

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

SOUTHWESTERN FRIES V, GFI \$12

Hand-cut russet potatoes topped with black beans, vegan queso, spicy tofu "chorizo", house-pickled jalapeños, cilantro, and onion. Side of ketchup.
Add vegan chipotle ranch dressing \$1

CRISPY FRIED BRUSSELS

V, GFI, NFI \$12
Tossed in ponzu sauce and topped with sriracha aioli, sesame seeds, and pickled onion.

FRENCH ONION SOUP

NFI + GFI croutons option \$11
Caramelized onions in an herbed mushroom broth, broiled with house-made croutons & Swiss. Garnished with Asheville microgreens.

GRILLED CHEESE & TOMATO SOUP

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

sides

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



desserts

Seasonal sweets created in-house by our pastry chef. Ask your server about today's varieties, specials & NFI options!

FRESH-BAKED COOKIE V, GFI \$5

CASHEW "CHEEZECAKE" V, GFI \$13

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.

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.

salads

House-Made Dressings V, GFI, NFI

Chipotle Ranch • Raw Lemon Tahini • Sesame Ginger • Thousand Island • GFI, NFI: Appalachian Honey Mustard Dressing

Add: Avocado \$3 • Grilled Tempeh \$4 • Grilled Organic Tofu \$3 • Kimchee \$4 • Kraut \$3 • Pesto \$3 • Extra Dressing \$1

LAUGHING SEED SALAD V, GFI \$14

Organic greens, romaine, shredded carrot, purple cabbage, tomatoes, red bell peppers, cucumbers, red onion, blanched broccoli, and clover sprouts. Sprinkled with sunflower, pumpkin and hemp seeds.

TOSTADA ENSALADA V, GFI \$16

Crispy corn tortilla, black beans, basmati rice, and our house-made "chorizo" tofu crumbles served on a bed of organic salad greens with grape tomatoes & red onions. Topped with vegan cashew queso, chipotle salsa, avocado, and house-pickled jalapeños. Served with vegan chipotle ranch dressing.

personal pizzas

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

Tomato sauce & mozzarella on house garlic olive oil pizza crust.

GFI option: sub gluten-free pizza crust \$3

Add Roma tomato "pepperoni" OR shiitake "bacon" \$2 each

SUPREME PIZZA NFI + V option (sub vegan mozzarella) \$16

Tomato sauce, mozzarella, bell peppers, red onions, olives, shiitake "bacon", & Roma tomato "pepperoni" on house garlic olive oil pizza crust. GFI option: sub gluten-free pizza crust \$3

hand-helds

BUFFALO CAULIFLOWER TACO V, GFI, NFI \$6 EACH

Fried cauliflower florets tossed in Buffalo sauce on locally-made corn tortillas with shredded lettuce, grape tomatoes, and vegan chipotle ranch dressing.

"CHORIZO" TACO V, GFI \$6 EACH

Spicy tofu "chorizo" on locally-made corn tortillas with vegan cashew queso, cilantro, onion, chopped romaine, and house-made salsa.

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

A beet, mushroom & hemp seed patty topped with sharp cheddar, tomato, grilled onions, pickles, lettuce, & garlic aioli on a house-baked sesame seed bun. Served with jalapeño onion fries OR a side salad. GFI option: sub gluten-free bun \$2

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

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

mains

HARMONY BOWL V, GFI, NFI \$19

Your choice of marinated grilled organic tofu OR tempeh with basmati rice, black beans, seasonal steamed veggies, and a side of our addictive sesame ginger sauce.

THAI PANANG CURRY V, GFI, NFI \$22

Seasonal vegetables sauteed with local mushrooms in a mildly spicy coconut curry sauce. Served over basmati rice with crispy fried tofu, and a black pepper papadam.

SIPS, POURS and more!

cocktails

HOT SPIKED LOCAL APPLE CIDER \$12

With your choice of Four Roses bourbon or Plantation dark rum.

FIRE FLOWER MARGARITA \$13

Espolòn Blanco, Cointreau, lime, rosewater, Buchi Fire float.

PEACHY KEEN \$13

Cardinal gin, house-made peach-rosemary shrub, muddled peaches, soda.

SERENDIPITY \$13

Pineapple, elderflower liqueur, Silver Sake, basil.

APPALACHIAN OLD FASHIONED \$14

Four Roses bourbon, Eda Rhyne Appalachian Fernet, black walnut bitters, orange, cherry.

We stock a full bar with a robust variety of local & international liquor & liqueurs – and we're always happy to make a favorite classic cocktail for you.

mocktails

BLACKBERRY-GINGER-MINT \$8

Fresh blackberries, mint, ginger, lemon & soda water.

ORANGE CREAMSICLE \$8

Orange juice, oat milk, vanilla agave, soda water.

STRAWBERRY-BASIL \$8

Fresh strawberries, basil & agave, lemon, soda water.

YERBA MATE LIME-ADE \$8

Steeped yerba mate, agave, lime.

Make any mocktail a cocktail for an upcharge.

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

STRAINGE BEAST HARD KOMBUCHA 7% \$7

PARTAKE NON-ALCOHOLIC PALE ALE 0.5% \$6

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

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 • CARROT • CRANBERRY • GRAPEFRUIT • ORANGE • PINEAPPLE • TOMATO \$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.

teas, coffee, & more

ICED TEA Black • Hibiscus Garden Herbal \$4

HOT TEA Chai • Chamomille • Earl Grey • Ginger • Green • Peppermint • Yerba Mate \$4

COFFEE/DECAF Locally-roasted Dynamite Coffee \$4

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

ABITA ROOT BEER \$5

SAN PELLEGRINO \$5

HOT LOCAL APPLE CIDER \$5

HOUSE-MADE FIRE CIDER SHOT \$6

ADD 5MG BLUE RIDGE HEMP DELTA-9 THC EXTRACT TO ANY NON-ALCOHOLIC BEVERAGE \$3