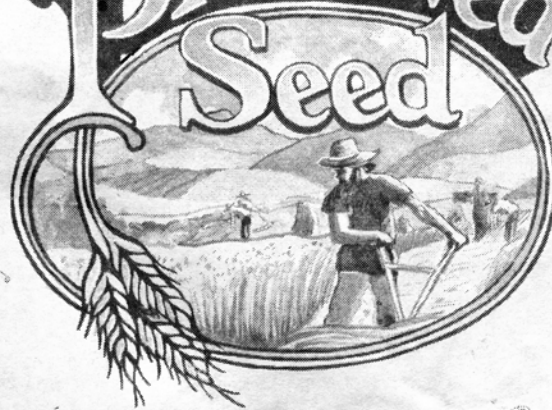


The Preserved Seed



We don't quite fit into the category of what you would call a 'normal' eatery. We keep odd hours, and our menu is small. All of us who work here live together, and together we want to provide you with something that is getting harder and harder to find - true food. While not strictly organic, much of the food that we use is organic, locally produced, and from sustainable sources. We labor to provide this at an affordable price, in an atmosphere that is warm, inviting, and nourishing. You might not find what you are accustomed to. You might find something you like better. We hope so.

Thank you for joining us.

202 Vernon Street, Nelson BC

On the covered stairway

352-0325

Salads

All of our salads begin with organic mixed greens and crisp romaine lettuce with carrots, cucumbers, radish, and red cabbage.

Our fresh sourdough bread is included.

Garden Herb Salad

Roasted seeds and nuts paired with our Garden Herb Vinaigrette.

Simple and Delicious.

small \$4.75 large \$7.75

Seed and Sprout Salad

Roasted seeds and nuts as well as fresh Daikon Radish and Sunflower sprouts. Served With Garden Herb Vinaigrette.

small \$5.75 large \$8.50

BBQ Tofu Salad

Try our delectable BBQ tofu. Served with a smokey BBQ dressing.

Tofu never tasted so good.

small \$5.75 large \$8.50

House Favorite Chef Salad

Roasted seeds and nuts, Mozzarella and Edom cheeses, and your choice of Chicken, Turkey or Tofu with a Special creamy Sesame dressing.

small \$6.25 large \$9.00

Our salads are also available as wraps, served in a whole wheat tortilla instead of with bread.

Soup of the Day

Check the chalkboard for our daily offering. As always, served with our own fresh baked sourdough bread.

\$4.75

Sandwiches

Our sandwiches are served steaming hot on our fresh baked bread or rolls. Each comes with a choice of small soup or salad.

Deli Rose

Thinly sliced hormone free beef on a fresh organic whole wheat onion roll with spicy ketchup, honey mustard, mozzarella cheese, onions, and fresh tomato.

\$9.00

Turkey Reuben

Turkey breast on organic rye sourdough with swiss cheese, sauerkraut, dijon and honey mustard.

\$9.00

Cheese and Veggie

An array of vegetables including lettuce, peppers, onions, sprouts, carrots on steaming hot organic sourdough whole wheat bread with melted cheese.

\$8.00

Rice Medley

We begin with a blend of Organic Brown Basmati, Jasmine, and Manitoba Wild Rice, adding sauteed onions and bell peppers, steamed carrots and broccoli with your choice of organic chicken or tofu. The weekly sauce is listed on the chalkboard. Served with fresh sourdough bread.

\$9.00

A small Garden Herb salad may be added for an additional \$1.50

Soup and Salad Combo

The best of both worlds! A small bowl of our daily soup complemented by a Garden Herb Salad and fresh sourdough bread.

\$8.50

Beverages

Here at the Preserved Seed we have learned something from our friends in South America. Yerba Maté, the traditional drink in Brazil, Argentina and other areas, has many benefits, social as well as physical...

The energizing effects of Yerba Maté help you get going with increased mental clarity, energy and alertness. Yerba Maté sustains you throughout the day, helping to combat fatigue and sleepiness. The stimulating properties in Yerba Maté are pleasant, sustained, and found by most to be free from the unpleasant side effects often associated with coffee and other teas.

Our Yerba Mate is always certified organic, shade grown, and sustainably harvested and produced.

Desserts



Coconut Cream Pie (exceptional!)	\$4.00
Key Lime Squares	\$3.50
Maté Energy Bars	\$3.00
Date Squares	\$3.00
Leviticakes	\$3.00

Hot Yerba Maté

Regular Green	sm \$2.25	lg \$2.75
Carob Mint	sm \$2.75	lg \$3.25
Dark Roast	sm \$2.75	lg \$3.25
Spiced Vanilla Chai	sm \$3.25	lg \$3.75



Fresh Organic Coffee	\$2.50
Tea (assorted black and herbal loose leaf)	\$2.50

Iced Yerba Maté \$3.00

If you have any questions about who we are, where we are, why we do what we do, or how we came to be together, please ask. We are always available for discussion. Or, for more information, please feel free to browse our website

www.twelvetribe.org

