

Seed to Tail Kitchen & Market

Salads

Beet & Grain Salad Bowl 16

Fresh greens, roasted golden beets, quinoa, chickpeas, onion, seasonal fruit & veggies, goat cheese, red wine vinaigrette.

Caesar Salad* 7-small 10-large

Fresh greens, parmesan, sourdough croutons & caesar dressing

Garden Salad 6-small 9-large

Fresh greens, veggies, red wine vinaigrette or ranch

Prosciutto & Olive Salad 15

Fresh greens, picholine olives, thin sliced Parma Prosciutto, parmesan, sourdough croutons, olive oil and aged balsamic

Warm Homemade Bread 5

served with extra virgin olive oil & balsamic

Salad Add Ons

- Chicken Breast 4
- Parma Prosciutto 5
- Smoked Salmon 4

Cheese & Salumi Board 20

Choose 4 items from our rotating list on the following page. Accompanied by our homemade bread, sweet & savory garnishes.

Gluten free almond crackers upon request

We make all our bread in-house!! If you'd like to purchase some just ask your server for details.

Beverages

- Coke, Diet Coke, Ginger Ale 2.5
- Blue Ridge Kombucha 5
- Sweet & Unsweet Tea 3
- Arnold Palmer & Lemonade 4
- Sparkling Water, plain & flavored 3
- Staunton Coffee Company Medium Roast 3.5
- Hot Tea, black, green & herbal 3.5

Sandwiches

2.50 for Gluten Free Bread Substitution

Smoked Pork BBQ 13.5

Pork shoulder smoked over apple wood, with coleslaw, dill pickles, on a homemade bun

Muffaletta 14

Melted swiss, salami, mortadella, ham, prosciutto, olive tapenade on homemade bread

Italian Sub 15

Ham, salami, mortadella, asiago, oregano vinegar, shredded lettuce, onion, hot pepper relish on a homemade seeded hoagie roll

Goat Grilled Cheese 12.5

Bosc pears, thyme, caramelized onion, goat cheese and swiss on homemade bread

Patty Melt 15

Double patty grass-fed beef burger with melted american cheese, caramelized onion, special sauce on homemade bread

Sub Smokey Blue Cheese 3

Sub No-Bull Veggie Burger

Kid's Grilled Cheese 6

Add ham 2

Sides 3

Vegetable Coleslaw

Collard Greens

Roast Sweet Potato

Seasonal Fruit

Potato Salad

Rt 11 Chips

Smoked Pork Barbeque Plate 16

Slow cooked Pork Shoulder smoked over apple wood. Served with Coleslaw & Collard Greens

Chopped Steak 16.5

6oz grass-fed ground beef steak seasoned and seared. Topped with caramelized onion & melted mozzarella. Au-jus sauce plus your choice of side



Lunch Menu

Monday 11-7pm

Tuesday 11-4pm

Wednesday 11-6pm

Thursday 11-4pm

Friday 11-4pm

-Dinner served Monday & Wednesday-

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