

## welcome to seed...

We believe that food is an essential source of our energy, health and happiness.

We prepare fresh vegan, macrobiotic cuisine without any animal products, dairy, eggs, or refined sugars.

We use filtered water and locally-grown, organic produce whenever possible.

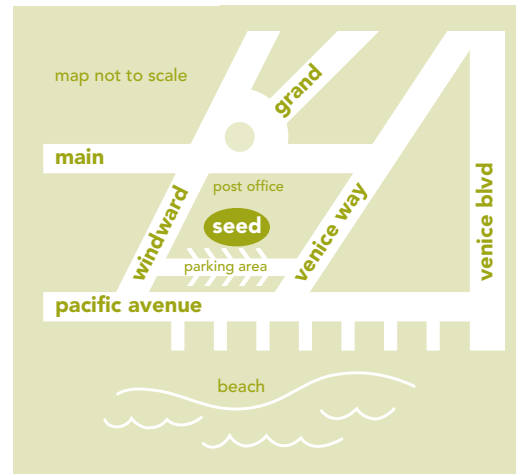
In the same way that a seed provides the beginnings for a vibrant plant, the food we eat provides the beginnings for a vibrant, flourishing life.

# macrobiotique

**seed** is dedicated to ecological sustainability and responsible business practices. Our café is furnished with reclaimed wood furniture, energy-efficient lighting and soy candles, as we continually strive to reduce our energy use. Our wholesome, vegan, organic and minimally-processed food is always freshly prepared according to macrobiotic principles, utilizing locally-grown produce. We never use microwaves or non-stick pans, preferring stainless steel and cast iron. We use only ecologically safe "green" soaps and cleaning products. We aim to use recyclable or biodegradable containers and paper products whenever possible.

*For more information about macrobiotics, as well as our classes, cookbooks and special events, please see our website:*

**[www.seedkitchen.com](http://www.seedkitchen.com)**



**310-396-1604**  
1604 pacific avenue  
venice, ca 90291

**open daily**  
10 am to 9 pm

*Printed on recycled paper.*



# organic

# vegan

## salads

extra dressing add 1.00

- GF** house greens 9.95  
*mixed baby greens with cabbage, carrots, daikon sprouts, fried tofu and yuzu-ginger-carrot dressing*
- GF** asian kale 10.95  
*steamed kale, jicama, carrots, cucumber, roasted almonds and miso-sesame dressing*
- GF** creamy caesar 9.95  
*romaine, crunchy croutons, cashew parmesan and pumpkin seed dressing*
- GF** seed chop-chop 10.95  
*romaine, red cabbage, cucumber, carrots, tomatoes, baked tempeh, roasted almonds and ume plum-ranch dressing*

## soup & sides

- GF** soup of the week 4.00
- GF** brown rice 3.00
- GF** steamed veggie 4.00
- GF** vinaigrette coleslaw 3.00
- GF** sweet potato fries 4.95
- GF** pomme frites 4.00  
*french fried potatoes*

## beverages

- barley iced tea 2.75
- green iced tea 2.75
- organic hot tea selection 2.50
- izzy soft drink 3.00
- vignette soft drink 3.00
- sparkling water 3.00
- bottled water 2.00
- organic coffee  
*locally roasted by Groundwork*
  - espresso (hot or iced)  
single 1.95 / double 2.75
  - latte (soy or rice milk)  
single 3.00 / double 3.50

**GF** - gluten free

## one-dish grain bowls

all served over organic brown rice  
any substitutions to grain bowls add 1.00 – 3.00

- GF** saisai donburi macro bowl 11.95  
*kabocha, kale, shiitake, sea vegetables, bean sprouts, daily bean, sauerkraut and balsamic-miso sauce with tofu, tempeh or house seitan add 3.00*
- GF** bbq tempeh bowl 11.95  
*steamed kale, bean sprouts, and bbq tempeh*
- mango tango 11.95  
*cabbage and seitan eggless-eggroll, broccoli, and house mango salsa*
- seitan pepper steak 12.95  
*eric's original seitan pepper steak with broccoli and carrots*

## panini

freshly grilled and served with vinaigrette coleslaw

- italian soysage panini 10.50  
*italian soysage sandwich with roasted red pepper, arugula, vegan soy cheese and pesto*
- roasted vegetable panini 9.95  
*zucchini, carrots, onion and roasted pepper sandwich with red pepper aioli*
- soyzzarella, tomato and basil panini 9.95  
*tomato, fresh basil, vegan soy cheese sandwich with pesto*

## curry bowls

all served over organic brown rice  
sorry, no substitutions to curry bowls

- japanese vegetable curry 10.95  
*traditional curry of kabocha, shiitake, carrot, and onion with tofu, tempeh or house seitan add 3.00*
- GF** thai coconut red curry 11.95  
*broccoli, zucchini, potato, snow peas and carrots in a spicy coconut-curry sauce with tofu, tempeh or house seitan add 3.00*
- GF** indian chickpea curry 11.95  
*lentils chickpeas, cauliflower, tomato and pappadam crisp*

## burgers

all burgers served on a ciabatta or wrap with a side of vinaigrette coleslaw

add a half-order of pomme frites 2.50  
add a half-order of sweet potato fries 3.00  
extra aioli, vegenaïse or spread add .50

blakedned tempeh burger with mango salsa 10.75

*with lettuce, onion, sauerkraut, house mango salsa and mustard-vegenaise spread*

southwest burger 10.75

*bean & grain burger with lettuce, vegan soy cheese, guacamole and ancho chili spread*

mediterranean burger 10.75

*bean & grain burger with lettuce, tomato, red onion and red pepper aioli spread*

bbq tempeh burger 10.75

*with lettuce, tomato, red onion and vegenaïse*

seitan sirloin burger 11.50

*balsamic caramelized onions, dijon spread and soy blue cheese*

## desserts

all desserts freshly made with maple and / or brown rice sweetener

- GF** chocolate mousse terrine 5.00
- GF** madonna's coconut mousse 5.00
- GF** seed seasonal mousse 5.00
- cookies 3.00 *chocolate chip, walnut, sablé or biscotti*
  - GF** almond jam
- GF** chocolate truffle 1.75 each / 4 for 6.00  
*eric's original recipe in seasonal flavors*

## saturday and sunday brunch

- GF** oatmeal 7.95  
*strawberries and bananas with a side of maple syrup*
- breakfast burrito 9.95  
*brown rice, tofu and black beans with salsa & guacamole*
- GF** tofu scramble 9.95  
*side of fresh fruits and \*grilled bread (\*gluten)*
- muffins and scones 2.95  
*seasonal flavors*