MUSTARD SEED MARKET & CAFE

Café Menu

EAT. DRINK. ENJOY.

Wine & Beer and Market Kitchen's Grab & Go foods may be purchased in the market and brought upstairs to enjoy.

Join us for *free* **live music** every Friday and Saturday night.

Local Artist's work on display is available for purchase.

Private rooms available. Book your next event with us!







STARTERS

FRESH SMASHED GUACAMOLE WITH TORTILLA CHIPS

Smashed Avocado with Tomatoes, Lime, Cilantro, Garlic, Spices, House-Made Salsa, and Blue Corn Chips. 9

CRISPY CAULIFLOWER

Cauliflower in a Gluten-Free Batter, fried in Coconut Oil, and tossed in your choice of sauce with a side of Celery. 10

Sauce Choice: Buffalo, Vegan Buffalo, Honey Sriracha, or

Sweet & Spicy Garlic Sauce

Dipping Choice: Ranch, Bleu Cheese, or Vegan Ranch (+.50)

CHICKEN WINGS

Naturally-Raised Chicken Wings fried crispy and tossed in your choice of sauce with a side of Celery.

Half Dozen 9 Dozen 16 All Flats or Drums +1

Sauce Choice: Buffalo, Vegan Buffalo, Honey Sriracha, or Sweet & Spicy Garlic Sauce

Dipping Choice: Ranch, Bleu Cheese, or Vegan Ranch (+.50)

LOADED TRUFFLE FRIES

Fresh cut, crispy Truffle Fries loaded with Fresh Herbs, Green Onions, Garlic Parmesan Sauce, and Beeler's Bacon. **Half** 8 **Full** 12

Also Available: Turkey Bacon, Vegan Nacho Sauce, House-Made Coconut "Bacon" (Contains Soy)

QUINOA NACHOS

Organic Blue Corn Chips smothered with zesty Quinoa, Parmesan Cream Sauce, Black Beans, Red Peppers, Scallions, Black Olives, Sour Cream, and House-Made Salsa. 11

Add: Chorizo Sausage +4 or Fiesta Beyond Meat™ Crumbles +4

Also Available: Vegan Nacho Sauce and Vegan Sour Cream

SIGNATURE THAI COCONUT SOUP

Our Signature Creamy Coconut Milk-Based Soup with a touch of Curry Spice, fresh Zucchini, Sweet Bell Peppers, Carrots, Ginger, Garlic, and Fresh Cilantro (Contains Coconut).

SOUP OF THE DAY CUP 4 BOWL 5.5

SALADS

PESTO CAESAR SALAD

Fresh and crisp Organic Romaine Lettuce tossed with our House-Made Caesar Dressing, Grape Tomatoes, Castelvetrano Olives, Garlic Croutons, and Parmesan Cheese (Contains Pinenuts). 9

MEDITERRANEAN SALAD

Organic fresh Greens, Feta Cheese, Kalamata Olives, Red Onion, and Cherry Tomatoes with our White Balsamic Dressing. 9

STIR FRY BOWLS

RED CURRY BOWL

Brown Rice, Garlicky Greens, and Vegetable Medley with Red Curry Sauce. Garnished with Cilantro. 10

GINGER LIME BOWL

Brown Rice, Garlicky Greens, and Vegetable Medley with Ginger Lime Sauce. Garnished with Cilantro. 10

STRAWBERRY FIELDS SALAD

Organic Spring Greens with Fresh Strawberries, Creamy Goat Cheese, and Candies Pecans. Served with a Strawberry Vinaigrette. 9

SPRING GREENS

Organic Spring Greens with Spring Peas, Asparagus, Radish, Cucumber, and Sliced Almonds with a Lemon Vinaigrette. 9

ADD TO YOUR SALAD OR STIR FRY BOWL

Salmon*** +10

Marinated Tempeh +5

Fried Chicken +7

Gardein Fried Chick'n +5

Chicken Breast +5

TACOS

All tacos served on flour tortillas (vegan) with a side of Blue Corn Chips, Salsa and Sour Cream.

