

MONDAY-SATURDAY 11:30 *until* 3:00Executive Chef
JOHN FLAGELLOChef & Proprietor
DOUG TURBUSH

To Start

IRON SKILLET CORNBREAD	5 ⁹⁵
<i>housemade jelly, whipped butter</i>	
MARINATED OLIVES & FETA GF	6 ⁹⁵
<i>citrus, olive oil</i>	
ICED EAST COAST OYSTERS* GF	MKT
<i>half dozen, celery mignonette, cocktail, lemon</i>	
PIMENTO CHEESE CROSTINI	9 ⁹⁵
<i>benton's country ham, georgia apples, arugula</i>	
DEVILED EGGS GF	9 ⁹⁵
<i>smoked salmon, jalapeño cream, pickled onion, capers, dill</i>	

WHITE CORN GRIT FRITTERS <i>Award-Winning!</i>	12 ⁹⁵
<i>jalapeño pepper jelly, thomasville tomme</i>	
CHICKPEA HUMMUS	10 ⁹⁵
<i>halloumi, pomegranate, pepitas, za'atar, mint, olive oil, H&F pita</i>	
BUTTERNUT SQUASH SOUP	7 ⁹⁵
<i>maple creme fraiche, toasted pepitas</i>	
CRISPY CALAMARI	14 ⁹⁵
<i>yuzu emulsion, basil salt, lime, fresno</i>	
SHRIMP SAMBAL	12 ⁹⁵
<i>pickled cucumber, scallion</i>	

Salads

BABY FARM LETTUCES GF • 10⁹⁵

*gorgonzola, apples, spiced walnuts
white balsamic vinaigrette*

BUTTER LETTUCE GF • 9⁹⁵

*jalapeño buttermilk dressing,
local radish, chives, parmesan*

ROASTED BEET SALAD GF • 11⁹⁵

*arugula, whipped goat cheese, orange, hazelnut,
burnt honey vinaigrette*

KEY LIME GRILLED CHICKEN BREAST +6.50

GRILLED SALMON +7.50

HERB GRILLED SHRIMP +7.50

SMOKED BACON +3

KEY LIME GRILLED CHICKEN GF • 13⁹⁵

*feta, olives, tomato, red onion, garbanzo, chopped
romaine, piquillo peppers*

GRILLED SALMON* GF • 16⁹⁵

*baby farm lettuces, north georgia apples,
gorgonzola, spiced walnuts*

HERB GRILLED SHRIMP GF • 15⁹⁵

*cranberries, bacon, pine nuts,
grana padano, frisee & kale, balsamico*

the DAILY TRIO

12⁹⁵

*today's feature sandwich,
soup & salad*

CHANGES EVERYDAY

To Share

*All of the à la carte
options below are or can be
prepared gluten free.*

CARAMELIZED
BRUSSELS SPROUTS &
CAULIFLOWER • 8⁹⁵
thai herbs

GRILLED
ASPARAGUS • 8⁹⁵
parmesan, lemon

SAUTÉED GARLIC
SPINACH • 5⁹⁵

HOUSE CUT
FRIES • 5⁹⁵

PARMESAN
GARLIC FRIES • 6⁹⁵

Sandwiches

W/ SIDE SALAD, FRIES OR CUP OF SOUP

HEIRLOOM TOMATO B.L.T • 12⁹⁵

*applewood smoked bacon, nine grain bread
roasted garlic aioli*

GRIDDLED PIMENTO CHEESE • 11⁹⁵

semolina loaf, fried green tomato, bacon

SPICY ASIAN FISH SANDWICH • 13⁹⁵

ginger onion marmalade, sriracha aioli, dill

SOUTHERN FRIED CHICKEN • 13⁹⁵

shaved romaine, red onion, dill aioli

CRISPY FISH TACOS • 13⁹⁵

creole remoulade, pico de gallo, slaw, coriander

ROASTED TURKEY & BACON • 14⁹⁵

*avocado, ciabatta, cheddar, butter lettuce,
tomato, buttermilk dressing*

MERCHANT BURGER* • 15⁹⁵

*vermont white cheddar,
caramelized onions, tomato, merc sauce*

THE SEED CLUB • 14⁹⁵

*heywood's dark forest ham & smoked turkey,
cheddar, heirloom tomato, bacon, garlic aioli*

Plates

PAN ROASTED BLUE COD GF.....

caramelized brussels sprouts & cauliflower, thai herb vinaigrette

SWEET POTATO RAVIOLI.....

mushroom, toasted pepitas, sage-brown butter, grana padano

BAY OF FUNDY SALMON GF.....

creamed romaine, mushroom, leeks, mustard seeds, truffle vin

CHICKEN SCHNITZEL.....

miso mustard cream, oven dried tomato, arugula, parmesan

HANGER STEAK FRITES GF.....

herb onion caramel, parmesan garlic fries, red wine jus

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

GF: Menu items prepared without wheat gluten, or can easily be modified to accommodate a gluten intolerance. If this is a gluten allergy, please let your server know.



