

BREAK-FAST

EATEN ALL DAY

SANDWICHES

(EVERYBODY LIKES THEM. SANDWICHES!)

NOT-A-McMUFFIN \$8

LIKE A McMUFFIN, BUT NOT. TOASTED ENGLISH MUFFIN; JUST EGG; VIOLIFE CHEDDAR CHEESE; AND A BEYOND SAUSAGE.

W/NATIVE BREAD GF BUN \$10

KILLER TOFU! \$7 (OR TOFU! KILLER)

HOUSEMADE BUTTERMILK BISCUIT; FRIED TOFU PATTY; BEYOND SAUSAGE; AND OUR CHEESE SAUCE.

STEAK & EGG BURRITO \$8

OUR SEITAN STEAK, GRILLED WITH PEPPERS AND ONIONS; JUST EGG; SHREDDED VIOLIFE CHEDDAR; AND OUR CHIMICHURRI SAUCE.

BREAKFAST ANYTIME BURRITO \$6

FLOUR TORTILLA, SCRAMBLED TOFU W/ PEPPERS & ONIONS, POTATOES, TOMATOES, SPINACH, & OUR SOUR CREAM.

BOWLS

ALL GLUTEN-FREE

(NOT FOR SMOKING, FOR EATING)

SOUTHERN STYLE \$7

TOFU EGG SLICE, TOMATO, BEYOND SAUSAGE, & TOASTED GRITS.

BREAKFAST ANYTIME BURRITO (BOWL) \$7

SEE BREAKFAST ANYTIME BURRITO, MINUS THE TORTILLA.

NO SUBSTITUTIONS

ALL OUR FOOD IS MADE FRESH IN-HOUSE. HOWEVER, MOST OF OUR BUSINESS IS WHOLESALE, OUR KITCHEN IS NOT SET UP TO CUSTOMIZE DISHES. -THANKS, SS&C

LUNCH

...ALSO SERVED ALL DAY

SAMMIE'S

BUFFALO MOCK CHICK'N SALAD WRAP \$9

GRILLED DARING CHICK'N WITH CELERY, GREEN ONION, AND SEASONING; AVOCADO MAYO; FRANK'S BUFFALO SAUCE; FRESH GREENS; TOMATO; ON A FLOUR TORTILLA WRAP.

GREEK CHICKPEA SALAD SANDWICH \$8

CHICKPEA SALAD WITH FRESH DILL, MAYO, SUNFLOWER SEEDS, AND SEASONING; TZATZIKI; PARSLEY; TOMATO SLICES; GREENS; BANANA PEPPERS; SERVED ON GLUTEN-FREE NATIVE BREAD BUN

SOUTH x SOUTHWESTERN BURRITO \$6

CHIPOTLE ROASTED SWEET POTATOES; TANGY BLACK BEANS WITH GREEN PEPPERS, ONION, AND TOMATO; BROWN RICE; SPINACH; AND OUR HOUSEMADE SOUR CREAM.

THE SANDWICH SANDWICH \$8

WITH OUR HOUSEMADE SEITAN! ASK FOR THE DAILY SPECIAL!

NOT-A-CHICK'N SANDWICH \$9

CHICK'N FILLET BREADED & SEASONED TO PERFECTION, BAKED, SERVED ON A TOASTED BUTTERED BUN W/ DILL PICKLE CHIPS.

ADD NOT-CFA SAUCE \$.50

SUE'S SALADS

THE BIG SALAD \$9

FRESH GREENS; VIOLIFE CHEDDAR; TOMATOES; CARROT BAC'N; CHICKPEAS; RED ONION; SERVED WITH OUR HOUSEMADE RANCH OR VINAIGRETTE.

ASIAN SLAW SALAD \$9

CRUNCHY NOODLES, ALMONDS, GRILLED CHILI EDAMAME, SHREDDED CABBAGE, CARROTS, AND BROCCOLI, TOSSED IN RICE VINEGAR, WITH SWEET & SOUR DRESSING.

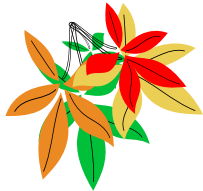
BUDDHA BOWL \$8

SEASONAL AND DELICIOUS! ALWAYS A GRAIN; A GREEN; PROTEIN/VEGGIES; A SAUCE; AND GLUTEN-FREE.

