

**BAGELS (1) \$1.5 (6) \$9 (12) \$16**

plain, wheat, everything, poppy, sesame, cheddar, bacon habanero, salt, cheddar everything

bagel w/ cream cheese \$4

plain, bacon jalapeno, veggie, green onion, roasted garlic & olive, caper dill, rose's berry farm triple berry, pesto

bagel w/ spread \$3

rose's berry farm triple berry jam, nutella, peanut butter, housemade roasted red pepper hummus + \$1 avocado + \$1

b.y.o.b (build your own bagel) w/ egg* \$3**+ meat \$2.5**

east willow sausage, thick cut farm bacon, smoked ham
*local farm meats are all grass fed

+ cheese \$1

american, gruyere, white cheddar, asiago

+ add ons

\$2 - smashed avocado, \$1- tomato, greens, pickled onions, roasted peppers, pickled peppers

• smoked fish •**avo lox***

lox, avo, greens, pickled red onion served open faced \$12

pastrami smoked*

pastrami smoked atlantic salmon, whipped cream cheese, capers, greens, red onion, tomato served open faced \$13

salmon caper dill*

smoked atlantic salmon, caper dill cream cheese, cucumber, tomato, fresh dill served open faced \$12

new green onion lox sando*

smoked atlantic salmon, green onion cream cheese, arugula, tomato, red onion, pickled radishes \$12

• breakfast •**we got the B.E.A.T.***

killam & bassette fried egg, thick cut farm bacon, smashed avocado, tomato, gruyere \$9

prosciutto pesto w/egg*

killam & bassette fried egg, thin sliced prosciutto di parma, asiago, house made pesto \$10

wake me up*

killam & bassette fried egg, salami, white cheddar, housemade habañoero hot sauce \$9

new fried bologna & egg *

killam & bassette fried egg, thick sliced bologna, gruyere, seed sauce \$9

new farro fried egg bowl *

2 fried k&b eggs, farro, pickled carrots, pickled red onion, smashed avocado, tuxedo seeds, habo sauce drizzle \$10

new yogurt bowl

greek yogurt, blueberries, granola, almonds, chia seeds, local honey drizzle \$7

• funky sandos •**burrata caprese**

burrata mozz, sliced tomato, basil, garlic mayo, evoo, s + p \$9

new the vegan

housemade roasted red pepper hummus, diced cucumber, smashed avocado, pea shoots, pickled carrots \$9 + turkey \$2

fig'n fromage

fig spread, arugula, white cheddar, asiago, gruyere \$9
+ prosciutto \$4 + farm fresh egg \$1

new grilled cheese n' tomato

basil pesto cream cheese, gruyere, slow roasted tomatoes \$9
+ bacon \$2.5

new get in my pork belly

crispy pork belly, roses wild berry jam, arugula, pickled carrots \$11

old mcdonald*

5 oz burger, american cheese, pickles, shredded lettuce, onion, seed sauce, sesame seed bagel \$10

new bacon jalapeno burger*

smashed 5 oz patty, bacon jalapeno cream cheese, pickled peppers, cheddar, thick bacon, mixed greens \$11

turkey avo sando

oven roasted turkey breast, smeared avocado, red onion, white cheddar, garlic mayo, mixed greens, tomato \$10

new east willow farm sausage

grilled sweet italian sausage, basil pesto cream cheese, garlic mayo, slow roasted tomatoes, arugula \$10

apple & walnut chicken salad

roasted pulled chicken, apples, candied walnuts, mayo, mixed greens, tomato \$9

tuna salad

onion, mayo, mixed greens, tomato \$9

blt

thick cut farm bacon, mixed greens, tomato, garlic mayo \$9
+avocado \$2

murphy's reuben

house sliced corned beef brisket, housemade kraut, gruyere, seed sauce \$10

new seed's cuban

crispy pork belly, ham, melted gruyere, diced pickles, seed sauce, dijon mustard \$11

bagel clubwich

oven roasted turkey breast, ham, local farm bacon, mixed greens, tomato, mayo \$10

porky italian

ham, prosciutto di parma, salami, roasted red peppers, pickled peppers, mixed greens, evoo, housemade pesto \$11

new the habo chic*

sliced grilled chicken breast, melted cheddar, pickled onions, roasted jalapenos, chopped romaine, habo sauce \$10

*Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

• on toast •

– served on harpo's artisan white bread –

loco avo

whipped cream cheese, smashed avocado, crispy chopped bacon, seed's everything seasoning \$10 + k & b fried egg \$1

new burrata toast

burrata mozz, housemade pesto, mixed greens, slow roasted tomatoes. evoo, balsamic glaze \$10

new prosciutto jam bruschetta

killam & bassette blueberry jam, prosciutto di parma, arugula, evoo, sliced almonds, shaved parmesan cheese \$11

new hummus toast

housemade roasted red pepper hummus, sliced cucumbers, pickled radishes, pea shoots \$9 + k & b fried egg \$1

• get your greens •

dressings: honey balsamic vinaigrette, peppercorn garlic
– add grilled chicken breast to any salad \$3 –

seed's house

mixed greens, cucumbers, tomato, red onion, blue cheese, bagel croutons \$8

new slow roasted tomato & garlic

mixed greens, roasted tomatoes, roasted garlic, olives, red onion, cucumber, parmesan cheese, pine nuts, balsamic vinaigrette \$11

new strawberry moon

mixed greens, fresh strawberries, cucumber, red onion, walnuts, blue cheese, house honey balsamic \$11

new toasted peppercorn & garlic caesar

romaine, sharp italian cheese, peppercorn garlic dressing, bagel croutons \$10

new Greekin' Out bowl

farro, grilled chicken breast, diced tomatoes, red onion. chic peas, kalamata olives, feta, lemon vinaigrette and Greekin' Out tzatziki sauce \$12 **gluten free option with chopped romaine**

• soup & sides •

pasta fagoli

mixed beans, escarole, sausage, ditalini pasta \$7
+add a cup of soup to any sandwich or salad for \$4

new pesto spaghetti salad

spaghetti pasta, grape tomatoes, pesto, shaved parmesan, everything seasoning
– side \$4 ½ lb \$6 –

new feta & cranberry farro salad

farro, dried cranberries, candied walnuts, feta cheese, chopped native spinach
– side \$4 ½ lb \$6 –

new roasted san mar, bacon & blue cheese pasta salad

gemelli pasta, crispy bacon, roasted san marzano tomatoes, basil, blue cheese
– side \$4 ½ lb \$7 –

• beverage •

hot coffee

ashlawn farm coffee light & dark roast s / \$2 l / \$3

tea selection

s / \$3

iced coffee

s / \$3 l / \$4

cold brew coffee

16 oz \$4.5 24 oz \$6.5

nitro coffee

16 oz \$5.5

iced mocha latte

16 oz \$5

raspberry mint iced tea

16 oz \$3

orange ginger iced tea

16 oz \$3

Please alert the staff of any dietary restrictions or allergies. We will always do our best to accommodate, however we are not a gluten free or allergen free kitchen.

Local Farms & Bakeries. Local Ingredients



killam & bassette (s. glastonbury, ct)
east willow farms (columbia, ct)
rose's berry farm (s. glastonbury, ct)
draghi e & son farm (s. glastonbury, ct)

deluca family farm (east hartford, ct)
dee's one smart cookie (glastonbury, ct)
harpo's bakery (glastonbury, ct)
nardi bakery (south windsor, ct)

order online at seedbagelshop.com

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