

Mustard Seed Cafe Menu

From the Grill

Veggie Burger - *Wildwood* sprouted tofu veggie burger grilled in a whole wheat wrap with organic greens of the day, cheese of the day, organic tomato

Grilled Cheese - *grilled cheese of the day served on your choice of bread* 4.00

Grilled Tomato, Cheese and Pesto - *organic tomato slices, provolone cheese and basil pesto grilled to perfection on your choice of organic bread brushed with olive oil* 5.00

Grilled Tomato, Cheese and Avocado - *(limited availability) organic tomato slices, provolone cheese, garlic Vegan mayo and organic avocado grilled on your choice of organic bread* 5.00

Grilled Tuna Melt Wrap - *whole wheat wrap, tuna salad (white albacore tuna, organic onions, organic parsley, Vegan mayo) cheese of the day and organic greens of the day, brushed with olive oil and grilled* 5.50

Veggie BLT - *tempeh bacon, spinach greens, tomato and Vegan mayo. Grilled on Rudis organic bread* 5.00

We offer a large selection of vegan and gluten free baked goods. Our cookies, cakes, pies and muffins change daily but customer favorites include vegan double chocolate brownie cookies, vegan oatmeal chocolate chip cookies, vegan almond butter and jelly thumbprint cookies and gluten free Toll House style chocolate chip cookies.

Our deli cooler is stocked full of a variety of bottled juices, teas, spritzers and all natural sodas. We also offer organic coffee and a large variety of organic teas.

Vegan Sandwiches and Wraps

Veggie Ham Sandwich - *Rudi's Organic bread, veggie ham, tomato slices, dairyfree cheese and mustard* 4.00

Tofurkey Sandwich - *Rudi's Organic bread, organic tomato slices, dairyfree cheese, organic greens of the day and garlic Vegan mayo* 5.00

Chick-Un Salad Sandwich- *Rudi's Organic bread, vegetarian chick-un salad (made with soy protein) and organic greens of the day* 5.00

Veggie Wrap - *spinach wrap, organic greens of the day, organic tomato slices, organic onion slices, olive oil and herbed Vegan mayo* 5.00

Hummus Sandwich - *organic Ezekiel sprouted grain bread, hummus, organic sprouts, organic shredded carrots, organic tomato slices and organic greens of the day* 4.00

Hummus Wrap -*sun-dried tomato wrap, hummus, organic sprouts, organic tomato slices and organic greens of the day* 5.00

Tofurkey Wrap - *whole wheat wrap, tofurkey, organic tomato slices, dairyfree cheese, garlic Vegan mayo and organic greens of the day* 5.00

Tabouli Wrap - *whole wheat wrap, Fantastic Foods tabouli salad (seasoned bulgar wheat), Tofutti cream cheese and organic greens of the day* 5.00

FlatBread Paninis

Basil Chicken Panini - *oven-roasted basil chicken, mustard aioli, brown sugar caramelized red onion and provolone cheese. Served on Naan flatbread* 7.00

Portobello Panini -*grilled portobello mushroom, roasted red peppers, cheese of the day, balsamic reduction and garlic Vegan mayo* 6.00

Grown-Up Grilled Cheese- *cheddar cheese, apple slices, walnuts, caramelized onions and garlic Vegan mayo* 6.00
Add chicken for additional 1.00

Sandwiches and Wraps

Check our cooler for more options! All sandwiches can be made gluten free and all sandwiches can be grilled.

Build Your Own Sandwich - choose from: ham, chicken, turkey, roast beef, tuna, salami, greens, tomato, onion, sprouts, carrot, cucumber, roasted red pepper and cheese of the day

Turkey Sandwich - Rudi's Organic bread, garlic

Vegan mayo, organic greens of the day, cheese of the day, tomato and Applegate Farms all natural turkey **5.00**

Turkey Wrap -whole wheat wrap, Applegate Farms all natural turkey, garlic Vegan mayo, organic tomato slices, cheese of the day and organic greens of the day **5.00**

Cranberry Turkey Sandwich - Rudi's Organic bread, Applegate Farms all natural turkey, organic apple slices, organic red onion slices, organic greens of the day with cranberry and Vegan mayo **5.00**

Ham and Cheese Sandwich - Rudis Organic bread, Applegate Farms all natural ham, cheese of the day, mustard and organic greens of the day **5.00**

Tuna Wrap - whole wheat wrap, tuna salad (white albacore tuna, organic onions, organic parsley, Vegan mayo) organic cheese of the day and organic greens of the day **5.50**

Italian Chicken Sandwich - Rudi's Organic bread ,

Applegate Farms all natural chicken, roasted red peppers, organic greens of the day, cheese of the day, herbed Vegan mayo and organic basil (if available) **5.00**

Tuna Sandwich- Rudi's Organic bread, homemade tuna salad (white albacore tuna, organic onions, organic parsley, Vegan mayo) and organic greens of the day **5.00**

Roast Beef Sandwich - Rudi's Organic bread, Applegate Farms all natural roast beef, horseradish, garlic Vegan mayo, organic tomato slices and organic greens of the day **5.00**

Avocado Wrap -Hummus, onions, avocado, roasted red peppers and greens. **5.50**

Hummus and Feta Wrap -Hummus, feta cheese, roasted red peppers, onions and greens on a whole wheat wrap. **5.50**

Salads

Some salad items may not be available. We will do our best to work with you on substitutions. We also offer a variety of vegetable and whole grain salads that change daily.