Also Available: Cassava Wraps (Gluten-Free & Vegan - Contains Coconut), Vegan Sour Cream

Add avocado slices +1

CHORIZO TACOS

Chorizo, sautéed Peppers, caramelized Onions and fresh Romaine Lettuce. Topped with Queso Fresco, House-Made Pico de Gallo, and Cilantro. 12

BLACKENED SALMON TACOS

Blackened Salmon, Pineapple Salsa, and fresh Romaine Lettuce. Topped with Queso Fresco, Avocado Lime Crema, and Cilantro. 16

VEGGIE TACOS

Southwest Quinoa, sautéed Peppers, caramelized Onions, and Romaine Lettuce. Topped with Queso Fresco, House Made Pico de Gallo, and Cilantro. 10

BLACKENED CHICKEN TACOS

Blackened Chicken, Pineapple Salsa, and fresh Romaine Lettuce. Topped with Queso Fresco, Avocado Lime Crema, and Cilantro. 12

SIGNATURE SANDWICHES

Served with Choice of: Chips, Coleslaw or Fresh Fruit Upgrade: Truffle Fries or Sweet Potato Fries +3.5 Gluten-Free Egg Bun Available +1.5

CLASSIC CHEESEBURGER***

Char-grilled Beef Burger with Cheddar Cheese. Garnished with Butter Lettuce, Tomato, Red Onion and Bread & Butter Pickles on a Butter Egg Bun. 16

Also Available: Beyond Meat Patty, Vegan Cheddar Cheese, Whole Wheat Bun (Vegan)

BLACK BEAN, BEET, & WALNUT BURGER

Our award winning Vegan Black Bean, Beet, & Walnut Burger is topped with Garlicky Greens and Roasted Red Pepper Aioli. Garnished with Butter Lettuce and Bread & Butter Pickles. Served on a Whole Wheat Bun (Vegan). 13

AVOCADO BLT

Our twist on a classic with Avocado, Beeler's Bacon, and fresh Tomatoes. Garnished with Butter Lettuce and Bread & Butter Pickles on toasted Sourdough with Mayo. 15 Also Available: Turkey Bacon, MSM House-made Coconut "Bacon" (Contains Soy), Veganaise, Whole Wheat Bun (Vegan)

HONEY SRIRACHA FRIED CHICKEN SANDWICH

Our favorite Fried Chicken Breast with Garlic Cilantro Coleslaw, and Honey Sriracha Sauce. Garnished with Butter Lettuce and Bread & Butter Pickles. Served on Buttered Egg Bun. 15

Also Available: Gardein Plant-Based Chick'n, Whole Wheat Bun (Vegan)



HONEY MUSTARD FRIED CHICKEN SANDWICH

Fried Chicken with Beeler's Bacon, Provolone, Honey Mustard, and Spinach. Garnished with Butter Lettuce and Bread & Butter Pickles. 16

Also Available: Gardein Plant-Based Chick'n, Turkey Bacon, MSM House-Made Coconut "Bacon" (Contains Soy), Whole Wheat Bun

ADD ONS

BEELER'S BACON +3.5

TURKEY BACON +3

COCONUT "BACON" +2 (Contains Soy)

CARMELIZED ONIONS +1

MUSHROOMS +1

AVOCADO +2

CHEESE +1

(Provolone, Cheddar, Pepper Jack, Vegan Mozzerella, Vegan Cheddar)

SIDE ITEMS

KETTLE CHIPS 3.50

COLESLAW 3.50

FRESH FRUIT 3.50

BROWN RICE 3.50

GARLICKY GREENS 3.50

VEGETABLE MEDLEY 3.50

TRUFFLE FRIES

SMALL 4 LARGE 5

SWEET POTATO FRIES

SMALL 4 LARGE 5

KIDS' MEALS FOR KIDS 12 & UNDER | INCLUDES COMPLIMENTARY KID'S DRINK

MAC & CHEESE

Macaroni Pasta and creamy Cheddar Cheese. Served with a Fruit Cup. 6

Substitute: Amy's Gluten Free & Dairy Free Mac & Cheese +1

CHICKEN FINGERS

Grilled Chicken or Fried Chicken Sliced into fingers. Your choice of Ketchup, BBQ, or Honey Mustard. Served with a Fruit Cup. 6

