

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

Jade Chicken, artichoke hearts, roasted red peppers, baby spinach and homemade basil pesto wrapped in a spinach tortilla - 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 a sub roll - 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

Zoe Tuna salad with Swiss cheese, romaine lettuce, tomato and guacamole wrapped in a spinach tortilla (not grilled) - 8.25

Vegetarian

Lydia Fresh mozzarella cheese, baby spinach, tomatoes and homemade basil pesto on a sub roll - 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

Jamie Fresh apples, raisins, toasted walnuts, baby spinach, Gorgonzola cheese and apple cranberry vinaigrette wrapped in a spinach tortilla - 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

Lisa Turkey, artichoke hearts, roasted red peppers, provolone cheese and homemade basil pesto on a sub roll - 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

Felix Turkey, bacon, cheddar cheese, guacamole, salsa and baby spinach wrapped in a wheat 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 - 8.95

Chicken Spinach Baby spinach, herbed chicken, bacon bits, hard-boiled egg, cheddar jack cheese, red onions and grape tomatoes - 8.95

Chicken Fajita Chopped romaine hearts topped with fajita seasoned chicken, corn, black beans, cheddar jack cheese and salsa - 8.95

Spinach Caprese Baby spinach topped with herbed chicken, fresh mozzarella cheese and sliced tomato - 8.55

Athena Mixed greens, feta cheese, grape tomatoes, cucumbers, Kalamata olives and red onions - 7.95

Wilma Chopped romaine hearts, grape tomatoes, corn, red onions, Gorgonzola cheese and a hard-boiled egg - 7.95

Garden Mixed greens, cucumbers, grape tomatoes, shredded carrots and croutons - 5.95

Caesar Chopped romaine hearts, shredded parmesan cheese and grape tomatoes topped with croutons - 5.95

Add to your salad:

Chicken breast, turkey breast, roast beef,
chicken salad or tuna salad - 3.00

Egg -1.00

Breakfast begins daily at 8:00

Served weekdays until 10:30.

Served all day on Saturday



30 Temple Street, Nashua, NH

603-594-4002

Monday - Saturday

8.00 a.m. - 2:00 p.m.

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

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

Breakfast Specialties

Two Jour 2 eggs, 2 pancakes or 2 pieces of French toast served with fresh fruit salad or homefries - 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 - 5.25
with choice of bacon or sausage patties - 6.75

Ala Carte

homemade roast beef hash - 4.25

bacon or sausage patties - 2.25

additional egg - 1.00

homefries - 1.75

bagel or English muffin - 1.50

cream cheese - 1.00

oatmeal with fruit, brown sugar and cinnamon - 4.50

toast - 1.50

fresh fruit salad - 2.75

pure maple syrup - 1.75

1 pancake or 1 French toast - 1.95

muffin - 2.25

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 - .80 each

Griddle

3 French Toast - 5.00

3 Buttermilk Pancakes - 5.00

3 Blueberry Pancakes - 6.50

3 Banana Pancakes - 6.50