



# seedz

organic cafe & beverages

## SNAX

**\*Yellowtail Tuna Lettuce Wraps:** 16.49  
carrot, cucumber, red peppers, rice, wasabi aioli

**Mango Salsa & Chips:** 7.49  
sweet mango, tomato, red onion, tomato, jalapeno, cilantro with corn tortilla chips

**Street Tacos:** 11.49  
three flour tortillas, chicken, sautéed onions, peppers, cheese, lettuce, pico

**Spirulina Guacamole w/ Chips:** 10.49  
avocado smashed with pico and spirulina served with corn tortilla chips  
*add side of mango salsa +\$3.49*

## SPECIALTY BOWLS

### ADD ONS

**Red Bird Chicken 4 (6oz)** 9.49  
**Verlasso Salmon** 9.49  
**Blackened Shrimp** 6.49  
**Organic Tofu** 3.49  
**Seared Wild Ahi Tuna** 7.49

**Organic Veggie Bowl:** 15.99  
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:** 14.99  
carrot, cilantro, cucumbers, red pepper, avocado, sweet, spicy & tangy sauce

**Caribbean Mango Curry Shrimp Bowl:** 15.99  
wild shrimp, cabbage, cilantro, red pepper, red onions, rice noodles, coconut mango curry sauce  
*chicken or tofu can be substituted for shrimp*

**Hot Tokyo Maki Bowl:** 18.99  
(6oz) verlasso salmon, cucumber, avocado, goat cheese, mandarins, organic rice, spring mix, pickled ginger, furikake, wasabi aioli, gf tamari sauce, sesame seeds

**Veggie Maki Bowl:** 15.99  
seared sweet chili tofu, carrot, cucumber, avocado, cream cheese, organic rice, pickled ginger, spring mix, furikake, pickled ginger aioli, sesame seeds  
*shrimp or chicken can be substituted for the tofu*

## BOATS

stuffed fresh baked bread sandwiches

All Sandwiches come with choice of side SOUP, SALAD, FRUIT or TRUFFLE KETTLE CHIPS

### Philly Your Way:

**Short Rib** 14.99 **Chicken** 13.99 **Veggie** 12.99  
jalapeños, peppers, mushroom, onions, cage free mayo, muenster, pepper relish

**Avocado Caprese:** 12.99  
fresh mozzarella, tomato, avocado, spirulina pesto, balsamic glaze

**Roasted Turkey B.L.A.T:** 13.99  
nitrate free thick cut bacon, all natural turkey breast lettuce, avocado, tomato, cage free mayo

**Bacon Jalapeno Popper:** 13.99  
all natural chicken, jalapeño, nitrate free bacon, cream cheese, cheddar

**Cheezy Caramelized Onion & Mushroom:** 13.99  
Hazel Dell wild mushrooms, caramelized onion, goat cheese & muenster cheese

## WRAP IT UP

All Sandwiches come with choice of side SOUP, SALAD, FRUIT or TRUFFLE KETTLE CHIPS

**Impossible Burrito Supreme:** 14.99  
vegan "Impossible" burger meat, black beans, onions, cheese, yogurt sour cream, pico, lettuce

**Jerk Shrimp Burrito:** 14.99  
jerk spiced wild shrimp, cabbage, pico, coconut curry sauce

**Cajun Chicken Caesar Wrap:** 13.99  
blackened red bird chicken, lettuce, grape tomato, parmesan, caesar dressing

**Spicy Asian Chicken Wrap:** 13.99  
chicken, spicy pickled ginger slaw, carrots, red peppers, wonton crisps

**Vegan Burrito:** 14.49  
house made vegan chorizo, cabbage, avocado, pico, 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

### ADD ONS

**Red Bird Chicken 4** (6oz) **Verlasso Salmon 9.49**  
**Blackened Shrimp 6.49** **Organic Tofu 3.49**  
**Seared Wild Ahi Tuna 7.49**

### Southwest Salad Bowl: 13.99

organic spring greens, black beans,  
 queso fresco, pico, red peppers, avocado,  
 tomatillo avocado sauce with corn tortilla chips

### Capricorn Salad: 13.99

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

### Omega: 18.99

(6oz) verlasso salmon, avocado, wild arugula,  
 goat cheese, red onion, quinoa, grape tomato,  
 spirulina pesto, flax seed

