

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.

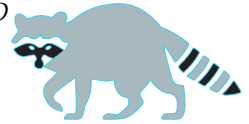
THE SANDWICH SANDWICH \$8

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

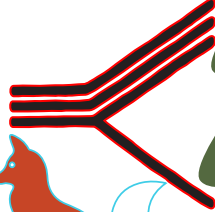
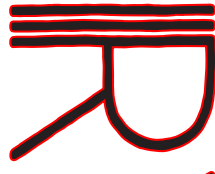
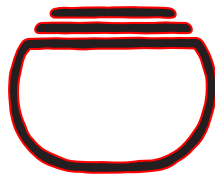
SEASONAL AND DELICIOUS! ALWAYS A GRAIN; A GREEN; PROTEIN/VEGGIES; A SAUCE; AND GLUTEN-FREE.

MAC 'N CHEESE BOWL \$9

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

ADD BUFFALO SAUCE \$.50

SAVORY



DRINKS

COFFEE DRINKS

NOT-A-LATTE

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

20oz \$7

» SEA SALT & CINNAMON (& CARAMEL)

» OUR SIGNATURE NAL! COFFEE, OAT MILK, SALTED CARAMEL, AND CINNAMON BUN SYRUP.

» I DID IT ALL FOR THE COOKIE

» COFFEE, OAT MILK, COOKIE BUTTER, WHIPPED CREAM, AND SPRINKLES! IT'S COOKIES IN A CUP!

» DIRTY PEPPERMINT COCOA

» HALF COFFEE, HALF COCOA, PLUSH A DASH OF PEPPERMINT. TOPPED WITH WHIP CREAM AND A PEPPERMINT CANDY!

» HOT COFFEE

OUR CUSTOM ROAST COFFEE
"ELECTRIC BEAN WATER"

12oz \$3

20oz \$5

» COLD BREW \$5

NOT COFFEE

HOT TEA <

HOT COCOA <

12oz \$4

20oz \$6

ICED TEA <

COLD BREWED
IN HOUSE

20oz \$4

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 SECRET OF THE OOZE

» CRANBERRY LIME SODA, TOPPED WITH WHIPPED CREAM!



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

CHEX MIX
HEAVILY ADDICTIVE

12oz \$5

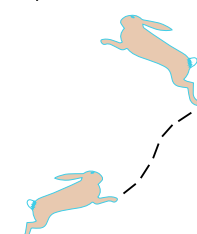
32oz \$10

SIDE OF GRITS \$3

HOUSEMADE
PITA & HUMMUS \$5

ADD PREMIUM SYRUP
TO ANY DRINK \$.50

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



SAUCES

2oz \$.50

MAYO, RANCH, SOUR CREAM,
NOT-CFA, & SOME SPECIAL ONES!

16oz \$7

MAYO, SOUR CREAM

16oz \$8

HOUSEMADE RANCH DIP

