



1117 Lincoln Ave, Steamboat Springs, CO

SNAX

***Yellowfin Tuna Lettuce Wraps** 16.49
carrot, cucumber, red peppers, rice, wasabi aioli

Mango Salsa & Chips 9.49
sweet mango, tomato, red onion, tomato,
jalapeño, cilantro served with corn tortilla chips

Street Tacos 14.49
three flour tortillas, chicken, cheese
sautéed onions, peppers, lettuce, pico
substitute plant based chicken +\$3

Spirulina Guacamole w/ Chips 10.49
avocado smashed with pico and spirulina
served with corn tortilla chips

SPECIALTY BOWLS

All Natural Chicken 5.49 **Organic Tofu** 4.49
Blackened or Plain Wild Shrimp 6.49
Verlasso Salmon 10.49 **Wild Yellowfin *Tuna** 10

Organic Veggie Bowl 18.99
sautéed carrots, red peppers, onions, broccoli, wild
Hazel Dell mushrooms on top of quinoa and kale
with muenster cheese, cashews & spirulina pesto

Spring Noodle Bowl 16.99
carrot, cilantro, cucumbers, red pepper,
avocado, sweet, spicy & tangy sauce

Caribbean Mango Curry Shrimp 17.99
wild shrimp, cabbage, cilantro, red pepper, red
onions, rice noodles, coconut mango curry sauce
tofu chicken can be substituted for shrimp

Hot Tokyo Maki Bowl 27.99
verlasso salmon, rice, cucumber, avocado,
goat cheese, mandarins, spring mix, pickled ginger,
furikake, wasabi aioli, gf tamari sauce, sesame seeds
*yellowfin *tuna 23.99 chicken 20.99 shrimp 20.99*

Veggie Maki Bowl 18.99
seared sweet chili tofu, carrot, pickled ginger,
cucumber, avocado, cream cheese,
red peppers, jasmine rice, spring mix, furikake,
pickled ginger aioli, sesame seeds
sub shrimp or chicken for +\$2

BOATS

stuffed open faced baked sandwiches

all sandwiches come with choice of side
SOUP, SALAD, FRUIT or TRUFFLE KETTLE CHIPS

Philly Your Way

Chicken 16.99 **Veggie** 15.99
jalapeños, peppers, mushroom, onions,
cage free mayo, muenster, pepper relish
substitute plant based chicken +\$3

Avocado Caprese 15.99
fresh mozzarella, tomato, avocado,
spirulina pesto, balsamic glaze

Roasted Turkey B.L.A.T 16.99
nitrate free bacon, all natural turkey breast
lettuce, avocado, tomato, cage free mayo

Bacon Jalapeno Popper 16.99
all natural chicken, jalapeño,
nitrate free bacon, cream cheese, cheddar
substitute plant based chicken +\$3

Cheezy Caramelized Onion & Mushroom 15.99
Hazel Dell wild mushrooms, caramelized onion,
goat cheese & muenster cheese

Cheezy Meatball Boat 17.99
grass fed gluten free meatballs,
house marinara, basil, fresh mozzarella

WRAP IT UP

all sandwiches come with choice of side
SOUP, SALAD, FRUIT or TRUFFLE KETTLE CHIPS

Impossible Burrito Supreme 16.99
vegan "Impossible" burger meat, black beans,
onions, cheese, yogurt sour cream, pico, lettuce

Jerk Shrimp Burrito 16.99
jerk spiced wild shrimp,
cabbage, pico, coconut curry sauce

Cajun Chicken Caesar Wrap 15.99
blackened red bird chicken, lettuce,
grape tomato, parmesan, caesar dressing
substitute plant based chicken +\$3

Spicy Asian Chicken Wrap 15.99
chicken, spicy pickled ginger slaw,
carrots, red peppers, wonton crisps
substitute plant based chicken +\$3

Vegan Burrito 16.99
house made vegan chorizo, cabbage, pico,
avocado, rice, tomatillo avocado sauce, mix greens

*These items may be served raw or undercooked,
or contain raw or undercooked ingredients.
Consuming raw or undercooked meats, poultry, seafood,
shellfish, or eggs may increase your risk of food borne illness.

