

Lunch

Served daily from 11:00 a.m.

Wraps and Sandwiches

All wraps and sandwiches are grilled unless otherwise noted, or requested cold.

Herb-Roasted Chicken Breast

Jeff Chicken salad made with fresh apples, raisins, toasted walnuts and toasted pecans with cheddar cheese wrapped in a wheat tortilla - 8.25

Sammie Chicken, artichoke hearts, roasted red peppers and homemade basil pesto on focaccia bread - 8.25

Ann Cajun dusted chicken, corn, baby spinach, caramelized onions, pepper jack cheese and ranch dressing wrapped in a chili tortilla - 8.25

Calista Chicken, baby spinach, tomatoes, Kalamata olives, red onions, feta cheese and Greek dressing wrapped in a sun-dried tomato tortilla - 8.25

Other

Mason Roast beef, bacon, cheddar cheese, roasted red peppers, guacamole and horseradish sauce on focaccia bread - 8.25

Lorenzo Roast beef, horseradish sauce, cheddar cheese, roasted red peppers, tomatoes and baby spinach wrapped in a wheat tortilla - 8.25

Wendy Roast beef, bacon, provolone cheese, caramelized onions, roasted red peppers, baby spinach and honey Dijon dressing wrapped in a sun-dried tomato tortilla - 8.25

Ben Ham, bacon, roasted red peppers, tomatoes, Swiss cheese, baby spinach and honey Dijon dressing wrapped in a wheat tortilla - 8.25

Myron Tuna salad with cheddar cheese, fresh apples, raisins and baby spinach wrapped in a tomato tortilla (not grilled) - 8.25

Vegetarian

Lydia Fresh mozzarella cheese, baby spinach, tomatoes and homemade basil pesto on focaccia bread - 8.25

Sophia Roasted red peppers, Kalamata olives, red onions, artichoke hearts, feta cheese, baby spinach and balsamic vinaigrette wrapped in a sun-dried tomato tortilla - 8.25

Bonnie Homemade hummus, mixed greens, tomatoes, cucumber, caramelized onions and roasted red peppers wrapped in a spinach tortilla (not grilled) - 8.25

Stevie Brown rice, salsa, roasted sweet potatoes, corn, black beans, guacamole, pepper jack cheese and baby spinach wrapped in a chili tortilla - 8.25

Turkey Breast

Emma Turkey, bacon, Swiss cheese, baby spinach, tomato and honey Dijon dressing wrapped in a spinach tortilla - 8.25

Felix Turkey, bacon, cheddar cheese, guacamole, salsa and baby spinach wrapped in a wheat tortilla - 8.25

Oz Turkey, bacon, roasted red peppers, caramelized onions, corn, provolone cheese, barbecue sauce and baby spinach wrapped in a sun-dried tomato tortilla - 8.25

Jack Cajun dusted turkey, bacon, Gorgonzola cheese, guacamole, corn, tomatoes, baby spinach and ranch dressing wrapped in a chili tortilla - 8.25

All sandwiches and wraps served with chips or fresh fruit.

Salads

Served with choice of dressing

Cranberry Walnut Chicken Mixed greens, herbed chicken, raisins, toasted walnuts, grape tomatoes, cucumber and red onions - 8.25

Chicken Fajita Chopped romaine hearts topped with fajita seasoned chicken, corn, black beans, cheddar jack cheese and salsa - 8.25

Spinach Caprese Baby spinach topped with herbed chicken, fresh mozzarella cheese and sliced tomato - 8.25

Chicken Spinach Baby spinach, herbed chicken, bacon bits, hard-boiled egg, cheddar jack cheese, red onions and grape tomatoes - 8.25

Athena Mixed greens, feta cheese, grape tomatoes, cucumbers, Kalamata olives and red onions - 7.25

Wilma Chopped romaine hearts, grape tomatoes, corn, red onions, Gorgonzola cheese and a hard-boiled egg - 7.25

Gwen Baby spinach, sweet potato, chick peas, corn, roasted red peppers and Gorgonzola cheese - 7.25

Garden Mixed greens, cucumbers, grape tomatoes, shredded carrots and croutons - 5.75

Caesar Chopped romaine hearts, shredded parmesan cheese and grape tomatoes topped with croutons - 5.75

Add to your salad:

Chicken breast, turkey breast, roast beef,
chicken salad or tuna salad - 2.50

Egg - 1.00

Breakfast begins daily at 7:30

Served weekdays until 11:00.

Served all day on Saturday.

Three-egg Omelets and Burritos

Omelets served with toast, and choice of fresh fruit salad or homefries.

Burritos served with choice of fresh fruit salad or homefries.

Meatlovers Omelet Bacon, ham, sausage and American cheese - 8.95

Southwestern Peppers, onions, corn and pepper jack cheese topped with salsa - 8.25

Western Ham, peppers, onions and American cheese - 8.25

Italian Garden Roasted red peppers, caramelized onions, mushrooms, baby spinach and provolone cheese - 8.25

"BLT" Bacon, baby spinach, tomato and cheddar cheese - 8.25

Build Your Own - 3.95

Add your choice of ingredients:

bacon, ham, sausage, homemade roast beef hash, cheddar jack cheese or feta cheese - 1.75 each

American, cheddar, Swiss, pepper jack or provolone cheese - 1.00 each

onions, peppers, mushrooms, tomato or baby spinach - .75 each

Benedicts

Two poached eggs on an English muffin topped with homemade hollandaise sauce.

Served with fresh fruit salad or homefries.

Traditional grilled ham - 8.25

Florentine grilled baby spinach and tomato - 8.25

Texas homemade roast beef hash - 8.25



30 Temple Street, Nashua, NH
603-594-4002

Monday - Saturday
7:30 a.m. - 3:00 p.m.

Sunday
Closed

www.theseedlingcafe.com

Breakfast Sandwiches

Bacon, sausage or ham, egg and cheese sandwich - 3.75

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additional bacon, sausage or ham - 1.25

Egg and cheese sandwich - 2.75

Bagel and cream cheese - 2.50

Griddle

3 Buttermilk Pancakes - 4.75

3 French Toast - 4.75

add fresh blueberries,
strawberries or bananas
- 1.50 each

Breakfast Specialties

Two Jour 2 eggs, 2 pancakes or 2 pieces of French toast served with fresh fruit salad or homefries - 6.95

Stuffed French Toast Fresh strawberries, bananas and cream cheese sandwiched between 2 pieces of French toast and topped with whipped cream - 7.95

Green Eggs and Ham 2 poached eggs and grilled ham on an English muffin topped with homemade basil pesto and served with fresh fruit salad or homefries - 8.25

Eggs Any Style 2 eggs, toast and choice of fresh fruit salad or homefries - 4.95
with choice of bacon or sausage patties - 6.45

Ala Carte

homemade roast beef hash - 3.95

bacon or sausage patties - 2.00

additional egg - 1.00

homefries - 1.75

bagel or English muffin - 1.50

cream cheese - 1.00

oatmeal with fruit, brown sugar and cinnamon - 3.50

toast - 1.50

fresh fruit salad - 2.75

pure maple syrup - 1.75

1 pancake or 1 French toast - 1.95

muffin - 1.75

cinnamon roll - 2.25