### Buddha Belly Bowl: 14.99

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

## COLD BEVERAGES

### Happy Leaf Kombucha 6

carrot apple beet, hibiscus ginger, hot shot booch

**Traditional Lemonade 5** **add a flavor +\$1**  
 guava, mango, raspberry, ice tea

### RISHI Sparkling Botanicals 4.5

black lemon, dandelion ginger, patagonia maqui berry

**Ice Tea or Sweet Tea 4**

**Ice Bhakti Chai 8**

**Shot Fizzie 7**

**Soda 3**

coke, diet coke, sprite

**Guayaki Yerba Matte 6**

orange, bluephoria, rebel berry, mint, gold, pom cran

## HOT BEVERAGES

**Organic Coffee 3.75**

**Organic Hot Tea 3.75**

**Hot Apple Cider 4**

**Hot Chocolate 5**

**Hot Shot 7**

honey lemon, ginger, cayenne, turmeric

**Espresso Drinks: see drink menu**

**READY FOR AN ADULT BEVERAGE?**  
**SEE TABLE TOP MENU**

## IN BETWEEN THE BUNS

All Sandwiches come with choice of side  
 SOUP, SALAD, FRUIT or TRUFFLE KETTLE CHIPS

**Grass Fed All Natural Beef Burger 14.99**  
 house sauce, lettuce, tomato, onion & cheese

**“Impossible” Vegan Burger 14.99**  
 vegan house sauce, lettuce, tomato, onion

### ADD ONS

bacon +3.49 avocado +3 sprouts +1.49  
 sautéed onion, jalapeños, mushrooms or cheese +1.49 ea

### GO BUN-LESS

served on a lettuce leaf, tomato, red onion  
 & sauce on the side

## KIDS MENU

**Teriyaki Chicken Rice Noodle Bowl 9**

**Cheese Burger Slider with Fruit 10**

**Cheese Quesadilla with Fruit 7**

**Lil' Plate ; 11**

Chicken or Tofu, Rice, Avocado, Salad  
 side of teriyaki sauce

## 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

### PBJ 8.5

blueberries, banana, strawberries,  
 peanut butter, almond milk

### Green Monster 8.5

pineapple, spirulina, mango, banana, orange juice

### Kitchen Appreciation Surcharge

Please note that a kitchen appreciation surcharge of 3% 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.

## SIGNATURE DRINKS

### seedz Margarita 12

tequila, orange liquor, lime juice, splash oj

### Real Fruit Puree Margarita 13

guava, raspberry or mango

### Guava Mojito 12

rum, guava, chateau liquor, soda water

### Cucumber Melon Mint Mojito 12

cucumber & melon liquer, rum, lime juice, mint, soda water

### Ring of Fire 12

vodka, raspberry puree, orange juice

### Strawberry Lemon Drop 13

gin, lemon liquer, strawberries, sugar rim

### Hard Shot 13

vodka, ginger juice, lemon juice, cayenne, turmeric, honey, soda water  
add a Yerba Matte +\$4

### Elderflower Paloma 13

St. Elder liquer, blanco tequila, fresh grapefruit juice, soda water

### Alkchemist Blueberry Gin & Tonic 15

premium gin, blueberries & tonic

### Dirty Mocha Chai Martini 15

ginger vodka, chai liquer, coffee liquer, espresso, chocolate

### Seedz Old Fashion 13

whiskey, cherry orange syrup, traverse cherry, orange twist

## Premium Sipping Libations

2oz shot neat or on an ice sphere

### Arte NOM 1146 17

Anejo Tequila; aged 4yrs in wine casks

### Purasangre 10

Anejo Tequila

### KAIYŌ 15

Japanese Mizunara Whiskey

### Alkchemist 13

triple-distilled grain with 21 different botanicals Gin  
"distilled by the light of the full moon"

## WINE

ask to see our wine list

## BEERS

### Storm Peak Seasonal 7

### Red Stripe 6

### Stella Artois 7

### Coors Light 5

### Pacifico 5

### Baby Corona 3

## MIMOSA

choose flavor 10

orange juice, guava,  
mango, raspberry,  
apple pie,  
hang over-over

## ESPRESSO

	8oz	12oz
Espresso (2oz)	3	
Cappuccino	4	5
Latte	5	6
Mocha	6	7

MILKS: organic whole milk, oat, almond or coconut

SYRUPS: hazelnut, caramel, or vanilla +\$1

DOUBLE SHOT+\$1

## HOT BEVERAGES

Organic Coffee 3.75

Organic Hot Tea 3.75

Almond Chai Latte 8

Hot Apple Cider 4

Hot Chocolate 5

Hot Shot 7

honey, lemon, ginger, cayenne, turmeric

## COLD BEVERAGES

### Local Wave Brewing Kombucha 6

hot shot booch, apple carrot beet, hibiscus ginger, seasonal

Traditional Lemonade 5 add a flavor +\$1

raspberry, guava, mango, ice tea

RISHI Sparkling Botanicals 4.5

black lemon, dandelion ginger, patagonia maqui berry

Iced Tea or Sweet Tea 4

Iced Bhakti Chai 8

Cock & Bull Ginger Beer 5

Shot Fizzie 7

Soda 3

coke, diet coke, sprite



Guayaki Yerba Matte 6

orange, bluephoria, rebel berry, lemon, mint, gold

## 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

\* ask your server how to spike your smoothie





## Pu Pus

### Mana Pua : 15

2 mini steamed lotus buns filled with your choice  
kalua pork, teriyaki chicken thigh or wild mushroom  
served with house made kimchi