Also Available: Gardein Plant-Based Chick'n +1

SLIDERS

Butter Bun with char-grilled Beef Burger and your choice of Ketchup, Mustard, or Mayo. Served with a Fruit Cup. 6 Add: Cheddar Cheese or Vegan Cheddar Cheese (Contains Coconut) +0.75

Also Available: Whole Wheat Bun, Beyond Meat Patty +1

KIDS' DRINKS:

Coconut Milk Apple Juice Water

Almond Milk Orange Juice

BEVERAGES

SOFT DRINKS

Rocky Mountain (Cane Sugar) or Zevia (Sugar Free) COLA 3.5

ROOT BEER 3.5 LEMON LIME 3.5

HAND CRAFTED IN-HOUSE

FRESH GINGER ALE 7

JAVA & TEAS

MUSTARD SEED MARKET'S ORGANIC FAIR TRADE COFFEE $\, 3$

ESPRESSO Single Shot 1.5 Double Shot 2.75

CAFÉLATTE

Espresso with your choice of Dairy, Almond, or Coconut Milk. 5

CAFÉ MOCHA

Espresso with your choice of Dairy, Almond, or Coconut Milk. 6

CHOICE® ORGANIC TEAS

Black Tea, Green Tea, White Tea, & Decaf Earl Grey. 3.50

CHINA MIST® ICED TEA

- free refills. 3.50

CHAI

Chai steamed with your choice of Dairy, Almond, or Coconut Milk. 5.5

DIRTY CHAI

Chai, two shots Espresso, and your choice of Dairy, Almond, or Coconut Milk. 6

AZTEC LATTÉ

Chocolate Sauce, Cayenne, Cinnamon, Nutmeg, and Espresso with your choice of Dairy, Almond or Coconut Milk. 6

FRESH FRUIT & VEGETABLE JUICES

ORGANIC ORANGE JUICE 4.5

SUNRISE SUNSET

Fresh Juiced Pineapple, OJ, and Fresh Pureéd Strawberries. 4.5

STRAWBERRY LEMONADE

Lemonade mixed with Fresh Pureéd Strawberries. Served over ice. 4.5

GREEN DRINK

Freshly Juiced Kale, Cucumber, Celery, Spinach, Basil, Cilantro, Parsley, and Mint. Your choice of Lemon or Ginger. 6.5

TURMERIC GLOW

Gaia Herbs™, Turmeric Powder, Lemon, Honey, Ginger, Cayenne, and Fresh Pineapple. Served over ice. 5.5

SMOOTHIES

STRAWBERRY BLOSSOM

 ${\bf Coconut\ Water,\ Pineapple,\ Banana,\ and\ Strawberry.\ \ \bf 6}$

TROPICAL GREENS

Orange Juice, Pineapple, Banana, Kale, and Spinach. $\,6\,$

BERRY DELICIOUS

 $\label{lem:apple_Juice} \mbox{Apple Juice, Blueberry, Strawberry, Raspberry, and Cherry. \ 6}$

STRAWBERRY MINT BREEZE

Strawberry, Lemonade, and Fresh Mint. 6

BERRY AMAZING ANTIOXIDANT

Pineapple, Blueberries, Strawberries, Raspberries, Goji Berries, and Acai Berries. 7

ANTI-INFLAMMATORY TURMERIC SMOOTHIE

Gaia Herbs™, Turmeric Powder, Cherries, Banana, Spinach, Cinnamon, Ginger, Chia Seeds, and Coconut Water. 7

HAND CRAFTED COCKTAILS WINE & BEER



HANDCRAFTED COCKTAILS

SPECIALTY

TROPICAL MARGARITAS 12

(Made with Espolon Blanco or Silver Patron +2)

