

BRUNCH- SAVOURY

SURF OF LIFE BIG BREAKFAST Two artisan herbbed chicken sausages, two poached eggs on toasted sourdough, of fochonanas, avocado mash, blistered tomato, braised tosty/ buttered spinach, hash brown, brown, buttoned mushrooms & creamy mushrooms viscous on the side	2150
SEED AVOCADO (v) Avocado salad, ranch sauce, pure euros salad, oleppo, zesty peanut dukka, toasted spearheads on toast Blind prime house sourdough	2250
RED PEPPER HUMMUS (v) (ve) Basil pesto hummus, juicy cherry tomatoes, cucumber, kale, labneh & za'atar, toasted olives on sourdough	2250
GOLDEN FOLDED EGGS W/ GOATS CHEESE & TRUFFLE OIL (v/o) (s) Two-ched-with-herb omelette, goats cheese, rocket & chive salad, roasted tomato, truffle oil on sourdough bread	2350
TURKISH STYLE EGGS (v/o) (s) Poached toaneh, poached eggs, chilli butter & spiced herb eggs, smoked chill infused butter sauce, toasted pine nuts, aleppo on sourdough	2150
CHILLI CRAB FOLDED EGG CROISSANT (s) Two folded egg w/ chilli crab mix and smoked hollandaise, thai basil, pickled onions, pearls & a salad on croissant	2950
BEEF BENNY CROISSANT Slow-cooked puffed beef, two poached eggs, spinach leaves, toasted hollandaise, croissant & mixed greens salad on the side	2950
SMOKED SALMON BENEDICT BAGEL Smoked salmon, two poached eggs, hollandaise, topped with tiliak, capers, freshseasoned salad	2950
BUTTERNUT SQUASH ON TOAST (ve) (n) Roasted spiced butternut, hummus, beetroot tzatziki, toasted mixed nuts on sourdough, spiced herb & feta	2150
PULLED SWEETCORN CHIMICHURRI Pulled sweetcorn, chipotle mayo, chimichurri, jalapenos, feta, lime, toasted nastaruriums on sourdough w/ peas, quinoa & a poached egg	2450
PESTO & CHICKEN BAGEL BURGER (s) Chicken thigh, pesto mayo, parmesan, rocket, tomatoes, olives, toasted asiago infused bagel, parsley-pea mash & a poached egg	2450

ADD ONS

SAVOURY	SWEET
80 Sourdough toast	30% Sliced banana
80 Focaccia or mixed carb brioche	75% Scoop of ice cream
80 Seasonal side salad	80 Baked nut butter
80 Cheesy baked egg (v/o)	100 Almond butter
100 Smashed avocado or avocado mash	
100 For poached egg	
100 Smoked salmon	
130 Sausage (all herbbed chicken sausages)	
465 Grilled tofu	

BRUNCH- SWEET

BISCOTTI, STRAWBERRY & CREAM FRENCH TOAST W/ GELATO Our gelato bites at La Gelateria, Italian-style cheesecake filling, topped with house made strawberry compote & crushed pistocfies on brioche	2750
SALTED CARAMEL & CARAMELISED BANANA FRENCH TOAST BBU OAST (v) Our gelato bites at La Gelateria, salted caramel sauce, chips, caramelised banana, salted coconut crunch on brioche	2750
CHOCOLATE HAZELNUT GRANOLA (v/o) W/ cocoa nibs, dark chocolate, granola, superseeds, cranberries and fresh coconut w/ cold oat or almond milk	1800
VEGAN NUTTY GRANOLA (v) W/ cold oat or almond milk	1800
SMOOTHIE BOWLS (ve) Acai, almond milk, banana, granola, chia seeds, desiccated coconut & house made Vegan Nutty Granola w/ choice of toppings	2450
CACAO, ACIA, OOJI, PEANUT BUTTER	
GOJI BERRY, STARWALT BUTTER & PISTACHIO	
GO STARA PEANUT BUTTER 80% EXTRA ALMOND BUTTER	

SALAD

ROASTED PUMPKIN AND KALE SALAD (ve) Toasted nuts and labneh, green poddese (avocado) dressing, cranberries, pomegranates and seeds on kale & cos lettuce	2450
GRILLED CHICKEN	2950
NUT/ FALAFEL	2450

