

## BREAKFAST

-SERVED ALL DAY

### SANDWICHES

(EVERYBODY LIKES THEM. SANDWICHES!)

#### *NOT A MCMUFFIN \$7.50*

ENGLISH MUFFIN WITH JUST EGG PATTY, BEYOND SAUSAGE, AND VIOLIFE CHEDDAR.

#### *KILLER TOFU! \$6.50*

HOUSEMADE BISCUIT, TOFU EGG SLICE, BEYOND SAUSAGE, AND NOOCH CHEESE SAUCE.

#### *BREAKFAST ANYTIME BURRITO \$5*

FLOUR TORTILLA, SCRAMBLED TOFU WITH PEPPERS AND ONIONS, POTATOES, TOMATOES, SPINACH, AND OUR HOUSEMADE SOUR CREAM.

### BOWLS

-ALL GLUTEN-FREE (LIKE A SANDWICH, MINUS THE BREAD)

#### *SOUTHERN STYLE \$6.50*

2 TOFU EGG SLICES, SLICE OF TOMATO, BEYOND SAUSAGE, AND GRITS.

#### *BREAKFAST ANYTIME BURRITO (BOWL) \$5.50*

SCRAMBLED TOFU WITH PEPPERS AND ONIONS, POTATOES, TOMATOES, SPINACH, AND OUR HOUSEMADE SOUR CREAM.

# sea salt & CINNAMON

100 S WALNUT ST  
MUNCIE, IN 47305

SEASALTANDCINNAMON.COM



MON-FRI 7:30AM-6PM

SAT 7:30AM-6PM



AFTER BREAKFAST...

## AKA LUNCH

-ALSO SERVED ALL DAY

### SIT IN PEACE AND EAT A SANDWICH

#### *CHICKPEA SALAD SANDWICH \$6*

(ALSO AVAILABLE AS SPICY BUFFALO) HOUSEMADE BREAD, MASHED CHICKPEAS WITH CUSTOM BLEND OF CHICK'N SEASONING, RED ONION, SUNFLOWER SEEDS, HOUSEMADE MAYO AND GREENS.

#### *SOUTH X SOUTHWESTERN BURRITO \$5*

FLOUR TORTILLA, CHIPOTLE ROASTED SWEET POTATOES, TANGY BLACK BEANS W/ PEPPERS AND ONIONS, SAVORY BROWN RICE, FRESH CUT TOMATOES, SPINACH, AND HOUSEMADE SOUR CREAM.

#### *THE SANDWICH SANDWICH \$MRKT*

ASK FOR THE DAILY SPECIAL! (USUALLY) BREAD, LETTUCE, TOMATO, MUSTARD, HOUSEMADE MAYO, CHEESE, (SEITAN) MEAT. YOU KNOW... A SANDWICH. IT WILL CHANGE IN SMALL WAYS, BUT IT WILL ALWAYS BE AWESOME.

#### *NOT A CHICK'N SANDWICH \$8.50*

A GARDEIN CHICK'N FILLET BREADED AND SEASONED TO PERFECTION, BAKED (NOT FRIED) AND SERVED ON A TOASTED, BUTTERED BUN WITH DILL PICKLE CHIPS.

(WE ARE CLOSED ON SUNDAYS TOO, BUT FOR DIFFERENT REASONS)

### BOWLS

(NOT FOR SMOKING, FOR EATING)

#### *GF BUDDHA BOWL \$7*

SEASONAL AND DELICIOUS! ALWAYS: A GRAIN, A GREEN, PROTEIN/VEGETABLE MIX, AND DRESSING.

#### *SOUP DU JOUR \$6.50*

SOUP OF THE DAY  
W/ BREAD BOWL \$10  
TAKE HOME QUART \$18

# SAVORY

