (optional)

DETOX TEA \$4

Matcha | Turmeric. Served with lemon | honey

BULLET PROOF \$6.5

Double espresso | grass fed butter | organic coconut oil
Swap the coffee for matcha or turmeric
ADD: mork 70% chocolate | beetroot +0.50c

BRAIN POWER

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

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

UPGRADE YOUR SMOOTHIE +\$2

Whey protein powder Matcha powder Chia seeds

Spirulina powder Turmeric spice mix Coconut Oil

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 