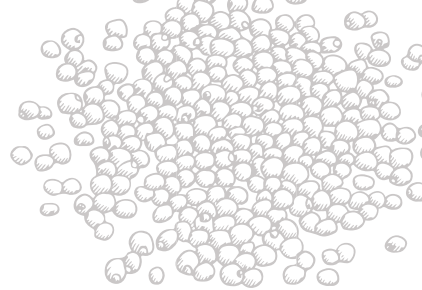


Dinner at Mustard Seed



APPETIZERS

EDAMAME HUMMUS ^{GF}

Parsley, vegetable, crispy cracker - 9

👑 PRINCE EDWARD ISLE MUSSELS ^{GF}

Garlic tomato & basil or garlic white wine & thyme - 12

GOAT CHEESE BLINTZ

Arugula, spring onion, raspberry drizzle - 9

SPICY CHICKEN QUESADILLA

Cilantro sour cream, green tomato salsa, monterey jack, spring onion - 9

GRILLED ZUCCHINI & BLACK BEAN QUESADILLA

Cilantro sour cream, green tomato salsa, monterey jack, spring onion - 8

THAI PEANUT CHICKEN LETTUCE WRAP

- 10 Shrimp - 12

WARM ARTICHOKE SPINACH DIP

Crispy crackers - 8

SHRIMP POT STICKERS

Sweet soy dipping sauce - 9

SOUPS

ROASTED CORN

Crab cake Garnish - Cup - 5 Bowl - 7

GAZPACHO ^{GF}

Cup - 4 Add Peppered Shrimp - 2
Bowl - 6 Add Peppered Shrimp - 3

TOMATO TARRAGON BISQUE

Cup - 4 Bowl - 6

SALADS

GARDEN SALAD ^{GF}

Herb vinaigrette - 8

CAESAR ^{GF}

Warm brioche croutons, Parmesan - 9

PEAR SALAD ^{GF}

Grilled chicken, blue cheese, raspberry-port vinaigrette - 11

PAN ROASTED ASPARAGUS ^{GF}

Sautéed red onion, walnuts, tomato, gorgonzola, lemon, spinach - 10

BLACK AND BLUE STEAK* ^{GF}

Tomato, blue cheese, buttermilk chive - 12

Add to any salad:

GRILLED CHICKEN - 4

GRILLED SALMON* OR SAUTÉED SHRIMP - 5

PASTA

Pastas listed as gluten free will be substituted with rice noodles

SWEET POTATO GORGANZOLA WALNUT RAVIOLI

Garlic cream, balsamic reduction, spinach - 12

👑 SHRIMP MAC N CHEESE ^{GF}

Smoked bacon, peas, cheddar - 14

PASTA CRUDO ^{GF}

Fresh tomato, olive oil, garlic, oregano, basil, toasted almond,
Parmesan, mozzarella - 11

SPICY CHICKEN ^{GF}

Tri-colored peppers, mushroom, monterey jack tomato fondue - 12

FETTUCCINI CARBONARA ^{GF}

Bacon, peas, mushrooms, tomato, chicken, Parmesan cream - 14

SHRIMP LINGUINE ^{GF}

Tomato, arugula, caper, artichoke, lemon, basil - 14

ENTREES

STIR FRY VEGETABLES ^{GF}

Black beans, peanut, brown rice, ginger-soy - 12

BLACK BEAN CAKES ^{GF}

Green tomato salsa, cilantro sour cream, fresh vegetable,
crispy tortilla - 11

GRILLED LEMON OREGANO CHICKEN ^{GF}

Sautéed vegetables, tomato feta relish - 13

👑 PAD THAI

Shrimp, chicken, egg, mushroom, bean sprouts, peanut, cilantro,
lime - 14

👑 SHRIMP & SCALLOP RISOTTO ^{GF}

Tomato, basil - Market Price

PECAN CRUSTED CHICKEN

Fresh vegetable, garlic mashed potatoes, honey mustard - 13

SESAME CRUSTED CHICKEN

Fresh vegetable, garlic mashed potatoes, raspberry soy - 13

HERB CRUSTED PORK LOIN*

Sundried tomato pesto cream, grilled asparagus, garlic mashed
potatoes - 16

👑 GRILLED SIRLOIN STEAK*

Goat cheese mashed potatoes, grilled asparagus, house-made
worcestershire - 21

***SPLIT CHARGE \$2 / NO TRANS FATS

SIDES

\$3

CHOOSE FROM MASHED SWEET POTATOES WITH MAPLE BUTTER,
GRILLED ASPARAGUS, ROASTED GARLIC MASHED POTATO, SAUTÉED SPINACH,
SAUTÉED PORTABELLO MUSHROOMS, BROWN RICE

👑 SAL'S FAVORITES \ ^{GF} AVAILABLE GLUTEN FREE

* Contains ingredients that are raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

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