breakfast

served from 7am to 2pm

sourdough toast with preserves **$8**
jam, vegemite or peanut butter

eggs your way (v, gfo) **$12**
2 eggs scrambled, poached or fried on sourdough

chilli scrambled eggs (v, gfo) **$16.5**
3 eggs, whipped goat's cheese, chilli oil, parmesan, crispy shallots, spring onion, chilli on sourdough

avo on sourdough (v, veo, gfo) **$15.5**
crumbed feta, beetroot relish, sunflower seed and pepita dukkah and basil oil

eggs benny **$18**
2 poached eggs on sourdough with bacon, wilted spinach and hollandaise sauce

+ breakfast add-ons:
avocado $4
sautéed spinach $4
sautéed mushrooms $4
1 x egg your way $4
2 x hash browns $5
2 x rashers of bacon $6

daily specials

served from 11am to 2pm

see specials board
salad of the day $14
pasta of the day $15
curry of the day $15

grab & go

served from 7am to 2:30pm

fresh made rolls:
ham & salad $9.5
chicken & salad $9.5
cheese & salad $8.5

bacon & egg roll **$11**
tomato relish

bacon & egg wrap **$12**
spinach, cheese, mayo and BBQ sauce

sushi cup **$10**
teriyaki chicken with sushi rice, cucumber, rice seasoning and avocado

mushroom wrap **$12**
spinach, hash brown, cheese and tomato relish

ham & cheese croissant **$12**

toasties:
ham, cheese & tomato $8
ham & cheese $7
cheese & tomato $6.5

chia pudding & granola cup **$10**
banana bread **$8**
almond croissant **$9**
fruit toast **$4**
assorted danishes and pastries

pizza

served from 11am to 2pm

oven fresh pizza (gfo)
margarita $14
pepperoni $16
+ gluten free bases $4

lunch

served from 11am to 2pm

grilled barramundi* (gf, i) **$19.5**
Moroccan brown rice, red cabbage and roasted capsicum, house-made pumpkin hummus

*substitute grilled chicken

beef burger and fries **$18**
sauce, lettuce, tomato, pickled onion

+ burger add ons:
cheese $2
bacon $3

southern fried chicken tenders burger and fries (gfo) **$18**
American cheese, lettuce, buffalo aioli

+ burger add on:
bacon $3

karaage chicken bowl **$18**
rice, edamame, wakame, pickled ginger, sriracha mayo and sesame dressing

BLT on Turkish bread and fries **$16**
bacon, lettuce, tomato, chipotle mayo

nourish bowl **$16**
quinoa, buckwheat, avocado, spinach, chickpeas, edamame, broccoli, cashews and herb lemon vinaigrette

+ nourish bowl add on:
karaage chicken $7
grilled chicken $7

shoestring fries **$6**

beverages

served from 7am to 2:45pm

coffee
Quest Coffee Roasters
Australian owned coffee roasters based in Burleigh Heads

small **$5**
medium **$5.5**
large **$6**

chai latte ..... +50c
aromatic blend of spices

syrups ..... +50c
caramel, vanilla, hazelnut

alternative milk ..... +50c
soy, almond, oat, lactose free, coconut

iced coffee **$6**
long black, latte, chai

+ ice cream and cream $2

Madura tea **$5**
English breakfast, earl grey, green, lemon myrtle, peppermint

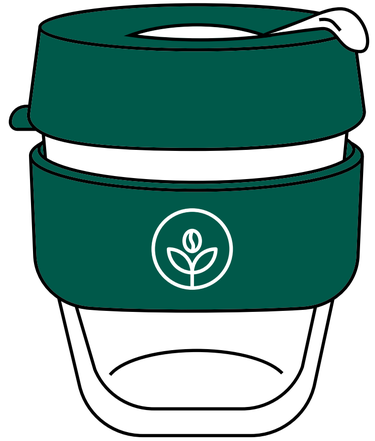
milkshakes and frappes **$8**
caramel, chocolate, strawberry, vanilla, hazelnut, coffee

smoothies **$9**
snickers peanut butter, chocolate, milk, banana
berry Greek yoghurt, coconut water, mixed berries

matcha **$8**

flavours ..... +50c
strawberry, blueberry, raspberry, lavender, rose

BYO reusable cup to receive 10% off
hot beverages



open monday to friday
from 7am to 3pm
closed on public holidays

(07) 5559 7522
seedpodcafe.com.au

seedpod café

v = vegetarian, ve = vegan, gf = gluten free, veo = vegan option available, gfo = gluten free option available, i = international