



LUNCH 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 vegan "charcuterie" board with house cured, pickled and smoked vegetables. Served with savory condiments, house made crackers and crostini. Ask your server about today's selection.

JALAPENO ONION FRIES \$6.5

Hand cut russet potatoes fried with jalapenos and onions. Served with ketchup.

For our insanely good vegan chipotle ranch dressing add .75.

SOUP of the DAY

Ask your server about today's creation.

salads

Dressings (V, GFI) – Champagne Dijon Vinaigrette, Asian Fusion, Chipotle Ranch, Lemon Tahini, Sesame Ginger, Mustard Seed Vinaigrette, and Raw Tangy Tahini

Additions: Avocado \$2, hummus \$3,

SIDE SALAD (V, GFI) \$5

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

LAUGHING SEED SALAD (V, GFI) \$11

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

LOTUS BOWL (V, GFI) \$13

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

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, cured portabella mushrooms, Swiss cheese, and hard boiled egg.

ASIAN FANTASIAN (V, GFI) \$12

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

TICO TACO SALAD (V option, GFI option) \$14

A fried tortilla bowl layered with Romaine lettuce and mixed greens, black beans, rice, shredded cheddar cheese, spiced chorizo-style tofu, salsa, guacamole, cherry tomatoes, red onion and fresh jalapenos.

Dressed with chipotle ranch.

MEDITERRANEAN (V option, GFI option) \$12

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

Unless indicated all sandwiches are served with your choice of our side of the day or blue corn chips and a house made pickle. Vegan Daiya cheese or gluten free bread/buns are also available.

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

A black bean, beet, carrot and onion burger seasoned with roasted garlic and Worcestershire. Served on a vegan bun with horseradish sauce lettuce, tomato, red onion, and pickles.

Add: Swiss, cheddar, goat or feta \$1 Avocado \$2

PAV BHAJI (V, GFI option) \$12

A grilled spiced mixture of potato, spinach, cauliflower, tomato, peas, peppers and cilantro scooped onto open faced grilled buns with avocado and Punjabi chutney. Served with a small salad.

REUBEN (V option, GFI option) \$11

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

SLOPPY JO (V, GFI option) \$10

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

SEVEN SEAS FILET (V, GFI option) \$11

A nori sheet folded around a filling of lemony quinoa and oyster mushrooms, then tempura battered and fried. Served on a bun with lettuce, tomato, onion and tartar sauce.

THE LOCAL (V option, GFI option) \$10

Grilled Gouda cheese with roasted mushrooms and onions. Creamy, decadent, delicious.

entrées

VILLE TACOS (V option, GFI) \$10

Two corn tortillas filled with our chorizo style grilled tofu, shredded cabbage, marinated onions, Jack cheese, tomato and cilantro. Served with a side of black beans and rice.

HARMONY BOWL (V, GFI) small \$10/ 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

Spicy "chorizo" tofu, grilled peppers and onions, black beans, brown rice, and spinach, tossed in chipotle barbecue sauce and topped with cheddar cheese and salsa. Served with a small salad and blue corn chips.

LOW COUNTRY ROLLUPS \$12

Our sweet and tangy tofu barbecue wrapped in whole wheat flour wraps and topped with cheddar cheese and tahini mustard sauce. Served with blue corn chips and southern slaw.

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