

# Smoothies

## **BANANA ALMOND 9**

almond butter, almond milk, banana, butterfly pea powder, and dates

## **BERRY BLEND 9**

coconut water, raspberries, blackberries, blueberries, pitaya powder, and strawberries

## **TROPICAL 9**

banana, coconut water, mango, and pineapple

## **ENLIGHTENED GREEN 9**

coconut water, cucumber, green grapes, matcha powder, parsley, pineapple, avocado and spinach

# Beverages

coffee 2

hot tea 3

blue sky soda 2

honest tea 2

liquid death

water 2

boochy mama

kombucha 4.25

\* TRY ONE OF  
OUR HOUSE

BLEND TEAS

OR

LEMONADES



## **MEET OUR LOCAL VENDORS:**

Angry Irishman Hot Sauce

Boochy Mama Kombucha

Flying Rhino Coffee

Pantless Jams

419 Maple

One Selfless Love Tea

Seed Of Life Farms

Yeah, I'm From Toledo

## Allergen Notice

PEANUT OIL USED FOR FRYING  
ALL MENU ITEMS MAY COME INTO  
CONTACT WITH WHEAT, SOY, NUTS  
NEVER ANY MEAT, DAIRY OR HONEY

N- Nuts

S- Soy

W- Wheat

116 10th St  
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[theleafandseed.com](http://theleafandseed.com)



*locally sourced, handcrafted  
with compassion and 100%  
plant-based*

*we offer catering, boxed lunches and  
custom bakery orders*

## **Hours**

**Monday - Tuesday Closed**

**Wednesday - Thursday 10-2**

**Friday - Saturday**

10am - 8pm

**Sunday Brunch**

10am - 2pm

# Breakfast

## BREAKFAST BURRITO 12 (WNS)

Sautéed peppers and onion, cheddar shreds, home fries, sausage, tofu scramble with sautéed onions, cashew queso wrapped in a flour tortilla, topped with guacamole and pico de gallo

## SCRAMBLE PLATE 12 (WS)

home fries, tofu scramble with sautéed onions, two sausage patties, and toast served with local jam

## BISCUIT BOWL 13 (WSN)

open-faced biscuit topped with homefries, tofu scramble with sautéed onions, white pepper sausage gravy, topped with cheddar shreds and green onion

## ARTICHOKE CAKE BENEDICT 13 (WSN)

Open faced English muffin, mixed greens, tomato, artichoke cake, hollandaise sauce

## IRISH HASH BOWL 13 (WS)

open faced biscuit, home fries, pepper and onion, seitan, tofu scramble with sautéed onions, hollandaise sauce

## SAUSAGE MUFFIN SANDWICH 8 (WS)

english muffin, sausage, smoked provolone served with homefries on the side

## FRUIT & YOGURT PARFAIT 8 (GF)

alternating layers of fresh fruit, granola, and plant-based

## Shareables yogurt

## BRUSSEL SPROUTS 10 (S)

flash-fried brussel sprouts topped with coconut bacon, feta, sriracha and balsamic glaze

## NACHOS 12 (N)

tortilla chips topped with black beans, cashew queso, shredded lettuce, pico de gallo, and cashew sour cream

ADD SOY CHORIZO 2 (S)

ADD GUACAMOLE 2

ADD CANDIED JALAPEÑO 1

## LOADED FRIES 11 (SN)

hand cut french fries topped with soy chorizo, cashew queso, cashew sour cream and green onion

## ARTICHOKE CAKES 11 (W)

flash fried artichoke cakes topped with a roasted red pepper aioli

# Handhelds

served with homemade potato chips

## HAWAIIAN BURGER 13 (WS)

chickpea sweet potato patty topped with grilled pineapple, jalapeno coleslaw, teriyaki sauce, sriracha aioli, served on a toasted whole wheat bun

## REUBEN 14 (W)

corned beef seitan with caramelized onions and sauerkraut, smoked provolone, russian dressing served on grilled rye bread

## BUFFALO CHICKPEA WRAP 12 (WS)

smashed chickpeas in buffalo sauce with diced celery, mixed greens, shredded cabbage and carrots, dressed with dill ranch, and wrapped in a flour tortilla (can be made gf)

## SOUTHWEST WRAP 12 (WS)

soy chorizo, mixed greens, black bean and corn salsa, cheddar shreds, guacamole, crispy tortilla strips, chipotle ranch, wrapped in a flour tortilla

## CHIKN BACON RANCH WRAP 13 (WS)

hand breaded chikn, coconut bacon, mixed greens, tomato, dill ranch wrapped in a flour tortilla

# Chikn Chunks and Sammies

## BBQ CHIKN CHUNKS AND FRIES 14 ( WSN)

hand cut fries, bbq chikn chunks, cashew queso, candied jalapenos, coconut bacon

## NASHVILLE HOT CHIKN CHUNKS 13 (WS)

coleslaw, nashville hot chikn chunks, sweet relish

## SWEET CHILI CHIKN CHUNKS 13 (WS)

sesame slaw, sweet chili chikn chunks

## NASHVILLE HOT CHIKN SANDWICH 13 (WS)

hand breaded and deep fried chikn, nashville hot sauce, mixed greens, bread and butter pickles, served on a toasted whole wheat bun

## CRISPY CHIKN SANDWICH 13 (WS)

hand breaded and deep fried chikn, topped with coleslaw and sriracha aioli served on a toasted whole wheat bun

## SWEET CHILI CHIKN SANDWICH 13 (WS)

hand breaded and deep fried chikn sweet red chili sauce, sesame slaw served on a toasted whole wheat

# Salads and Bowls

## TACO SALAD 13 (GF)(S)

mixed greens with chorizo, crispy tortilla strips, fire-roasted corn and black bean salsa, green onion, shredded red cabbage and carrots, and pico de gallo - served with chipotle ranch dressing on the side

## MARKET SALAD 10 (GF)

mixed greens with bell pepper, shredded red cabbage and carrots, onions, tomato, crispy tortilla strips - served with ranch dressing on the side

## THAI QUINOA BOWL 13 (N)

quinoa, power greens, red onion, roasted chickpeas, red bell pepper, chopped peanuts, fresh cilantro, ginger peanut dressing

## SWEET POTATO QUINOA BOWL 13 (GF)

quinoa, power greens, red onion, roasted chickpeas, red bell peppers, roasted sweet potatoes, fresh parsley, maple tahini dressing

# Kids Menu 6

### Nachos

Peanut Butter and Jelly with homemade potato chips

Almond Butter and Jelly with homemade potato chips

Grilled Cheese with house made potato chips

# Sides

TOFU SCRAMBLE 3

HOMEFRIES 4

FRUIT CUP 5

TOAST 2

SAUSAGE PATTIES 4

BRUSSELS 6

FRENCH FRIES 4

GARDEN SALAD 5

# Extras for All

SOY CHORIZO 2

CANDIED JALAPENOS 1

GUACAMOLE 2

VIOLIFE FETA 2

VIOLIFE SMOKED PROVOLONE 2

VIOLIFE CHEDDAR SHREDS 2

CASHEW SOUR CREAM 2

CASHEW QUESO 3

DRESSING OR SAUCE 50