



DINNER MENU

appetizers

HUMMUS TRIO (V, GFI option) \$9

Spicy black bean dip, traditional chickpea hummus, and a grilled vegetable pate.
Served with house made whole wheat pita or organic blue corn chips.

PAKORAS (V option, GFI) \$6/\$9

Your choice of two or four of our popular Indian style fritters made with chickpea batter and seasonal vegetables.
Served with our delicious Punjabi sauce and organic yogurt for dipping.

MAKIZUSHI \$9

Our veggie filled nori rolls change daily. Please ask your server about today's selection.
Served with house made pickled ginger and wasabi.

HOUSE "FAUX" CUTERIE PLATE (V, GFI option) \$12

A board of house cured, brined or smoked vegetables, which changes seasonally. Served with savory condiments,
house made crackers and crostini.

JALAPENO ONION FRIES \$6.5

Hand cut russet potatoes fried with jalapenos and onions. Served with ketchup. Add chipotle ranch dressing .75

LOCAL CHEESE PLATE (GFI option)

Changes daily. Please ask your server about today's options from Blue Ridge Mountain Creamery.
Served with our ginger-date chutney and house baked cherry walnut toast.

SOUP of the DAY

Ask your server about today's offering.

small plates

STUFFED AVOCADO (V, GFI) \$8

A perfectly ripe avocado half filled with seasoned "cauliflower" rice and topped with Romesco sauce.
Garnished with cured poblano peppers.

OASIS QUINOA (V option, GFI) \$7

A blend of quinoa, dates, parsley, red pepper, and smoked almonds. Served with orange-yogurt dressing.

PIEROGIS \$8

Traditional potato filled pastry with local porter béchamel and candied shallots on a bed of wilted kale.

BEET TARTARE (V, GFI option) \$7

Diced beets blended with capers, mustard, onion, parsley and spices served on crostini with cashew ricotta

GRILLED CAESAR (V option, GFI option) \$7

Chopped grilled romaine lettuce with shaved parmesan, house croutons and vegan Caesar dressing.

POBLANO "SARDINES" (V, GFI option) \$5

House cured poblano peppers with roasted garlic oil and crostini.

salads

Dressings (V, GFI) – Champagne Dijon Vinaigrette, Asian Fusion, Chipotle Ranch,
Lemon Tahini, Sesame Ginger, Mustard Seed Vinaigrette, and Raw Tangy Tahini
House made Purple Kraut \$1.5, Avocado \$2, hummus \$3,

Additions:

SIDE SALAD (V, GFI) \$5

Mixed greens, grated carrots, red cabbage, red onion, and cucumber

LAUGHING SEED SALAD (V, GFI) \$12

Organic spring mix, Romaine lettuce, grated carrot, red cabbage, cherry tomatoes, red bell peppers, cucumber,
red onion, blanched broccoli, mung bean and clover sprouts, sprinkled with sunflower and pumpkin seeds.

LOTUS BOWL (V, GFI) \$14

A layer of brown rice, Romaine lettuce, mixed greens and salad veggies, topped with
our red cabbage kraut, avocado, seeds, sprouts and your choice of dressing.

more salads on reverse

CHEF'S SALAD – (V option, GFI) \$13

Our spin on the traditional favorite. Romaine lettuce, mixed greens, and assorted salad veggies topped with grilled dry rubbed tempeh “pastrami,” cured portabella mushrooms,” Swiss cheese, and hard boiled egg.

ASIAN FANTASIAN (V, GFI) \$13

Vermicelli rice noodles, nappa cabbage, mixed greens, shiitake mushrooms, mung bean sprouts, bell peppers, grated carrot and cilantro tossed with sweet chili- peanut dressing.

MEDITERRANEAN (V option, GFI option) \$13

Romaine lettuce, mixed greens, cherry tomatoes, cucumber, red onion, and red bell pepper tossed in champagne-Dijon vinaigrette and topped with sheep/goat feta and house cured olives.
Served with whole wheat pita.

sandwiches

All sandwiches are served with blue corn chips and our side of the day. Vegan Daiya cheese can be substituted. For locally made Eat More Bakery gluten free vegan bread or buns add \$1.00 For a small salad or jalapeno onion fries add \$2

THE SEED BURGER (V, GFI option) \$11

A beet, black bean, carrot and onion burger seasoned with roasted garlic and Worcestershire.
Served on our house made bun with horseradish aioli, lettuce, tomato, red onion, and pickles. Add: Swiss, cheddar, goat or feta \$1 Add avocado \$2

REUBEN (V option, GFI option) \$11

Grilled and marinated “pastrami” style dry rubbed organic tempeh, Swiss cheese, grilled onions, house made purple kraut and Thousand Island dressing on grilled marble rye.

SLOPPY JO (V, GFI option) \$10

A sweet and tangy tofu barbecue served on a bun with lettuce, southern slaw, and tahini mustard sauce.

entrées

HARMONY BOWL (V, GFI) small \$11/ large \$14

Layers of organic brown rice, organic black beans, grilled and marinated organic tofu or tempeh, steamed seasonal veggies and our addictive sesame ginger sauce.

SOUTH BY SOUTHWEST BURRITO (V option) \$13

A whole wheat flour tortilla filled with our chorizo style tofu, grilled peppers and onions, black beans and rice and tossed with our chipotle barbecue sauce. Topped with cheddar cheese and salsa. Served with a small salad.

LOW COUNTRY ROLLUPS (V option) \$12

Our tangy tofu barbecue wrapped in flour tortillas and baked with cheddar cheese. Topped with tahini mustard sauce and served with blue corn chips and southern slaw.

THAI PANANG CURRY (V, GFI option) \$16

Sautéed seasonal vegetables with oyster mushrooms and bok choy in a mild coconut milk based curry sauce. Served over jasmine rice with strips of crispy fried seitan or tofu and a lentil papadam.

CAULIFLOWER PICADILLO (V, GFI) \$16

Our spin on the traditional Latin mainstay. A tangy cauliflower hash with capers and olives, accompanied by coconut rice, Cuban black beans, marinated onions, and grilled plantains.

PORTOBELLO ROULADEN (GFI) \$16

Thinly sliced and grilled Portobello caps wrapped around pickled vegetables and served with creamy mashed potatoes and smoked tomato gravy

STROGANOFF \$16

Egg noodles, grilled seitan, grilled Portobello mushrooms and wilted spinach in a velvety sour cream sauce.
Topped with tempura fried cremini mushrooms

raw entrées

SPINACH PESTO MANICOTTI (V, GFI) \$15

Zucchini “noodles” stuffed with cashew ricotta and sunflower seed-spinach pesto. Served over sundried tomato marinara with house marinated olives

DRAGON BOWL (V, GFI) \$14

Layers of cauliflower “rice,” seasonal veggies, arugula, avocado, and sunflower-beet pate.