



## **Seed Kitchen**

### **WISHES OUR NEW GUESTS: A VERY HAPPY & HEALTHY VALENTINE'S DAY**

We believe that food is an essential source of our energy, health and happiness. We prepare fresh vegan, macrobiotic cuisine without any animal products or refined sugar. We use filtered water, biodegradable packaging, and locally-grown organic produce whenever possible. We never use microwaves or nonstick pans. Our café is dedicated to ecological sustainability and responsible business practices. In the same way that a seed provides the beginnings for a vibrant plant, the food we eat provides the beginnings of a vibrant, flourishing life.

**Enter to win a dinner for 2 when you dine with us during Valentine's week Compliments of Seed Chef & Owner, Eric Lechasseur.**

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

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