### \*Seared Ahi "Poke" 17

seared yellowtail tuna with a shoyu poke sauce,  
arugula, tomato, avocado, rice ball

### Coconut Mango Shrimp Ceviche 16

served with wonton crisps

### Shaomai Shrimp Dumplings 12

( 6 ) shrimp dumplings in bamboo steam basket

### Garlic Soy Edamame 7

## Siamin Noodle Soup

ramen style noodle soup bowl , choice of  
rice noodle <sup>®</sup> or chewy ramen noodle, egg,  
green onion, nori, bok choy, fresno peppers,  
togarashi sprinke kombu broth. 17

**ADD on protein +\$5**

**Shrimp, Chicken Thigh, Tofu, Kalua Pork,  
Beef Short Rib +\$8 Bison Short Rib \$13**

**ADD Chicken collagen broth +\$2 <sup>®</sup>**

rich in calcium, magnesium, sulfur, sodium,  
potassium, glucosamine, keratin  
and other minerals.

## PLATES

choice of 1 protein & 2 sides \$17

### CHOICE of PROTEINS <sup>®</sup>

- Teriyaki Chicken Thighs ◦ Kalua Pork ◦ Kalbi Tofu
- Island Curry Chicken Thigh or Tofu
- \*Lomi Lomi Salmon (salt cured salmon & tomato salad)
- Garlic Shrimp w/ side Volcano Sauce
- Ginger Garlic Veggie Medley

### CHOICE of SIDES:

mac salad, slaw, organic jasmine rice, <sup>®</sup> kim chi, house salad,  
sautéed house veggies, mango salsa or hawaiian king roll

### EXTRA

add another protein \$7  
extra side \$3.49

### <sup>®</sup> RICE BOWLS \$15

Teriyaki Chicken Thighs & Rice  
Island Curry Chicken or Tofu & Rice  
Garlic Shrimp & Rice  
Kalbi Tofu & Rice

## FAMILY MEAL PLAN

4 or more people \$16 per person

2 proteins, rice, mac salad and hawaiian king rolls  
(no substitutions)

## Da Kine ENTREES

### Honey Yuzu Ginger \*Salmon 31 (V)

seared verlasso salmon with a soy citrus ginger glaze  
with coconut basil rice noodles & mandarin cashew slaw

### Gochujang Tofu & Wild Hazel Dell Mushrooms 26 (V)

pan seared wild mushrooms and tofu in a sweet & spicy fermented soy bean sauce  
organic jasmine rice, yuzu mirin marinated cucumber tomato and arugula

### Kalbi Bison Short Ribs 36 (V)

Slow braised short rib in a sweet and tangy garlic Hawaiian style sauce  
organic jasmine rice, charred baby bok choy

## SALADS

### Seedz House 9 (V)

tossed spring mix, cucumber, grape tomato, red onion, carrot  
choice of dressing; ranch, balsamic glaze, yuzu mirin, caesar, spirulina pesto

### Buddha Belly Salad 16 (V)

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

**Chicken Thigh \$4 Tofu \$4 Wild Shrimp +\$5 Seared Yellowtail \*Tuna +\$8**

### Spring Noodle 16 (V)

wild arugula, rice noodles, carrot, cucumber, avocado, red peppers, cilantro, sweet chili sauce

**Chicken Thigh \$4 Tofu \$4 Wild Shrimp +\$5 Seared Yellowtail \*Tuna +\$8**

## Happy Hour Cocktails

### SEEDZ Margarita 12

tequila, orange liquor, lime juice, splash oj

### Real Fruit Puree Iced Margarita 13

guava, raspberry or mango

### Guava Mojito 12

rum, guava, chateau liquor, soda water

### Cucumber Melon Mint Mojito 12

cucumber, melon, mint liquor, rum, lime juice, mint, soda water

### Ring of Fire 12

vodka, raspberry puree, orange juice

### Strawberry Lemon Drop: 13

gin, lemon liquor, muddled strawberries, sugar rim

\$3 off happy hour cocktails

\$3 off wine by the glass

\$2 off mimosas

\$5 beer

## Happy Hour

shaomai shrimp dumplings \$4.49

garlic soy edamame \$4.49

chicken or tofu satay w/peanut sauce \$4.49

kalua pork lettuce wrap \$3.49

teriyaki chicken slider \$3.49

mini rice bowl \$7.49

teriyaki chicken or tofu, curry chicken

## KIDS MENU

**Teriyaki Chicken Rice Noodle Bowl 9**

**Grass Fed Cheese Burger Slider with Fruit 9**

**Lil' Plate : Chicken or Tofu, Rice, Avocado, Salad 11**

**Cheese Quesadilla with Fruit 7**

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