

## BREAKFAST - SERVED ALL DAY

### **BANANA BREAD WITH ESPRESSO CREAM - 12.0**

toasted banana bread with espresso infused mascarpone, dusted with buckwheat & honey

### **BILLS BIRCHER MUESLI - 15.0**

overnight oats soaked in yogurt and apple juice, plum and pomegranate compote, Perc's granola | gf / n

### **HOTCAKE - 18.0**

mixed berries, whipped citrus mascarpone, nuts & seeds | n

### **BACON & EGG BREAKFAST SANDWICH - 16.0**

folded eggs, bacon, gruyère cheese, chili jam, mustard aioli, arugula, Red Bicycle brioche | *add avo +3* | gf by req

### **TEMPEH & MUSHROOM BREAKFAST SANDO - 16.0**

grilled tempeh, mushrooms cooked in EVOO & nutritional yeast, sriracha vegemaise, tomato kasundi, arugula, Red Bicycle potato bun | gf by req / vg

### **AVOCADO TOAST - 16.0**

Drakes Farms Chèvre, sliced avocado, savoury granola, soft poached egg, Red Bicycle peasant bread, micro crudite | gf by req / n / vg variation avail.

### **PC SUPERFOOD GRAIN SALAD - 17.0**

wild rice, kamut, red quinoa, charred corn, kale, jalapeño, ricotta salata, pomegranate, dried blueberries, toasted sunflower & pumpkin seeds, house vinaigrette | gf by req / vg by req

add ons:

+ chicken breast with romesco sauce | n +9.5

+ atlantic salmon with Pantala tapenade & dukkah +13.0

## LUNCH - FROM 11AM

### **SPRING VEGGIE SALAD - 15.0**

asparagus, broccolini, broad beans, snow peas, English peas, arugula, smashed cucumbers, red onion, sunflower seeds, goats cheese, labne, house vinaigrette | vg by req / gf

add ons:

+ chicken breast with romesco sauce | n +9.5

+ atlantic salmon with Pantala tapenade & dukkah | n +13.0

### **ZUCCHINI AND KATAIFI FRITTER - 18.0**

savoury zucchini & shredded filo pancake, salad of radish, Meredith Dairy feta, zucchini flowers, fennel, pipara peppers, gordal olives, fresh dill

### **HANGER STEAK RICE BOWL - 22.0**

6 oz hanger steak, teriyaki glaze, jasmine rice, smashed cucumber salad, charred broccolini, seaweed crisps, spring onion, crispy fried egg, miso & chili crisp dressing | cooked medium unless requested otherwise | gf  
+ sub for atlantic salmon + 4

### **AHI POKE BOWL - 22.0**

marinated ahi tuna, rice, cucumber, edamame, avocado, radish, pickled baby corn, seaweed salad, heirloom carrots, sriracha and wasabi mayo | gf

### **CHICKEN PARMY SANDO - 22.0**

Levity Bakery focaccia, chicken schnitzel, pesto mayo, marinara, mozzarella, arugula, herbed parmesan fries or house salad

### **5-S STEAKHOUSE BURGER - 24.0**

8oz custom beef blend, onion marmalade, melty cheddar, horseradish mayo, brioche bun, herbed parmesan fries or house salad | *cooked medium unless requested otherwise* | *add fried egg +3* | *add bacon +4* | gf by req

## TO-GO MENU FIVE SEEDS

## SMOOTHIES & BOWLS

### **ACAI BOWL - 15.0**

acai blended with bananas and apple juice, chia, coconut, agave, peanut butter, house-made granola, assorted fresh fruits  
| vg by req / gf / n

### **"THE MERPERSON" SMOOTHIE BOWL - 15.0**

blue spirulina, coconut milk, mango, banana, house-made granola, coconut flakes, kiwi, pomegranate seeds  
| vg by req / gf / n

### **PBD SMOOTHIE - 9.0**

peanut butter, banana, dates, oats, almond milk  
| *sub almond butter +2.0* | gf / n

### **DEVIL BERRY SMOOTHIE - 9.0**

mixed berries, banana, almond milk, jalapeño syrup | gf / n

### **COLD BREW MOCHA SMOOTHIE - 9.0**

cold brew, vanilla ice cream, banana, cacao | gf

## DRINKS

### **HOT DRINKS**

espresso | capp. | latte | americano | macchiato  
- **3.75 / 4.25 / 4.75**

extra espresso shot - **0.5**

alternative milk - **0.5**

brewed mug filter coffee (bottomless cup) - **3.5**

chai latte - **4.5**

matcha | golden - **4.5**

babyccino - **0.5**

hot chocolate | mocha - **4.5 / 5.0**

tea by art of tea - **4.0**

### **COLD DRINKS**

Aussie-style iced coffee | *cold brew nitro with ice-cream* - **6.0**

five5seeds cold brew | nitro - **4.0 / 4.5**

summer peach iced tea - **3.5**

apple juice - **3.0**

freshly squeezed orange juice - **5.0 / 6.5**

healthy green juice - **8.0**

hans kombucha - **5.0**

selected coca cola products - **2.5**

topo chico sparkling water - **2.5 / 4.5**

*vg - indicates these dishes are vegan. vg by req - indicates these dishes can be modified. Ask your server. gf - indicates these dishes are gluten free. gf by req - indicates these dishes can be modified. Ask your server. n - contains nuts, all food prepared in our kitchen may contain traces of nuts. Fried items may include traces of gluten or meats.*

*Consuming raw or undercooked meats, seafoods or eggs as well as unpasteurized dairy may increase your risk of foodborne illness.*