- GUAVA MARGARITA
- LYCHEE MARGARITA
- PASSION FRUIT MARGARITA



BLUEBERRY MINT MOJITO

Bacardi® Rum, Housemade Simple, Syrup, Fresh Mint, House Blueberry Compote, and Soda. 9

FORBIDDEN SOUR

Knob Creek® Bourbon with Pama® Pomegranate Liqueur, Lemon, and Housemade Simple Syrup. Garnished with Orange and Cherries. 11

CUCUMBER GIN LEMONADE

Hendrick's® Gin, House made Simple Syrup, Lemon Juice, Cucumber Juice, and Soda. 12

MARGARITA FRESCA

Patron® Handcrafted Tequila, Triple Sec, House Sour Mix, and Pink Himalayan Salt Rim. Garnished with Lemon, Lime, and Orange Wedges. 12

CILANTRO JALAPENO MARGARITA

Milagro® Tequila, Blue Agave, House Sour, Fresh Jalapeño, Cilantro, and Pink Himalayan Salt Rim. 10

PINEAPPLE STRAWBERRY SMASH

Titos® Vodka, Freshly Juiced Pineapple Juice, House Strawberry Pureé, and Lemon Juice. 10

BLOOD ORANGE BOURBON LEMONADE

Maker's Mark® Bourbon, Simple Syrup, Blood Orange Pureé, Lemon Juice, and Organic Orange Juice. 10

BLOODY MARY

Prairie® Organic Vodka, House Bloody Mary, Lemon, Lime, Celery, and Olives. 8

WINE	BOTTLE	GLASS
WHITE WINE		
MICHELE CHIARLO NIVOLE (Moscato)	23.99	11
LATUE' ORGANIC ROSE	12.99	6
RED NEWT RIESLING	16.99	8
LA FREYNELLE BORDEAUX	15.99	7
BRANCOTT SAUVIGNON BLANC	19.99	8
TIEFENBRUNNER PINOT GRIGIO	16.99	8
HARKEN BARREL FERMENTED CHARDONNAY	16.99	8
RED WINE		
NEW AGE SWEET RED	11.99	6
CLOS D'ARGENTINE MALBEC	16.99	8
CLINE PINTO NOIR	18.99	9
IL CASATO RED BLEND	14.99	7
J. LOHR MERLOT	17.99	9
VILLA ANTINORI TOSCANA	21.99	10
PAUL DOLAN ZINFANDEL MENDOCINO	18.99	9
KENDALL JACKSON CABERNET SAUVIGNON VINTNER SELECT	21.99	10
SPARKLING WINE		
LA CASA DEL FIORI PROSECCO	12.99	6
DIBON CAVA BRUT (Prosecco)	13.99	7
DIBON CAVA ROSÉ	16.99	8
ORANGE MIMOSA (Organic Orange Juice)		6
SPECIALTY MIMOSA'S (FLIGHT OR GLASS) Strawberry & Orange, Peach Bellini, and Tropical Mango		7

BEER

Ask what's on tap!

We have rotating taps featuring seasonal selections

TRULY LEMONADE 5

Regular, Black Cherry, Mango, or Strawberry

STELLA 5

URBAN ARTIFACT SPYGLASS SOUR ALE 6

HEINEKEN LIGHT 5

DOS EQUIS LAGER 5

NARRAGANSETT LAGER 4
NEW BELGIUM FAT TIRE 5

GREAT LAKES DORTMUNDER 5

RHINEGEIST TRUTH 6

BLAKE'S HARD CIDER AMERICAN APPLE 6

MARKET GARDEN'S PROGRESS PILSNER 6

COLUMBUS BREWING BODHI IPA 6

BREWDOG PUNK IPA 6

STONE BREWING DELICIOUS IPA 6

THIRSTY DOG OLD LEG HUMPER 6

LEFT HAND BREWING MILK STOUT NITRO 6