

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

NOT-A-SANDWHICH

SOUP DE JOUR \$6

THE SOUP OF THE DAY!

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



SANDWICHES



DRINKS

COFFEE DRINKS

NOT-A-LATTE

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

20oz \$7

» EGGLESS EGGNOG LATTE

» EGGNOG, OAT MILK, COFFEE,
SPICED BROWN SUGAR, WHIPPED
CREAM, AND JUST A DASH OF
NUTMEG. (ADD YOUR OWN RUM)

» MRS. CLAU'S COOKIES

» COFFEE, OAT MILK, COOK-
IE BUTTER, WHIPPED CREAM,
AND SPRINKLES! IT'S CHRISTMAS
COOKIES IN A CUP!

» SYRUP IN COFFEE!

» COFFEE, OAT MILK, AND MAPLE
SYRUP! TOPPED WITH WHIPPED
CREAM. JUST HOW BUDDY
THE ELF LIKES IT!

» DIRTY SANTA COCOA

» HALF COFFEE, HALF COCOA,
PLUS A DASH OF
CHRISTMAS (PEPPERMINT).
TOPPED WITH WHIP CREAM
AND A PEPPERMINT CANDY!

MIXED DRINKS

HOT, 20oz \$7

» CATCH ME IF YOU CAN GINGERBREAD CHAI LATTE

» CHAI BREWED IN OAT MILK,
WITH A DASH OF GINGERBREAD,
TO GET YOU SINGING LOUD FOR ALL TO HEAR!

» LONDON HAZE

» EARL GREY BREWED IN OAT MILK,
AND A BIT OF VANILLA TO SWEETEN.

DIRTY SODAS \$6

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

» CAN'T-BELIEVE-IT'S-NOT BUTTER BEER

» ROOT & REVELRY'S VANILLA SODA, BROWN BUTTER
TOFFEE, GINGERBREAD, AND OAT MILK.
YOU'LL FEEL LIKE YOU'RE AT THE THREE BROOMSTICKS!

» THE GRRRRRRRINCH!

» CRANBERRY LIME SODA, TOPPED WITH WHIPPED CREAM!

» HOT COFFEE

"YOU DID IT! CONGRATULATIONS!
WORLD'S BEST CUP OF COFFEE!
GREAT JOB, EVERYBODY!"

12oz \$3

20oz \$5

» COLD BREW \$5

NOT COFFEE

HOT TEA <<

HOT COCOA <<

HOT SPICED EGG-
NOG <<

12oz \$4

20oz \$6

ICED TEA <<

COLD BREWED
IN HOUSE

20oz \$4



ADD PREMIUM SYRUP TO ANY DRINK \$.50

VANILLA, SALTED CARAMEL, COOKIE
BUTTER, CINNAMON BUN,
BUTTER PECAN, TOASTED MARSHMAL-
LOW, SPICED BROWN SUGAR, MAPLE
SPICE, CRANBERRY, GINGERBREAD,
AGAVE, CANE SYRUP,
ZERO SWEETENER, RASPBERRY, BLOOD
ORANGE, MINT, CHOCOLATE



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

PICKLE PASTA

SALAD

IYKYK

12oz \$5

32oz \$10

HOUSEMADE
PITA & HUMMUS \$5

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