



SMALL PLATES

SWEET POTATO BOWL 9 ^{gfo}

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

TOFU SCRAMBLE & BLTA MUFFIN 12.75 ^{gfo}

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

BUFFALO CALIFLOWER NACHOS 11 ^{وؤؤ gfo}

Buffalo cauliflower, corn, shredded cheese, avocado, jalapeno, cilantro, corn chips

TRUFFLE BACON MAC & CHEESE 11

Truffle cashew cream, macaroni, rice bacon bites

PINEAPPLE PEANUT TOFU 5 ^{وؤ gfo}

Crispy tofu, pineapple peanut sauce

SHACK'S CHILI CHEESE FRIES 9.5 ^{وؤ gfo}

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

SPRING ROLLS 7.75

Veggies soy chick'n rolls deep fried, sweet chili sauce

COLD DRINKS

UNSWEETENED ICED TEA 3 | refill

Black • Passion Fruit Green • Raspberry Herbal

ARNOLD PALMER 3.5 | refill

LEMONADE 4 | refill

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

COFFEE • TEA 3.5 | refill

CHAI LATTE 4.25

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

16oz 7

KIDS MEAL

PB&J ENGLISH MUFFIN

TOFU NUGGETS

MAC & CASHEW CHEESE

7.5

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, 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 14

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

BARBECUE JACKFRUIT SANDWICH 14 ^{gfo}

Pulled jackfruit, cucumber, pineapple peanut slaw

CAULIFLOWER CHICKPEA TACOS 11 ^{gfo}

Baked cauliflower, chickpeas, cabbage, mashed avocado, southwest sauce

RAINBOW TOFU VERMICELLI 13 ^{gfo}

Fried tofu, slaw, rice noodle, peanut, cilantro, soy caramel sauce

CAESAR SEED SALAD 11 ^{gfo}

Garlic-sage chickpea croutons, kale, greens, tahini Caesar dressing,
Hemp heart pepitas parmesan • Add Fried tofu +3 or chick'n +4

SIDES

SIDE SALAD • MACARONI SALAD
WAKEME SEAWEED SALAD • MIXED FRUITS

POTATO FRIES 4 ^{gfo}

SWEET POTATO FRIES 5 ^{gfo}

SHACK'S CHILI 7.5 HALF 5 ^{gfo}

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

Extras: sauce • dressing • syrup 1

SWEETS

MANGO COCONUT PUDDING 4 ^{gfo}

LEMON BERRY TART 4

NICE CREAM 4 ^{gfo}

BANANA SUNDAE 7 ^{gfo}

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

SEED SHACK APP SPECIAL REWARDS • ONLINE ORDER • EVENTS & CATERING
www.seedshacks.com • 480 488 8217 • 3861 E Baseline Rd K-136, Gilbert, AZ