FROM THE GARDEN

All Natural Chicken 5.49 **Organic Tofu** 4.49
Blackened or Plain Shrimp 6.49
Verlasso Salmon 10.49 **Yellowfin *Tuna** 10

Southwest Salad Bowl 16.99
 organic spring greens, black beans,
 cotija cheese, pico, red peppers, avocado,
 tomatillo avocado sauce with corn tortilla chips

Capricorn Salad 16.99
 organic spring greens, quinoa, grape tomatoes,
 avocado, fresh mozzarella, pesto, balsamic glaze

Omega 26.99
 verlasso salmon, avocado,
 wild arugula, goat cheese, red onion, quinoa,
 grape tomato, spirulina pesto, flax seed

Buddha Belly Bowl 17.99
 organic spring mix, rice, teriyaki sauce,
 house made kimchi, carrot, red peppers,
 cucumbers, cashews, peas shoots, sesame seeds

IN BETWEEN THE BUNS

all sandwiches come with choice of side
 SOUP, SALAD, FRUIT or TRUFFLE KETTLE CHIPS

Smash Burger 15.99
 all natural grass fed beef burger,
 house sauce, lettuce, tomato, onion, choice cheese
Make it a double patty +5.49

“Impossible” Vegan Smash Burger 16.99
 vegan house sauce, lettuce, tomato, onion

Blackened Shrimp Burger 16.99
 gluten free, wild shrimp burger,
 lettuce leaf, roma tomato, creamy cilantro slaw

ADD ONS

bacon +3.49 *avocado* +3 *cheese* +1.49
sautéed onion, mushrooms, jalapeños +1.49 ea
burger patty +5.49 *impossible patty* +7
gluten & egg free bun +2

NOT 2 HUNGRY

Du Jour 11
 bowl of daily soup and toasted french bread

Soup, Salad and Bread 14
 cup of daily soup, toasted french bread,
 organic mixed greens w/ choice dressing
ranch, balsamic glaze, ginger aioli, caesar, spirulina pesto

Seedz House Salad 13
 organic mixed greens, carrot, tomato,
 cucumber, red onion w/ choice dressing
ranch, balsamic glaze, ginger aioli, caesar, spirulina pesto

Cheese Quesadilla & Tomato Soup 13
 Keeping it simple; cheddar jack quesadilla
 with a cup of our house made tomato basil soup

SMOOTHIES

Dreamcicle 8.5
 mandarins, banana, yogurt, orange juice

Mahalo 8.5
 pineapple, coconut meat, banana, almond milk

Kiddo 8.5
 strawberry, banana, orange juice

Blue Dream 8.5
 blueberries, banana, coconut milk, yogurt

Green Monster 8.5
 pineapple, mango, banana, orange juice
 spirulina algae (natural detoxifier)

PBJ 8.5
 blueberries, banana, strawberries
 peanut butter, almond milk

* smoothies available until 5 pm

READY FOR AN ADULT BEVERAGE?
 SEE TABLE TOP MENU

HOT BEVERAGES

Organic Coffee 4.49
 Organic Hot Tea 4.49
 Almond Chai Latte 8
 Hot Apple Cider 6
 Hot Chocolate 6
 Hot Shot 8

honey, lemon, ginger,
 cayenne, turmeric

ESPRESSO

	<u>8oz</u>	<u>12oz</u>
Espresso shot	4	
Cappuccino	5	6
Latte	6	7
Mocha	7	8

DOUBLE SHOT+\$1

MILKS: organic whole milk, oat,
 almond or coconut
 SYRUPS: hazelnut, caramel, or
 vanilla +\$1

Kitchen Appreciation Surcharge

Please note that a kitchen appreciation surcharge of 3.5% will be included in your bill. This fee is 100% paid to our kitchen employees in order to provide a more sustainable compensation model for our valued team members. By doing this, our SEEDZ Cafe kitchen employees will be better equipped to meet the incredibly high cost of living in our resort markets and our guests will be able to enjoy our restaurants for years to come.