



SMALL PLATES

SWEET POTATO BOWL 10

Sweet potato fries, banana, goji, berries, granola, coconut, salted caramel

TOFU SCRAMBLE & BLTA MUFFIN 13 ^{gfo}

Turmeric tofu, kale, onion • Bacon bites, Lettuce, Tomato, Avocado, mayo

BUFFALO CAULIFLOWER NACHOS 12 ^{دؤؤو} ^{gfo}

Cauliflower, corn, avocado, shredded cheese, cashew cheese, buffalo sauce, jalapeno, cilantro

TRUFFLE BACON MAC & CHEESE 12

Truffle cashew cream, macaroni, rice bacon bites

PINEAPPLE PEANUT TOFU 5 ^{gfo}

Crispy tofu, pineapple peanut sauce

SHACK'S CHILI CHEESE FRIES 10 ^{gfo}

Potato fries, Shack's chili, cashew cheese, cilantro, jalapeno ^د

SPRING ROLLS 8.75

Soy chick'n veggie rolls deep fried, sweet chili sauce

COLD DRINKS

UNSWEETENED ICED TEA 3

Black • Passion Fruit Green • Raspberry Herbal

ARNOLD PALMER 3.5

LEMONADE 4

COLD BREW COFFEE 4.25 | 5.25

Almond creamer, sweetened

THAI TEA 3.5 | 4.5

Coconut cream, sweetened

HEMPCHATA 6.25 | 8.25

Hemp heart, cashew, cinnamon, sweetened

HOT DRINKS

MATCHA 3.5

CHAI LATTE 4.5

GOLDEN MYLK 5.5

Turmeric, cinnamon, ginger, cardamom, nutmeg, Cayenne, black pepper, maple syrup, coconut mylk

FLOAT • SMOOTHIES

SODA • FLOAT 3.75 | 6.75

MIXED BERRIES

Mixed berries, banana, apple juice

MANGO CREAM

Mango, banana, cardamom, coconut mylk, agave

PINE-APPLE MATCHA

Pineapple, kale, green tea, apple juice, agave

NUTTY DATE

Almond, date, flaxseed, cinnamon, nutmeg, banana, coconut mylk

16oz 7.5

KIDS MEAL

PB&J ENGLISH MUFFIN

TOFU NUGGETS

MAC & CASHEW CHEESE

8

Side of mixed fruits or potato fries, juice box

All Menu Items are Plant-Based • Gluten Free Options Available ^{gfo}

Seed Shack offers items with peanuts, tree nuts, soy, wheat, sesame and other allergens

We cannot guarantee the absence of cross contamination in our food

Please advise your server of any dietary restrictions before placing an order

Pricing and availability subject to change

MAIN

Burgers are served with your choice of side. Add Avocado, Bacon Bites or GF Bun +2

BEET BURGER 14 ^{gfo}

Shack-made beet patty, mashed avocado, cucumber, greens, lemon tahini

BLACK BEAN BURGER 13 ^{gfo}

Shack-made black bean patty, tomato, onion, greens, lemon tahini

BEYOND BURGER 15 ^{gfo}

Cashew cheese, tomato, onion, greens, fancy sauce
Or Breakfast Muffins: tofu, cashew cheese, shredded cheese

IMPOSSIBLE BURGER 16 ^{gfo}

Classic: cashew cheese, tomato, onion, greens, fancy sauce
Or PB&J: peanut butter, berry sambal jelly, wonton crisp, cucumber

CHICK'N SANDWICH 15

Classic: fried soy patty, tomato, pickle, greens, mayo
Or Buffalo Ranch: fried soy patty, pickle, ranch slaw, Buffalo sauce ^{فؤؤ}

BARBECUE JACKFRUIT SANDWICH 14 ^{gfo}

Pulled jackfruit, cucumber, pineapple peanut slaw

CAULIFLOWER CHICKPEA TACOS 12 ^{gfo}

Cauliflower, chickpeas, cabbage, mashed avocado, southwest sauce ^{فؤ}

LEMON SESAME TOFU TACOS 10 ^{gfo}

Fried tofu, slaw, lemon sesame sauce, sesame, cilantro • Add Avocado +2

CAESAR SEED SALAD 11 ^{gfo}

Garlic-sage chickpea croutons, kale, greens, tahini Caesar dressing,
Hemp heart pepitas parmesan • Add fried tofu +3

SIDES

SIDE SALAD • MACARONI SALAD
WAKEME SEAWEEED SALAD • MIXED FRUITS
POTATO FRIES 4 ^{gfo}

SWEET POTATO FRIES 5 ^{gfo}

SHACK'S CHILI 8 HALF 5 ^{gfo}

Beans, corn, tomato, pepper, onion, cilantro, jalapeno

Extras: sauce • dressing • syrup 1

SWEETS

MANGO COCONUT PUDDING 4 ^{gfo}

NICE CREAM 4 ^{gfo}

BANANA SUNDAE 7.5 ^{gfo}

Soy vanilla nice cream, salted caramel, banana, cacao nibs, pepitas

PINEAPPLE ROLLS 11

Fried cinnamon pineapple rolls, soy vanilla nice cream, salted caramel, cacao nibs

SEED SHACK ONLINE ORDER • SPECIALS • EVENTS & CATERING
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