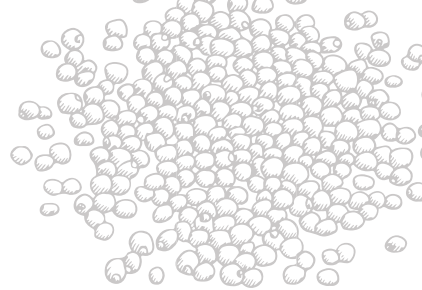


Lunch at Mustard Seed



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

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

PECAN CRUSTED GOAT CHEESE

Tomato, cucumber, raspberry-port vinaigrette - 10

COBB SALAD ^{GF}

Grilled chicken, tomato, avocado, mushroom, blue cheese, egg, bacon, balsamic vinaigrette - 12

👑 CAROLINA SHRIMP

Lump crab, granny smith apple, buttermilk chive - 12

👑 SEARED SCALLOP ^{GF}

Tomato, orange, spinach, ginger lime vinaigrette - Market Price

BLACK AND BLUE STEAK* ^{GF}

Tomato, blue cheese, buttermilk chive - 12

SESAME CRUSTED CHICKEN

Tomato, cucumber, honey dijon - 11

MEDITERRANEAN

Feta, tomato, cucumber, peppers, olives, red wine vinaigrette - 10

Add to any salad:

GRILLED CHICKEN - 4

GRILLED SALMON* OR SAUTÉED SHRIMP - 5

SANDWICHES

Comes with choice of sesame slaw or side of the day or substitute a cup of soup or small salad - 2

GRILLED ZUCCHINI ROLL

Spinach, tomato, feta, avocado, flour tortilla - 9

PAN FRIED GREEN TOMATO & SALMON BLT*

Sundried tomato pesto mayonnaise - 12

👑 GRILLED CHICKEN CLUB

Romaine, tomato, bacon, peppercorn mayonnaise - 11

TUNA MELT

Jack cheese, tomato, mushroom, crispy tortilla - 11

👑 CORNED BEEF REUBEN

Swiss, sauerkraut, Russian dressing with Village Bakery rye - 11

CHICKEN GYRO

Spinach, tomato, feta, cucumber dill sauce - 11

PASTA

Pastas listed as gluten free will be substituted with rice noodles

SWEET POTATO GORGANZOLA

WALNUT RAVIOLI

Garlic cream, balsamic reduction, spinach - 11

👑 SHRIMP MAC N CHEESE ^{GF}

Smoked bacon, peas, cheddar - 12

PASTA CRUDO ^{GF}

Fresh tomato, olive oil, garlic, oregano, basil, toasted almond, Parmesan, mozzarella - 10

SPICY CHICKEN ^{GF}

Tri-colored peppers, mushroom, monterey jack tomato fondue - 11

FETTUCCINI CARBONARA ^{GF}

Bacon, peas, mushrooms, tomato, chicken, parmesan cream - 11

SHRIMP LINGUINE ^{GF}

Tomato, arugula, caper, artichoke, lemon, basil - 12

ENTREES

STIR FRY VEGETABLES ^{GF}

Black beans, peanut, brown rice, ginger-soy - 11

BLACK BEAN CAKES ^{GF}

Green tomato salsa, cilantro sour cream, fresh vegetable, crispy tortilla - 10

GRILLED LEMON OREGANO CHICKEN ^{GF}

Sautéed vegetables, tomato feta relish - 11

👑 PAD THAI

Shrimp, chicken, egg, mushroom, bean sprouts, peanut, cilantro, lime - 12

👑 SHRIMP & SCALLOP RISOTTO ^{GF}

Tomato, basil - Market Price

GRILLED SHRIMP OR CHICKEN TACO

Avocado, cilantro sour cream, green tomato, salsa, jack cheese, shredded lettuce, flour tortilla - 11

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

👑 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.

WWW.MUSTARDSEEDSC.COM

Also visit www.dinewithsal.com to explore our other restaurants. There you can keep up with the latest and learn about daily specials.

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