



SMALL PLATES

SWEET POTATO BOWL 9 ^{gfo}

Sweet potato fries, banana, goji, berries, granola, coconut, salted caramel

TOFU SCRAMBLE & BLTA MUFFIN 12.75 ^{gfo}

Turmeric tofu, kale, onion • Bacon bites, Lettuces, Tomato, Avocado, mayo

BUFFALO CALIFLOWER DIP 9.5 ^{وؤؤ gfo}

Baked cauliflower buffalo ranch dip, raw veggies, toasted pita

TRUFFLE BACON MAC & CHEESE 11

Truffle cashew cream, macaroni, bacon bites

MANGO CEVICHE TOSTADAS 7.75 ^{وؤ gfo}

Mango, cucumber, onion, avocado, cilantro

PINEAPPLE PEANUT TOFU 5 ^{وؤ gfo}

Crispy tofu, pineapple peanut sauce

SHACK'S CHILI CHEESE FRIES 9.5 ^{وؤ gfo}

Potato fries, Shack's chili, cashew cheese, cilantro, jalapeno

SPRING ROLLS 7.75

Veggies soy chick'n rolls deep fried, sweet chili sauce

COLD DRINKS

UNSWEETENED ICED TEA 3 | refill

Black • Passion Fruit Green • Raspberry Herbal

ARNOLD PALMER 3.5 | refill

LEMONADE 3.5 | refill

COLD BREW COFFEE 4.25 | 5.25

THAI TEA 3.5 | 4.5

HEMPCHATA 6.25 | 8.25

Hemp heart, cashew, cinnamon, vanilla, agave

HOT DRINKS

COFFEE • TEA 3.5 | refill

CHAI LATTE 4.25

GOLDEN MILK 5.5

Turmeric, cinnamon, ginger, cardamom, nutmeg, Cayenne, black pepper, maple syrup, coconut milk

FLOAT • SMOOTHIES

SODA • FLOAT 3.75 | 6.75

MIXED BERRIES

Mixed berries, banana, apple juice

MANGO CREAM

Mango, banana, cardamom, coconut milk, agave

PINE-APPLE MATCHA

Pineapple, kale, green tea, apple juice, agave

NUTTY DATE

Almond butter, date, flaxseed, cinnamon, nutmeg, banana, coconut milk

16oz 7

KIDS MEAL

PBJ ENGLISH MUFFIN

TOFU NUGGETS

MAC & CASHEW CHEESE 7.5

Side of mixed fruits or potato fries, juice box

All Menu Items are Plant-Based • Gluten Free Options Available ^{gfo}

Seed Shack offers items with peanuts, tree nuts, soy, wheat, and other allergens

We cannot guarantee the absence of cross contamination in our food

Please advise your server of any dietary restrictions before placing an order

Pricing and availability subject to change

MAIN

Burgers are served with your choice of side. Add Avocado, Bacon Bites or GF Bun +2

BEET BURGER 14

Shack-made beet patty, mashed avocado, cucumber, greens, lemon tahini

BLACK BEAN BURGER 13

Shack-made black bean patty, tomato, onion, greens, lemon tahini

BEYOND BURGER 15

Cashew cheese, tomato, onion, greens, fancy sauce

IMPOSSIBLE BURGER 16

Classic: cashew cheese, tomato, onion, greens, fancy sauce
Or PBJ: peanut butter, berry sambal jelly, wonton crisp, cucumber

CHICK'N SANDWICH 13.5

Classic: fried soy patty, tomato, pickle, greens, mayo
Or Buffalo Ranch: fried soy patty, pickle, ranch slaw, Buffalo sauce

BARBECUE JACKFRUIT PITA 14

Pulled jackfruit, pineapple peanut slaw, greens

CAULIFLOWER CHICKPEA TACOS 11

Baked cauliflower, chickpeas, cabbage, mashed avocado, southwest sauce

RAINBOW TOFU VERMICELLI 12

Fried tofu, slaw, rice noodle, peanut, cilantro, soy caramel sauce

CAESAR SEED SALAD 11

Garlic-sage chickpea croutons, kale, greens, tahini Caesar dressing,
Hemp heart pepitas parmesan • Add Fried chick'n or tofu +4

SIDES

POTATO FRIES • SIDE SALAD
WAKEME SEAWEED SALAD • MIXED FRUITS 4 ^{gfo}

SWEET POTATO FRIES 5 ^{gfo}

SHACK'S CHILI 7 HALF 5 ^{gfo}
Beans, corn, tomato, pepper, onion, cilantro, jalapeno

Extras: sauce • dressing • syrup 1

SWEETS

APPLE PIE NACHO 9 ^{gfo}
Apple sauce, cinnamon sugar fried pita, coconut whip, salted caramel

FRIED PLANTAIN 9.25 ^{gfo}
On almond date butter, choice of nice cream

NICE CREAM 4.5 ^{gfo}
Ask us for flavors

BUBBLE WAFFLE 10 WEEKEND ONLY
Banana, berries, coconut whip, berry & chocolate sauce
Waffle Only 6.5 • Chocolate or Matcha Waffle +2

PINEAPPLE PEANUT CHICK'N & WAFFLE 13
MAPLE BUTTER CHICK'N & WAFFLE 13

SEED SHACK APP SPECIAL REWARDS • ONLINE ORDER • EVENTS & CATERING
www.seedshacks.com • 480 488 8217 • 3861 E Baseline Rd K-136, Gilbert, AZ

