

All Day Breakfast & Lunch 9am-5:30pm Thurs, Fri, Sat

Plant-Based | Ethical | Sustainable | Nutritious | Local

80% of our Produce Is Sourced Locally and Organically Grown

Roasted Rhubarb w Citrus Zest, Grated Apple, Granola, Rice Malt & Coconut Yoghurt \$18

Mango, Kale & Banana Smoothie Bowl w Granola, Coconut Yoghurt & Fresh Fruits \$18

Spinach Crepe w Mushrooms, Red Spring Onion & Cashew Cream Sauce \$20

Avocado w Little Seed Cashew & Almond Bread & Macadamia 'Cheese' \$17

Herb Falafel On Chickpea Flatbread w Beetroot Hummus, Cucumber Mint Salsa & Coconut Yoghurt \$20

Vanilla & Fresh Turmeric Panna Cotta, Flaxseed Crisps & Blueberry Cream \$18

Lentil & Blackbean Burger w Beetroot & Red Cabbage Slaw, Gherkin Pickle & Garlic Mayo w Crisps \$22

Grilled Heirloom Zucchini w Roast Tomato, Polenta & Chilli & Date Relish \$20

Eggplant Cannelloni w Cream Spinach & Pumpkin Filling, Herb & Tomato Sauce \$20

Birdsong Market Garden Tribute Bowl - Pickled Baby Carrots, Lebanese Cucumber, Beetroot & Red

Cabbage Slaw, Grilled Zucchini, Heirloom Tomato w Roast Cauliflower Sauce \$22 (all ingredients in this

dish are nutrient dense and come from the hard work of Birdsong Market Gardens in Cranley, hand

farmed & organic)

Potato Crisps \$8

100% vegan, gluten free & delicious

LITTLE SEED