

LAUGHING SEED Café

GLOBAL VEGETARIAN, LOCALLY GROWN

starters

JALAPEÑO ONION FRIES

V, GFI, NFI \$7 small/\$10 large
Hand-cut russet potatoes, fried with jalapeños & onions. Side of ketchup.
Add vegan chipotle ranch dressing \$1

CRISPY BRUSSELS

V, GFI, NFI \$12
Crispy fried Brussels sprouts tossed in ponzu sauce, drizzled with sriracha aioli, and topped with sesame seeds and pickled red onion.

CAULIFLOWER WINGS

V, GFI, NFI \$14
Six seasoned & breaded cauliflower florets, tossed in your choice of Buffalo sauce OR lemon pepper dry rub. Served with celery and carrot sticks, and a side of chipotle ranch OR sriracha aioli.

GRILLED CHEESE WITH TOMATO SOUP

NFI + V option (sub vegan mozzarella) \$12
Organic sprouted wheat bread grilled with mild cheddar cheese. Served with a bowl of classic tomato soup.
GFI option: sub gluten-free bun \$2

sides

Avocado Half \$3
Basmati Rice \$3
Black Beans \$4
Grilled Tofu \$3
Grilled Tempeh \$4
Kimchee \$4
Purple Kraut \$3
Seasoned Fries \$5
Steamed Vegetables \$5

V = Vegan • GFI = Gluten-free ingredients
NFI = Nut-free ingredients

Please let your server know about any allergies or dietary restrictions before ordering. Thank you.

mains

BUFFALO SLIDER V, NFI \$13

Crispy fried tofu "chicken", tossed in Buffalo sauce, and topped with pickles, baby gem lettuce, & chipotle ranch. Served on a house-baked sesame seed bun with jalapeño onion fries & dill pickle. **GFI option: sub gluten-free bun \$2**

REUBEN NFI + V option (sub vegan mozzarella) \$17

Your choice of house-cured sweet potato "pastrami" OR marinated tempeh with grilled onions, purple kraut, Swiss cheese, and Thousand Island dressing on Annie's grilled marble rye. Served with jalapeño onion fries & dill pickle.
GFI option: sub gluten-free bread \$2

HARMONY BOWL V, GFI, NFI \$19

Your choice of marinated grilled organic tofu OR tempeh over basmati rice. Served with black beans, steamed veggies, and a side of sesame ginger dressing.

CHEESE PIZZA NFI + V option (sub vegan mozzarella) \$12

Personal pie topped with tomato sauce & mozzarella cheese, on our house-made garlic olive oil pizza crust.
GFI option: sub gluten-free pizza crust \$3

ROMA-RONI NFI + V option (sub vegan mozzarella) \$14

Personal pie topped with tomato sauce, mozzarella, Roma tomato "pepperoni", and fresh basil on our house-made garlic olive oil pizza crust. **GFI option: sub gluten-free pizza crust \$3**

desserts

Seasonal sweets created in-house by our pastry chef.
Ask your server about today's varieties and GFI/NFI options!

FRESH-BAKED COOKIE V, GFI \$5

CASHEW "CHEEZECAKE" V, GFI \$13



Laughing Seed includes a 3% kitchen appreciation fee on all dining checks as a small recognition for our wonderful kitchen staff. This small adjustment makes a significant impact for these members of our team! If you would prefer not to contribute, let your server know, and we are happy to remove this charge upon request.

An automatic 20% service charge may be added to parties of 6 or more, or to any unsigned credit card slips. A 16% service charge will be added to all to-go and takeout orders.

SIPS, POURS and more!

on tap

BREVARD BREWING BOHEMIAN PILSNER 4.9% \$8
GINGER'S REVENGE HIBISCUS LAVENDER 4.5% \$8
GREEN MAN PORTER 6% \$8
BOOJUM HOP FIEND IPA 6.7% \$8
ROTATING LOCAL SEASONAL DRAFT Variable \$8
BUCHI FIRE KOMBUCHA Cayenne, ginger <0.5% \$7

bottles & cans

GREEN MAN IPA 6.2% \$6
HIGHLAND GAELIC ALE 5.6% \$6
SAPPORO LAGER 4.9% \$6
ALLAGASH WHITE WHEAT BEER 5.2% \$7
NODA LIL SLURP JUICY IPA 6% \$7
GLUTENBERG GLUTEN-FREE BEER 6% \$6
NOBLE STANDARD BEARER CIDER 6.7% \$7
ERIC BORDELET POIRÉ CIDER Pear 5.5% \$9
STRAINGE BEAST HARD KOMBUCHA 7% \$7
PARTAKE NON-ALCOHOLIC PALE ALE 0.5% \$6

cocktails

We stock a full bar with a robust variety of local & international liquor & liqueurs – and we're always happy to make a classic mixed drink for you, though we're unable to accomodate more complex cocktails at present. Please ask your server about current options.

red wines

RED BLEND FLORIOGRAPHY S. AFRICA '22 \$10/\$32
MALBEC LA POSTA PIZZELLA ARGENTINA '22 \$13/\$46
CABERNET SAUVIGNON ROBERT HALL CA '20 \$13/\$46
PINOT NOIR OREGON TERRITORY OR '21 \$14/\$50
GRENACH/SYRAH MORGAN MONTEREY '19 \$13/\$46

white wines

GRENACHE BLANCA VINA SOL SPAIN '21 \$10/\$32
VINHO VERDE CASAL GARCIA PORTUGAL \$11/\$33
PINOT GRIS BLEND GENTIL FRANCE '22 \$12/\$40
CHARDONNAY PHANTOM CA '21 \$13/\$46
SAUVIGNON BLANC STONEBURY NZ '23 \$13/\$46
ALBARIÑO COLUMNNA SPAIN '23 \$14/\$50

bubbles

CAVA BRUT PROA SPAIN \$11/\$40
SPARKLING ROSÉ PROA SPAIN \$11/\$40



organic juices

APPLE • CRANBERRY • ORANGE • PINEAPPLE \$6

RAW JUICERY Bottled • Cold-pressed • Vegan

RED CURE \$10

Beet, apple, ginger, cucumber, cilantro, lemon.

TROPIC THUNDER \$10

Pineapple, kale, romaine, apple, lemon, mint.

sodas

SOFT DRINKS Coke • Diet Coke • Ginger Ale • Sprite \$3

ABITA ROOT BEER \$5 • SAN PELLEGRINO \$5