

1036 ROYAL PALM
BEACH BLVD
ROYAL PALM BEACH,
FL 33411
561-562-9537

SEEDS CAFE

OPERATING HOURS
TUESDAY - SUNDAY
9AM - 2:30PM

PLATTERS

Served with breakfast potatoes

2~2~2	9
2 eggs, 2 bacon, 2 sausage	
THE FARMHOUSE	12
our from scratch biscuit smothered in gravy, 2 eggs, 2 bacon, 2 sausage	
BREAKFAST QUESADILLA	10
Sausage ~or~ bacon, onions, peppers, cheese. add egg for \$1.00	
THE PORTOBELLO BENNY	12
grilled portobello, sautéed spinach, eggs your way, hollandaise, atop english muffins	
THE OLD ENGLISH	13
2 eggs, bacon, kielbasa sausage, baked beans, and toast.	

EGG-CITING

Seeds Cafe Favorites

BRUNCH FLATBREAD	12
applewood smoked bacon, mozzarella, chives, zesty hollandaise and cracked eggs	
BREAKFAST BURRITO	9
eggs, sausage, bacon, onions and peppers with cheese served with breakfast potatoes	
BLTE	10
bacon, lettuce, tomato, topped with an egg your way	
THE POWER WRAP	10
egg whites, sautéed spinach, basil, mozzarella and our famous cilantro sauce	
BREAKFAST FAJITAS	11
sausage, bacon, onions, peppers, cheese served with flour tortillas	

BIG OL' BISCUITS

Our famous hand scratch biscuits baked fresh daily!

THE CHICKEN BLT	10	THE COOPER	10
Crispy chicken, bacon, lettuce, tomato topped with our signature cilantro sauce		Crispy chicken, egg your way and cheese topped with gravy	
THE MOUNTAIN MAN	9	THE SWEET CAROLINA	12
Sausage, egg & cheese topped with gravy		French toast biscuit, piled high with ham, egg your way, butter and maple syrup	
THE HANGOVER	12	THE OLD TIMER	9
Sausage, ham, bacon, egg your way and cheese topped with gravy		Bacon, egg your way and cheese	
THE LAKESIDE	10	IS IT LUNCH TIME YET...	10
Kielbasa sausage, onions, peppers, egg your way and cheese.		Crispy chicken tossed in our house made zesty buffalo topped with pickle chips	

LUNCH

CLASSICS

Served with our famous spiral fries

ZESTY CHICKEN WRAP 11

Crispy chicken tossed in our scratch sweet and spicy zesty sauce, lettuce, tomato, red onion and jack cheese

PHILLY CHEESE STEAK 13

Onions, bell peppers, provolone and mayo

THE TURKEY CLUB 11

Turkey, bacon, lettuce, tomato on toasted white or marble rye

GRILLED CHICKEN WRAP 12

Seasoned grilled chicken, lettuce, tomato, cucumber, red onion, cheddar jack and our zesty ranch sauce

TWISTED PHILLY 12

Kielbasa sausage, onions, bell peppers and mayo

THE BLT 10

Bacon, lettuce, tomato, mayo on toasted white or marble rye

MORNING FRIES 11

Our famous spiral fries loaded with gravy, cheese, crispy chicken, bacon and topped with a fried egg

KICK'N CHENDERS 12

Crispy tenders tossed in our house made zesty buffalo, loaded with jack cheese, bacon, chives and topped with sour cream

GRILLED CHICKEN FAJITAS 12

Grilled chicken, onions, bell peppers, portobello mushroom and cheese

THE COUNTRY-SIDE 10

GRILLED CHEESE

Grilled ham and cheese with tomato and mayo

SALADS

THE SOUTHWEST 13

Crispy chicken tossed in our housemade buffalo, tomato, cucumber, red onion, cheddar jack cheese

MANDARIN WALNUT 13

Mandarin oranges, walnuts, feta, tomato, kalamata olives, red onion and our asian ginger dressing

GRILLED CHICKEN 12

Seasoned grilled chicken, tomato, red onion, cucumber and cheddar jack cheese

KIDDOS

12 & under

1~1~1 6

1 egg, 1 bacon, 1 sausage link, toast

OATMEAL 6

Blackberry oatmeal with cinnamon butter

CHICKEN TENDERS 7

Served with fries

GRILLED CHEESE 7

Served with fries

CHEESE QUESADILLA 8

Served with fries