

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 TOASTED 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

LUNCH

ALSO SERVED ALL DAY

SAMMIES

BUFFALO CHICKPEA

SALAD SANDWICH \$6

HOUSEMADE BREAD, CHICKPEAS W/CHICK'N
SEASONING, RED ONION, BUFFALO SAUCE,
SUNFLOWER SEEDS, MAYO AND GREENS.

SOUTH x SOUTHWESTERN BURRITO \$5

TORTILLA, CHIPOTLE SWEET POTATOES, BLACK
BEANS W/PEPPERS & ONIONS, BROWN RICE,
MATERS, SPINACH, AND HOUSEMADE SOUR CREAM.

THE SANDWICH SANDWICH \$MRKT

ASK FOR THE DAILY SPECIAL!

NOT A CHICK'N SANDWICH \$8.50

A GARDEIN CHICK'N FILET BREADED & SEASONED
TO PERFECTION, BAKED(NOT FRIED) & SERVED ON A
TOASTED, BUTTERED BUN W/ DILL PICKLE CHIPS.

ADD NOT-CFA SAUCE \$5.00

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

BOWLS

(NOT FOR SMOKING, FOR EATING)

BUDDHA BOWL \$7

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

SUE'S SALADS

OFF THE COBB \$9

CARROT BAC'N, TOFU EGG,
VIOLIFE CHEDDAR, CHOPPED GREENS,
TOMATOES, RED ONION, VINAIGRETTE.

ASIAN SLAW SALAD \$8

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

THE BIG SALAD \$8.50

CHOPPED GREENS, CHICKPEAS, CARROTS,
CUCUMBERS, TOMATO, VIOLIFE SHREDDED CHEESE,
AND MUNCIE SAUCE (RANCH).

SAVORY