

seed **BISTRO**

by chef eric lechasseur

SMALL PLATES

- marinated olives 7
- grilled mushrooms, yukon potatoes, capers 8
- roasted beets, avocado, grapefruit 9
- * garden vegetable boiled salad, roasted walnut sauce 10
- fresh green chickpea hummus 9

SOUP

- * daily soup 5
- * three vegetable miso soup 5

SALADS

- kale, quinoa, avocado lemon wasabi, nori, dill 12
- * three seaweed salad, bean sprouts, soy ginger 11
- arugula, green bean, crunch walnuts, soy blue cheese dressing 11
- baby romaine caesar salad, pepitas, tomato, cashew cheese 9

* indicates items "approved" for healing diets by macrobiotic expert Sanae Suzuki



ENTRÉES

- seitan pepper steak, watercress, fork mash potatoes 16
- paella, bell peppers, green peas, onions, saffron, brown rice 21
- flageolet bean cassoulet, celery, carrot, apple sausage 18
- gluten-free penne bolognese á la ruška, lentil, oregano 15
(in memory of our dear friend Ruška Porter)
- * stuffed shiitake, millet, fresh vegetable, romesco sauce 18

RAW

- cucumber jicama roll, watercress, vinaigrette 8
- kelp noodles, squash, avocado, maine coast dulse, with coconut turmeric soup 15
- vegetable lasagna, zucchini, tomato, pine nut ricotta 18

*SIDES

- brown rice 4
- quinoa 4
- steamed kale 6
- edamame, sea salt 6
- ume radishes with greens 6
- burdock kimpira 6
- farmers market vegetables 8
- pickled vegetables 5

CHEF ERIC'S TASTING MENU

exquisitely-prepared fresh, seasonal and organic ingredients chosen at the whim of the chef

- four-course 45
- six-course 60

WINE

(most selections are organic or utilize sustainable wine-growing practices)

bubbles

prosecco 10/34

white

- sauvignon blanc, natura, organic, chile 8/30
- chardonnay, pouilly fuisse, france 12/34
- pinot grigio, candoni, organic, italy 9/34
- chardonnay, sanford, santa barbara, 10/38
- dry riesling, westbrook wine farm, madera county 46

rosé

rosé, m. chapoutier, france 9/34

red

- carmenere, santa rita, chile 7/26
- malbec, diseno, argentina 7/26
- pinot noir, parducci, mendocino county 8/30
- cabernet sauvignon, michael torino, argentina 10/38
- petit syrah, westbrook wine farm, madera county 60
- merlot, santa rita, chile 8/30

SAKE

- nama sake, organic, 300mL 16
- ginjo premium, 300mL 13
- nigori, unfiltered, 375mL 10
- kikusui funaguchi, 300mL 20

BEER

- green's gluten-free, belgium triple blond 8
- amber ale 8
- eel river, organic amber ale 6
- IPA 6
- triple exultation 6

BEVERAGES

- sparkling water, ducale 6
- * kukicha 3
- * chilled barley tea 3
- chilled green tea 3
- herbal tea 3
- espresso 3
- almond latte 4