@EATATSEED



Bar Manager & Mixologist
DAVID PEEK

Ask about our ongoing Weekly Wine Tasting Events and Wine, Beer & Cocktail Dinner series!

PRINTED 9/20/2019

COCKTAILS

<p>MULE ON DRAFT ... 12⁹⁵ Vodka, Ginger, Lime, Ginger Beer</p>
<p>WHEN AGAVE MET NORMANDY ... 12⁹⁵ Tequila, Calvados, Granny Smith Apple, Lemon, Salted Caramel, Bitter</p>
<p>BEN & CHERRIES ... 12⁹⁵ Gin, Carpano Antica, Cherry, Ruby Port, Lemon</p>
<p>WHAT ARE WE PEARING? ... 12⁹⁵ Rum, Watermelon, Spiced Pear, Pink Peppercorn, Lime</p>
<p>BEER & A SMOKE ... 11⁹⁵ Mezcal, Tequila, Poblano, Lime, Agave, Cilantro, Fresno Tincture, Bitters, Pilsner</p>
<p>CLOSING ARGUMENTS ... 12⁹⁵ Gin, Green Chartreuse, Lemon, Strawberry</p>
<p>RAISIN RYEBROWS ... 11⁹⁵ Rye, Cardamaro, Hazelnut, Golden Raisin, Lemon, Bitters</p>
<p>HORSE'S NECK WITH A KICK ... 13⁹⁵ Bourbon, Ginger, Lemon, Ginger Ale, Bitters</p>
<p>BANANA HAMMOCK ... 11⁹⁵ Rum, Amaro, Banana, Bitters</p>
<p>VIEUX CARRE ... 12⁹⁵ Rye, Cognac, Punt-e-Mes, Benedictine, Bitters</p>

LOCAL BREWS

<p>CREATURE COMFORTS 'BIBO' 6⁵⁰ German Style Pilsner Athens, GA • 4.9%</p>
<p>THREE TAVERNS 'RAPTUROUS' 7⁰⁰ Raspberry Sour Ale Atlanta, Ga • 5.0%</p>
<p>GATE CITY 'COPPERHEAD' 6⁰⁰ American Amber Ale Roswell, GA • 5.2%</p>
<p>ARCHES 'SOUTHSIDE LAGER' 6⁵⁰ American Lager Atlanta, GA • 5.4%</p>
<p>SWEETWATER '420' 5⁵⁰ Pale Ale Atlanta, GA • 5.4%</p>
<p>TREEHORN BRUT 7⁰⁰ Dry Cider Marietta, GA • 5.9%</p>
<p>MONDAY NIGHT BREWING 'DRAFTY KILT' 6⁵⁰ Scotch Ale Atlanta, GA • 7.2%</p>
<p>TERRAPIN 'HOPSECUTIONER' 6⁷⁵ American IPA Athens, GA • 7.3%</p>
<p>BURNT HICKORY 'BIG SHANTY' 9⁰⁰ American Imperial Stout Kennesaw, GA • 9.0%</p>
<p>REFORMATION 'JUDE' 6⁷⁵ Belgian-Style Tripel Woodstock, GA • 9.2%</p>
<p>ORPHEUS 'TRANSMIGRATION OF SOULS' 8⁰⁰ American Imperial IPA Atlanta, GA • 8.0%</p>

DRAFT BEER

<p>FROM THE EARTH 'GOLDEN SPIRAL' 6⁵⁰ Blonde Ale Roswell, GA • 5.1%</p>
<p>WEIHENSTEPHANER 7⁵⁰ Hefeweissbier Germany • 5.4%</p>
<p>SCOFFLAW 'DIRTY BEACHES' 8⁰⁰ American Pale Wheat Atlanta, GA • 6.3%</p>
<p>CREATURE COMFORTS 'TROPICALIA' 7⁰⁰ American IPA Athens, GA • 6.6%</p>
<p>GATE CITY 'CITRAS MAXIMUS' 8⁰⁰ India Pale Lager Roswell, GA • 5.5%</p>
<p>UNIBROUE 'LA FIN DU MONDE' 9⁰⁰ Belgium Style Tripel Quebec, Canada • 9.0%</p>