



CLTRE.
VGN JNT

208 E MAIN STREET SUITE 109
(INSIDE SELDEN MARKET)

LET US KNOW ABOUT ANY FOOD ALLERGIES

FOOD

SANDWICHES AND WRAPS SERVED WITH CHIPS OR FRUIT

BLK BEAN BREAKFAST BISCUIT | 8.

HOUSE MADE BUTTERY BISCUIT TOASTED & SERVED
WITH HOUSE MADE BREAKFAST SAUSAGE| ADD CHEEZ OR
COCO BAC'N +1

BREKKIE BURRITO | 10.75

HOUSE MADE CHICKPEA SAUSAGE-PUMFU SCRAMBLE-
COCONUT BACON-ARUGULA-BASIL SAUCE-SRIRACHA MAYO-

AVO TOAST | 11.50

ARGULA-PUMPFU-AVO MIX-BASIL SAUCE-COCONUT BAC'N

BUFFALO CHIK'N | 11

SEITAN-SPINACH-TOMATO
CHOOSE SANDWICH OR WRAP

TTLA | 7.75

MARINATED TEMPEH-AVO-SPINACH-TOMATO
CHOOSE WRAP OR SOURDOUGH

MEDITERRANEAN CHIK'N | 13.

HOUSEMADE SEITAN CHIK'N - ROASTED TOMATO BASIL SPREAD-
CRISPY CHICKPEAS-ARUGULA-TOMATO-CUCUMBER
CHOOSE WRAP OR SOURDOUGH

NORFUXWIDIT WAFFLE | 14.

SELDEN EXCLUSIVE! SPELT WAFFLE TOPPED WITH BANANA-GRANOLA-
PEANUT BUTTER CRM CHZ DRIZZLE -SWEET POTATO CRISPS

CUSTOM SWEET OR SAVORY WAFFLE | 13.

SPELT WAFFLE TOPPED WITH YOUR CHOICE OF 3 TOPPINGS
-- ASK US WHAT WE HAVE TODAY!

DRINKS

NEW! MACASHRÜM COFFEE | 6.

HOUSEBLENDED TURKEY TAIL - CORDYCEPS - CHAGA - REISHI - MACA ROOT

SEASONAL HOT OJ | 4.

STEAMED CLASSIC ORANGE JUICE -- GREAT FOR SEASONAL ICKS!

CHECK OUT OUR ASSORTED PASTRIES & TO-GO
FRIDGE FOR OTHER GOODIES!!