ADD BAGEL W/ VEGAN CREAM CHEESE DRESSING TO A BASIC TOP BURGER

AFTER 11AM

SWEET TREATS

VEGAN	NON VEGAN
80 Almond date slice brownie (v)	80% Croissant cheesecake (s)
80 Peanut butter caramel slice (v)	80 Caramel macchiato choc chip cookie
80 Berry chio pudding	80 Bitter butter chocolate chip cookie
	80% Biscoff cookie/brownie
	80% Chocolate brownie

PLACE YOUR ORDERS AT THE COUNTER

(V) VEGAN | (VE) VEGETARIAN | (GF) GLUTEN FREE
(S) SPICY



LUNCH BOWLS

AFTER 11AM

SEED POKE B2B Sushi rice, tofu, greens, chilli mango, basil, tomatoes & avocado, cucumber ribbons with a sesame soy dressing	2800
STEAK TUSCAN BALSAMIC	2800
HUE & PALAW LINGUIRICE	2800
CHILLI PRAWN LINGUIRICE	2800
GRILLED TOFU OH	2000
HUMMUS & ROASTED PUMPKIN BOWL Roasted pumpkin, purple rice, hummus, quinoa, greens, red pepper onion relish, sunflower seeds, coriander, tzatziki & a tangy lemon dressing	2450
GRILLED CHICKEN BOWL	2650
MEXICAN CHIPOTLE BOWL Mexican brown rice, chicken, peppers, quinoa, chargrilled red peppers, fresh salsa, sourcream & guacamole & house greens, jalapenos, house chipotle mayo and cucumber ribbons	2950
SEED GREEK BOWL	2450
THAI PEANUT Crispy tofu, limas, cabbage, red pepper & grated pepaya parance	2950
GRILLED CHICKEN BOWL	2950
KALE PESTO PASTA (v) Kale pesto, broccolini, peas, toasted nuts & yoghurt & freshly grated grana padano	2450
ARRABIATA STYLE PASTA	2450
GRILLED CHICKEN	2950
GRILLED TOFU (VE)	2450

LUNCH PLATES

AFTER 11AM

SOFT SHELL TACOS Three soft corn tortillas, avocado salsa, sour cream, house pickled slow with lime wedge & a side of greens & corn chips	2500
LOW & SLOW BBQ PULLED CHICKEN	2800
SEAFOOD BEACH BURGER King green and ocean fish, taumami miso sauce, avocado mash, sesame mayo, slow, pickled jalapenos in a toasted brioche bun	2750
VEGAN BEYOND BURGER (v/o) Vegan beyond patty, vegan mayo, smashed avo, BBQ onion pickle, tomato, cos lettuce, cashew cheese in a toasted brioche bun	2150
GARLIC SOURDOUGH CRUMBED CHICKEN W/ GREEN QUINOA SALAD Herb crumbed chicken, parmesan, sundried tomatoes on a bed of green quinoa & toasted pine nut herb salad, labneh & lemon	2750
CREAMY MACARONI W/ NASHVILLE STYLE CHILLI OIL (v) Macaroni with creamy cheese, sourdough crumbs and our fried chicken drizzled in nashville chilli oil	2450
SLOW COOKED PULLED BEEF	2800
OVER FRIES CRUMBED CHEDDAR	
THAI STYLE CHICKEN WITH COCONUT RICE Chicken thigh in red curry, coconut milk sauce, served with coconut rice	2750
MANGO CHICKEN WITH COCONUT RICE Coconut chicken, infused rice, served with mango, pineapple achar, japanese slow & coconut rice	2750

