

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.

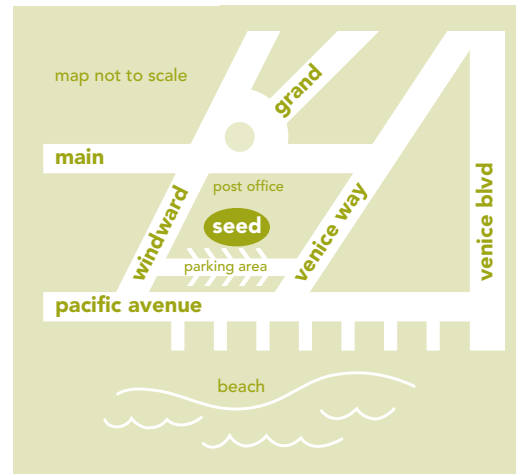
In the same way that a seed provides the beginnings for a vibrant plant, the food we eat provides the beginnings for a vibrant, flourishing life.

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



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

open daily
10 am to 9 pm

Printed on recycled paper.



organic

vegan

salads

house greens 8.95

mixed baby greens with cabbage, carrots, daikon sprouts, fried tofu and yuzu-ginger-carrot dressing

asian kale 9.95

steamed kale, jicama, carrots, cucumber, roasted almonds and miso-sesame dressing

creamy caesar 8.95

romaine, crunchy croutons, cashew parmesan and pumpkin seed dressing

seed chop-chop 9.95

romaine, red cabbage, cucumber, carrots, tomatoes, fried tempeh, roasted almonds and ume-ranch dressing

soup & sides

soup of the week 4.00

vinaigrette coleslaw 3.00

sweet potato fries 4.50

pomme frites 4.00

french fried potatoes

beverages

barley iced tea 2.75

green iced tea 2.75

organic hot tea selection 3.00

izzy soft drink 3.00

vignette soft drink 3.00

sparkling water 3.00

fiji water 2.75

organic coffee

locally roasted by Groundwork

hot or iced 2.00

espresso single 1.95 / double 2.75

one-dish grain bowls

all served over organic brown rice

saisai donburi macro bowl 11.95

kabocha, kale, shiitake, arame, bean sprouts, daily bean, sauerkraut, balsamic-miso sauce with tofu, tempeh or house seitan add 3.00

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

broccoli, carrot, eric's original seitan pepper steak

panini

freshly grilled and served with coleslaw

italian soysage panini 10.50

italian soysage sandwich with roasted red pepper, arugula, vegan soy cheese and pesto

roasted vegetable panini 8.95

zucchini, carrots, onion and roasted pepper sandwich

soyzzarella, tomato and basil panini 8.95

tomato, fresh basil, vegan soy cheese and pesto sandwich

curry bowls

all served over organic brown rice

japanese vegetable curry 10.95

traditional curry of kabocha, shiitake, carrot, and onion with tofu, tempeh or house seitan add 3.00

thai coconut red curry 10.95

broccoli, zucchini, potato, snow peas and carrots in a spicy coconut-curry sauce with tofu, tempeh or house seitan add 3.00

indian chickpea curry 11.95

lentils, chickpeas, cauliflower, tomato and pappadam crisp

burgers

all burgers served on a wheat bun with a side of vinaigrette coleslaw

blackened tempeh burger with sauerkraut 9.95

with lettuce, onion, sauerkraut, house mango salsa and mustard-vegenaise spread served on organic seven-grain sourdough bun add 1.50

southwest burger 9.95

bean & grain burger with lettuce, vegan soy cheese, guacamole and ancho chili spread served on organic seven-grain sourdough bun add 1.50

mediterranean burger 10.50

bean & grain burger with lettuce, tomato, red onion and red pepper aioli spread served on organic seven-grain sourdough bun add 1.50

bbq tempeh burger 10.50

with lettuce, tomato, red onion and vegenaive served on organic seven-grain sourdough bun add 1.50

desserts

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

vegan ice cream 4.25

eric's creamy dreamy original recipe in seasonal flavors

chocolate mousse terrine 5.00

madonna's coconut mousse 5.00

seed seasonal mousse 5.00

cupcake 3.75

green tea, chocolate, vanilla coconut, or sweet azuki bean

cookie 3.00

chocolate chip, pistachio, walnut or almond jam

chocolate truffle 1.75 each / 4 for 6.00

eric's original recipe in seasonal flavors