



Gluten Free Menu



Breakfast & Brunch

SERVED UNTILL 3PM

FULL VEGAN BREAKFAST 14.99

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

contains soy

SAVOURY PANGAKES 11.9

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

contains soy

SWEET PANGAKES 11.6

served with banana maple flavoured syrup or chocolate sauce



Seeds Burgers

FROM NOON

CARAMELISED ONION BURGER 10.4

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

CLASSIC CHEESE BURGER 10.4

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

SATAY BURGER 10.4

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

BANH MI BURGER 10.4

burger patty, spicy pickled daikon radish & carrots, cucumber, lettuce, spring onion, cilantro and chilli mayo

add-ons

sausage, scramble, mushrooms, beans, hash brown, falafel 0.99

avocado, tofu, cheese, GF bun 1.50

burger patty 2.4

Soul Bowls

SERVED FROM NOON



FALAFEL SOUL BOWL 14.6

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

contains sesame

WHOLESOME SOUL BOWL 13.9

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 8.4

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

CHIPS 4.6

regular 5

smoky 5.3

salt & chilli

SALAD 4.2

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

dips

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