Chef Salad - organic greens of the day, organic onion, organic carrot, eggs (hard-boiled or scrambled), organic avocado and your choice of deli meat and cheese **8.00**

Garden Salad - organic greens of the day, organic tomato slices, organic onion slices, organic shredded carrot and any other organic veggies that you would like (extra veggies may result in a price increase) **SM 4.00 Lg 6.00**

Greek Salad - organic greens of the day, greek olives,

organic tomatoes, organic cucumber, organic red onion slices, feta cheese crumbles and two stuffed grape leaves

SM 4.00 Lg 6.00

Sweets and Greens Salad -fresh berries, pine nuts, feta

cheese, balsamic vinaigrette, Romaine lettuce and spinach **sm. 5.00 llg. 7.00**

Harvest Salad - mixed greens, dried fruit, pumpkin seeds, sunflower seeds, slivered almonds, apple slices, red onion slices, blue cheese crumbles **SM 5.00 Lg 7.00**

Build Your Own Salad - item choices (depending on availability): blue cheese, feta cheese, goat cheese, shredded Daiya cheese, sliced turkey, sliced ham, sliced smoked chicken, sliced roast beef, sliced salami, walnuts, almonds, sunflower seeds, pumpkin seeds, flax seeds, assorted vegetables, dried or fresh fruit and greens **PRICE VARIES**

Homemade Salad Dressings: Honey Mustard
Herbed Balsamic Vi aigrette • Creamy Italian

Sides

Herbed Potato Salad 2.00

Herbed Creamy Whole Wheat Pasta Salad 2.00

Small Garden Salad 4.00

Apple Slices 1.50

Hummus Plate - *hummus, veggies and pita chips* 4.00

Stuffed Grape Leaves 2.00

Fresh Raw Vegetables Juices

Green Buzz - *cucumber, celery stalk, apples, greens (kale, chard, collards or romaine), sprigs of parsley and lemon* 16 oz 7.00

A.B.C.- *apples, beet and carrots* 16 oz 6.00

Liquid Sunshine - *oranges, lemon, apples and carrots* 16 oz 6.00

Add additional vegetables at an extra cost, price will vary

Build your own juice!- *Choose from: cucumber, celery, apple, greens (kale, chard, collards or romaine), parsley, lemon, beets, carrots and oranges.*

Fruit Smoothie and Protein Shakes

16 oz 5.00

Mixed Berry Banana -*fro zen organic mixed berries, organic banana and non-dairy vanilla flavored milk*

Tropical - *organic banana, frozen organic pineapple, frozen organic mango and non-dairy vanilla flavored milk*

Banana Blueberry- *organic banana, organic frozen blueberries and non-dairy vanilla flavored milk*

Strawberry Banana -*fro zen organic bananas, frozen organic strawberries and non-dairy vanilla flavored milk*

Add any of the following for 1.00 each:

(1) serving of chocolate, vanilla or original protein powder

(1) serving of original, berry or chocolate powdered greens

(1) tablespoon coconut oil, flax oil, ground flax seeds or chia seeds

Breakfast Menu - Monday - Sunday Bam - Ilam

Two Eggs Two slices of Toast- *eggs made to order any style* 4.50

Avocado Egg Sandwich - *choice of whole wheat English muffin or bread, one all natural free range fried egg (yolk slightly broken), cheese of the day, organic tomato and organic avocado slices* 5.50

Western Style Egg Wrap - *two all natural free range scrambled eggs, organic peppers, onions, all natural cheddar cheese, organic spinach served in a whole wheat wrap* 5.50

Yogurt, Granola and Fruit - *Greek honey yogurt, granola and frozen fruit* 4.00

Sprouted Whole Wheat Bagel - *choose from onion poppy seed or cinnamon raisin with butter (vegan available)* 2.50

with cream cheese (vegan available) 3.00

with fresh ground honey roasted peanut butter; unsalted roasted peanut butter or almond butter 4.00

Whole Grain Toast - *choose from whole wheat, Ezekiel sprouted, rye, oat, spelt or glutenfree with butter (vegan available)* 2.00

with fresh ground honey roasted peanut butter; unsalted roasted peanut butter or almond butter 3.00

Whole Grain English Muffin - *choose from whole wheat or Ezekiel sprouted with butter (vegan available)* 2.50

with fresh ground honey roasted peanut butter; unsalted roasted peanut butter or almond butter 3.50

Granola with Nut Milk - *choose from any of our bulk granolas, served with almond milk (dairy available)* 4.00 • *add fresh fruit* 1.50

Vegan Tofu Scramble - *tofu, peppers, onions, Daiya Dairy Free Cheese and vegan sausage links* 6.00

Menus items and price are subject to change.