Seed to Tail Kitchen & Market

Soup

Butternut Squash
smooth, velvety soup of roasted winter squash, carrot, onion, celery cooked down with veggie stock and cream. 6|8.25

Salads

Beet & Grain Salad Bowl
Fresh greens, roasted golden beets, onion, grains/legumes, seasonal fruit & veggies, goat cheese, seeds, red wine vinaigrette. 16

Caesar Salad*
Fresh greens, parmesan, sourdough croutons & caesar dressing 7-small 10-large

Garden Salad
Fresh greens, veggies, red wine vinaigrette or ranch 6-small 9-large

Prosciutto & Olive Salad
Fresh greens, picholine olives, thin sliced Parma Prosciutto, parmesan, sourdough croutons, olive oil and aged balsamic 15

Warm Homemade Bread
served with extra virgin olive oil & balsamic 5

Salad Add Ons

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

Cheese & Salumi Board

Choose 4 items from our rotating list on the following page. Accompanied by our homemade bread, sweet & savory garnishes. *GF crackers available* 20

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

Sandwiches

GF Bread 2.5

Smoked Pork BBQ
Pork shoulder smoked over apple wood, with coleslaw, dill pickles, on a homemade bun 13.5

Muffaletta
Melted swiss, salami, mortadella, ham, prosciutto, olive tapenade on homemade bread 14

Italian Sub
Ham, salami, mortadella, asiago, oregano vinegar, shredded lettuce, onion, hot pepper relish on a homemade seeded hoagie roll 15

Goat Grilled Cheese
Bosc pears, thyme, caramelized onion, goat cheese and swiss on homemade bread 12.5

Patty Melt
Double patty grass-fed beef burger with melted american cheese, caramelized onion, special sauce on homemade bread *15*
Sub Smokey Blue Cheese or Aged Cheddar 3

Kid's Grilled Cheese 6
Add ham 2

Sides 3

Vegetable Coleslaw	***Seasonal Fruit***
Collard Greens	***Potato Salad***
Roast Sweet Potato	***Rt 11 Chips***

Smoked Pork Barbeque Plate

Slow cooked Pork Shoulder smoked over apple wood. Served with Coleslaw & Collard Greens 16

Chopped Steak

6oz grass-fed ground beef steak. Seasoned, seared, & topped with caramelized onion & melted mozzarella. Horseradish sauce plus your choice of side item 16.5

*the dressing on this dish contains raw egg

Monday's

Pasta+Chocolate Tasting

We cook homemade pasta as well as our full menu. Special guest Laurie Douglass showcases her chocolate creations. 4-7pm

Wednesday's

Chef's Dinner Special from 4-6pm. Walk-ins welcome. You may pre-order for a dine-in reservation or pick-up between 4-6pm.

Friday's

Joyce Farms whole roasted chicken. Add sides & salads as well. Order ahead to pick up between 4:30-5:30pm.

Catering

7day/week Seasonal Menu is on the website, you can reach out in person, phone, or email.

Market

Stocked with ready to eat meals, pantry items, fresh fruit and produce, cheese, meat, baked goods.

Bakery

Homemade baked breads, pastries, pies, cakes and such

Garden

At our homestead, we grow organic vegetables, free range chicken eggs, and fruit for our family and for Seed to Tail for use in our cooking and for purchase in our Market

SEED TO TAIL

Kitchen & Market

Menu

Monday *11-7pm*
Tuesday *11-4pm*
Wednesday *11-6pm*
Thursday *11-4pm*
Friday *11-4pm 4:30-5:30 pickups*

Dinner Special *served Monday + Wednesday + Friday*

Email: info@seedtotail.com

(540) 490-4879

www.seedtotail.com

2303 North Augusta Street
Staunton, VA

Facebook & Instagram: @seedtotail

Beverages

Teas

Iced unsweet | sweet | half & half 3
Iced Arnold Palmer 4
Iced Harney & Sons green tea w/citrus 4
Hot earl grey | english breakfast | lemon peppermint | peach 3.5

Coffee

Staunton Coffee Company drip, medium roast 3.5
decaf 3.5

Fruit Juices & Waters

Sparkling Water Spindrift blood orange | lemon 3
San Benadetto sparkling water 3
South Mountain Creamery, VA lemonade 4
Blue Ridge Kombucha organic fruit ferments with active probiotics black raspberry | ginger hibiscus 5

Soda

coke | diet coke | ginger ale 2.5

Beer

Crabbie's Ginger Beer 4.25
American Light, Rar Brewing 3.95
Bitburger Premium Pils, Bitburger Brewery 4.75
New River Pale Ale, Lost Rhino Brewing Co. 4.25
Get Bent Mountain IPA, Parkway Brewing Co. 3.95
Lost Coast Hazy IPA, Lost Coast Brewery 4.25
Bryce Mountain Lager, Pale Fire Brewing Co. 5.25
Von Trapp Vienna Lager, von Trapp Brewing 3.5
Black Boss Porter, Browar Witnica 5.75

NA Chouffe, Chouffe Brewery 5.75

White Wine By the Glass

Archer Roose, Sauvignon Blanc | Pinot Grigio
Italy, 250ml ca 7.25
MontPellier Chardonnay, Napa, California - 2023
8.5/14.5
Les Petits Roucas Sauvignon Blanc, France - 2023
8/14
Compostelae Albarino, Rias Baixas, Spain - 2023
12/23.95

Rose Wine By the Glass

Pour les Gens, France, 2025
8.5/18

Red Wine By the Glass

ILauri Bajo Montepulciano D'Abruzzo
Italy -2023 - Vegan
8/16
Sur de Los Andes Malbec Clasico
Mendoza, Argentina - 2024
8.5/18.5

Fairweather Pinot Noir
Los Carneros, Sonoma Coast - 2023
9/21

Bubbles By the Glass

Archer Roose, White | Rose, Italy, 250ml ca
7.25
Borgo Imperiale Cuvee Brut, Italy
8/16

Cider

Ace Ciders, *Sonoma, CA* *fresh fruit blended with fermented apple cider. 5%*

Pineapple | Perry | Mango 3.95

Wines by the Bottle

Bubbles

illi Sparkling, Sauvignon Blanc, Extra Dry, Italy
21

illi Rose Prosecco, Extra Dry, Italy
21

Aimery 1531 Cremant de Limoux Rose, Brut, France
22

Cantina Gabriele Sparkling, Brut, Italy
25

White Wines

Toschi Vineyards, Pinot Grigio,
California, 2022 15

Fat Barrel, Sauvignon Blanc, South Africa
2024 18.5

Tattoo Girl, Riesling, Columbia Valley
18.5

Jump Mountain, Gruner Veltliner, 2025
20.5

Rose Wines

I Lauri - Chiola, Cerasuolo, Italy, 2024 - Vegan
16

Jump Mountain, Mountain Mist Rose, 2025
21

Red Wines

I Lauri - Salto, Sangiovese, Italy, 2024 - Vegan
16

Chacabuco, Malbec, Mendoza, Argentina, 2025
Vegan 16

Lodi Cabernet Sauvignon, Lodi, CA, 2022
21

Tosalet, Vinyes Velles Priorat, Grenache & Carignan
Spain, 2019 35.75

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Beverages