SEEDLINGS

(SMALL PLATES FOR THE KIDDOS)
SMALL PLATES FOR THE KIDDOS WE HAVE MINI BUDGETS SERVED WITH YOUR KIDDO



SLOW STARTS & EASY MORNINGS



SEED

60 HORTON Place
Colombo 00700

BRUNCH • JUICE • COFFEE

OPEN MON - SUN 8AM - 5.30PM

@FIND

IF YOU ENJOYED SEED CAFE HEAD ON OVER TO OUR SISTER CAFE

ACCESS TOWERS 2, DAWSONS STREET, COLOMBO 2
8AM - 8PM



ESPRESSO BASED COFFEE

ALL COFFEE ARE MADE USING A DOUBLE SHOT OF LOCALLY SOURCED ESPRESSO
BOO OAT MILK 100 COCONUT MYLK

ESPRESSO	(Short/ Long/ Flat) 750
AMERICANO	750
TROPICAL ICED AMERICANO	(Espresso/ Tonic/ Black Orange) 850
ESPRESSO TONIC	1150
MACCHIATO	1150
PICCOLO	1150
FLAT WHITE	1150
CAPPUCCINO	1150
LATTE	1250
ILTARO SALTED CARAMEL	(Cinnamon/ Caramel/ Vanilla) 1250
VITAMINISE ICED COFFEE	(Salted Caramel/ Mocha/ Vanilla) 950
MOCHA	(Nutella/ Chocolate/ Salted Caramel) 1050

CHOCOLATE & MATCHA

CHOCOLATE (Valrhona Chocolate/ Salted Caramel)	1050
MATCHA LATTE (Ceremonial Grade)	1050
MATCHA TONIC (Ceremonial Grade)	1150
MATCHA STRAWBERRY (Ceremonial Grade)	1300

POUR OVER COFFEE

BREWED USING ONE ASK OUR TEAM BLENDS AVAILABLE
SPECIALTY BLEND FOR THE HONEY OOPY MENU

RWANDA (Apricot/ Lime/ Honey/ Blue-berry & Chocolate, Light Bodied)	1150
HONOURABLE - DECAF (Bergamot/ Citrus/ Dark chocolate/ Almond, Full Bodied)	1150

COLD BREW COFFEE SERVED OVER ICE

COLD BREW BLACK	850
COLD BREW BLACK (Sweet/ Cocoa nibs, served with a glass of soda or milk)	1080
COLD BREW WHITE (Salted Caramel Cold Cold/ Oat milk, served with a glass of milk)	1050
COLD BREW OAT (Acai/ Vanilla/ Caramel Cold Oat, served with a glass of oat milk)	1050



SEED - CAFE

SPREAD LOVE, GROW SEEDS
Thank you for being a part of our journey.

FRESH & PRESSED JUICES

300 ADD SOAKED BASIL SEEDS

RANAHN TWISTER (PUNCHIER)	950
BEWZ BUDGRCR (Pineapple, Basil seeds, watermelon, mango, mint, pink salt)	2000
BLACK MAGIC (Activated charcoal, pineapple, blueberry, lime, Goodness)	2500
PURE ORANGE	1800
GREEN (Spinach, Green apple, Kiwi, wheatgrass, pineapple, pineapple, ginger, lemon)	1800

SMOOTHIES & SHAKES

BERRY BREAKFAST (ve) (Strawberry, Blueberry, oats, almond milk, macoc powder, nuts)	1300
KEEP M'IL ODD (Banana, Coco, Vanilla, Peanut BUTSET)	1300
BERRY, CACAO & PEANUT BUTTER (ve) (Cocoa, Berry, Banana, Peanut Butter, Vegan pea protein butter)	1300
MANGO BLAST (ve) (Mango, Pineapple, Banana, Peaches, Coco pieces, chia and hemp seeds)	1050
GOLDEN MILK (ve) (Mango, Oat Banana, Turmeric, Ginger, cinnamon, Caramel & roasted cho)	1050
MEAN GREEN (ve) (Spinach, Avocado, Kiwi, Apple, coco, Coconut flesh topped with superseeds)	1050
TROPICAL TWIST (ve) (Pineapple, Mango, Mint, Oaji, Coconut with wheatgrass your salt with salt)	1050
PAPAYA LIME (ve) (Papaya, Lime, Mint, Chia)	950

TEA

MAKE IT ICED OR HOT, CHOOSE TEA BY FERIDO TEA

BLEND 06 (High grown single estate teas)	750
BLEND 00 (Chamomile, Rose, Lemongrass, Lavender)	850
BLEND 10 (Green, Mango, Ginger, Lemon)	850
BLEND 14 (Green, Mint, Green apple, Peppermint)	850
BLEND 23 (English Breakfast)	850

KOMBUCHA

FERMENTED FUZZY TEA BY LA LA DANSU

BLACK TEA / TURMERIC / GINGER / HIBISCUS / GREEN TEA 950

WATER

STILL WATER / SPARKLING	450/650
FRESH LIME SODA	600

ALL PRICES ARE INCLUSIVE OF RELEVANT TAXES AND 10% SERVICE CHARGE