MAC 'N CHEESE BOWL \$9

IT'S LIKE SALAD.. BUT WITH PASTA.. AND CHEESE.. AND FRIED CHICK'N..

ADD BUFFALO SAUCE \$.50





DRINKS

COFFEE DRINKS

NOT-A-LATTE

HOT -OR- ICED
OUR COFFEE MIXED
WITH PREMIUM FLAVORS
& PLANT MILK!

20oz \$7

» S'MORES

» OAT MILK, COOKIE BUTTER,
TOASTED MARSHMALLOW,
AND CHOCOLATE SAUCE.

» PUMPKIN PIE

» OAT MILK, PUMPKIN PUREE,
PUMPKIN SPICE, AND MAPLE
SYRUP.

» SEA SALT & CINNAMON (& CARAMEL)

» OAT MILK, CINNAMON BUN, &
SALTED CARAMEL SYRUP.

» DIRTY COCOA

» HALF COFFEE, HALF COCOA

» HOT COFFEE

SS&C CUSTOM ROAST
"ELECTRIC BEAN WATER"

12oz \$3

20oz \$5

» COLD BREW \$5

NOT COFFEE

HOT COCOA <

HOUSEMADE WITH
REAL COCOA POWDER

12oz \$4

20oz \$6

APPLE CIDER <

FRESH AND LOCAL
FROM MINNETRISTA

12oz \$4

20oz \$6

HOT TEA <

SMALL BATCH
CHECK TEA LIST FOR
CURRENT OFFERINGS

12oz \$4

20oz \$6

ICED TEA <

COLD BREWED
IN HOUSE

20oz \$4

MIXED DRINKS

ICED, 20oz \$7

» THE HITCHCOCK

» HALF ICE TEA, HALF APPLE CIDER,
AND BLOOD ORANGE SYRUP.

HOT, 20oz \$7

» THE CARAMEL APPLE

» HALF APPLE CIDER,
HALF OAT MILK, MAPLE SPICE,
SALTED CARAMEL, BUTTER PECAN.

» CREAMY CHAI TEA

» CHAI BREWED IN OAT MILK.

» LONDON HAZE

» EARL GREY BREWED IN OAT MILK

DIRTY SODAS \$6

PREMIUM SODAS, PLANT MILKS, & SYRUPS.
CREATING A REFRESHING TWIST
ON SPARKLING BEVERAGES!

» MALL VIBES

» ORANGE SODA, OAT MILK,
AND VANILLA SYRUP.

» THE HARVEST FESTIVAL

» APPLE CIDER, PUMPKIN PUREE,
GINGER ALE, PUMPKIN SPICE,
AND MAPLE SYRUP.

Seasalt & CINNAMON

100 S WALNUT ST
MUNCIE, IN 47305

MON-FRI 7:30AM-6PM

SAT 7:30AM-6PM

SEASALTANDCINNAMON.COM

SWEETS

BAKED GOODS

FLAVORS & ITEMS ROTATE

DAILY, CHECK OUT OUR
COUNTER DISPLAY FOR
WHAT'S FRESH TODAY!

SIDES

THE SMALL SALAD \$5

FRESH GREENS,
TOMATOES,
CARROT BAC'N,
RED ONION, AND YOUR
CHOICE OF DRESSING.

PICKLE PASTA SALAD IYKYK

12oz \$5
32oz \$10

HOUSEMADE PITA & HUMMUS \$5

VEGGIES & DIP \$5
RANCH OR HUMMUS

CHEX MIX HEAVILY ADDICTIVE

12oz \$5
32oz \$10

SIDE OF GRITS \$3

SAUCES

2oz \$.50
MAYO, RANCH, SOUR CREAM,
NOT-CFA, & SOME SPECIAL ONES!

16oz \$7
MAYO, SOUR CREAM

16oz \$8
HOUSEMADE RANCH DIP

ADD PREMIUM SYRUP TO ANY DRINK \$.50

VANILLA, CARAMEL, COOKIE BUTTER,
CINNAMON BUN, BUTTER PECAN,
TOASTED MARSHMALLOW,
SPICED BROWN SUGAR, MAPLE SPICE,
PUMPKIN PIE, AGAVE, CANE SYRUP,
ZERO SWEETENER, RASPBERRY,
BLOOD ORANGE, MINT

SAUCES:

CHOCOLATE SAUCE, PUMPKIN PUREE