

Non Gluten Containing Ingredients Menu



Breakfast & Brunch

SERVED UNTILL 3PM

FULL VEGAN BREAKFAST 16.5

2 cumberland-style sausages, tofu scramble, sautéed smoky mushrooms, 2 hash browns, baked beans, grilled tomato

contains soy

SAVOURY PANCAKES 12

served with cumberland-style sausages, tofu scramble, smoky mushrooms and maple flavoured syrup

contains soy

SWEET PANCAKES 11

served with banana maple flavoured syrup or chocolate sauce



Seeds Burgers

FROM NOON

CARAMELISED ONION BURGER 12

burger patty, cheese, caramelised onions, smoky mushrooms, spinach and mayo

CLASSIC CHEESE BURGER 12

burger patty, cheese, tomato, lettuce, gherkin, red onion, garlic mayo and ketchup.

SATAY BURGER 12

burger patty, cheese, salt&chilli roasted sweet potato, zucchini noodles and satay sauce

contains soy, peanuts, sesame

SALAD 4.2

a mix of fresh greens & raw vegetables dressed with olive oil

add-ons

sausage, scramble, mushrooms, beans, hash brown, falafel 1.1

tofu, cheese, GF bun 1.50

burger patty 3

Soul Bowls

SERVED FROM NOON



FALAFEL SOUL BOWL 14.6

homemade falafel, smoked paprika hummus, roasted curried chickpeas, spinach, red cabbage and carrot with cucumber, mango chutney and sesame seed

contains sesame

WHOLESOME SOUL BOWL 14.3

fajita spiced black beans, salt & chilli roasted sweet potato, cauliflower rice, bell peppers, sweetcorn, shredded purple cabbage, lettuce, coriander and creamy house jalapeño sauce

contains soy

SATAY SOUL BOWL 14.6

pan-fried tofu strips tossed in peanut satay sauce served on courgette noodles, red cabbage, carrot, rocket, with spring onion, crushed peanuts

contains soy, peanuts, sesame

Sides

VEGAN POUTINE 8.6

chips filled with cheese, smoky mushrooms garlic mayo, salsa, red onions, lettuce and jalapeños

MEX LOADED CHIPS 8.6

chips filled with cheese, fajita spiced beans, sweet corn, peppers, red onions, jalapeños, chilli sauce and creamy jalapeño sauce

CHIPS 4.6

regular 5

smoky 5

salt & chilli 5.3

dips

house mayo, house garlic mayo, house satay, house jalapeño sauce, sweet chilli sauce, sriracha 0.99

