

MONDAY-SATURDAY 11:30 *until* 3:00
Chef de Cuisine
JOHN FLAGELLO
Chef & Proprietor
DOUG TURBUSH

To Start

IRON SKILLET CORNBREAD	4 ⁹⁵
<i>housemade jelly, whipped butter</i>	
MARINATED OLIVES & FETA GF	5 ⁹⁵
<i>citrus, olive oil</i>	
ICED EAST COAST OYSTERS* GF	MKT
<i>half dozen, celery mignonette, cocktail, lemon</i>	
PIMENTO CHEESE CROSTINI	8 ⁹⁵
<i>benton's country ham, georgia apples, arugula</i>	
DEVILED EGGS GF	8 ⁹⁵
<i>smoked salmon, roasted jalapeño cream, pickled onion, capers</i>	

WHITE CORN GRIT FRITTERS	10 ⁹⁵
<i>jalapeño pepper jelly, thomasville tomme</i>	
BLACK GARLIC HUMMUS	9 ⁹⁵
<i>charred spring vegetables, espelette, black garlic oil, H&F pita</i>	
SWEET CORN & CHIPOTLE SOUP	7 ⁹⁵
<i>smoked bacon, lime crema</i>	
CRISPY CALAMARI	13 ⁹⁵
<i>yuzu emulsion, basil salt, lime</i>	
SHRIMP SAMBAL	12 ⁹⁵
<i>pickled cucumber, scallion</i>	

Salads

BABY FARM LETTUCES GF • 9 ⁹⁵	
<i>gorgonzola, apples, spiced walnuts white balsamic vinaigrette</i>	
BUTTER LETTUCE GF • 8 ⁹⁵	
<i>jalapeño buttermilk dressing, local radish, chives</i>	
GEORGIA PEACH & ARUGULA GF • 9 ⁹⁵	
<i>whipped goat cheese, pistachios, pickled radish, champagne vinaigrette</i>	
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KEY LIME GRILLED CHICKEN BREAST +6.50	
GRILLED SALMON +7.50	
HERB GRILLED SHRIMP +7.50	
SMOKED BACON +3	
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KEY LIME GRILLED CHICKEN GF • 13 ⁹⁵	
<i>feta, olives, tomato, red onion, garbanzo, chopped romaine, piquillo peppers</i>	
GRILLED SALMON GF • 15 ⁹⁵	
<i>baby farm lettuces, north georgia apples, gorgonzola, spiced walnuts</i>	
HERB GRILLED SHRIMP GF • 15 ⁹⁵	
<i>cranberries, bacon, pine nuts, grana padano, frisee, balsamico</i>	

the DAILY TRIO

12⁹⁵

today's feature sandwich,
soup & salad
CHANGES EVERYDAY

To Share

All of the à la carte
options below *are* or *can be*
prepared gluten free.

CARAMELIZED BRUSSELS SPROUTS & CAULIFLOWER • 7 ⁹⁵
<i>thai herbs</i>
GRILLED ASPARAGUS • 7 ⁹⁵
<i>parmesan, lemon</i>
SAUTÉED GARLIC SPINACH • 5 ⁹⁵
HOUSE CUT FRIES • 4 ⁹⁵
PARMESAN GARLIC FRIES • 5 ⁹⁵

Sandwiches

W/ SIDE SALAD, FRIES OR CUP OF SOUP

HEIRLOOM TOMATO B.L.T • 11 ⁹⁵
<i>applewood smoked bacon, nine grain bread roasted garlic aioli</i>
GRIDDLED PIMENTO CHEESE • 11 ⁹⁵
<i>semolina loaf, fried green tomatoes, bacon</i>
SPICY ASIAN FISH SANDWICH • 12 ⁹⁵
<i>ginger onion marmalade, sriracha aioli, dill</i>
SOUTHERN FRIED CHICKEN • 11 ⁹⁵
<i>shaved romaine, red onion, dill aioli</i>
CRISPY FISH TACOS • 11 ⁹⁵
<i>creole remoulade, pico de gallo, slaw, coriander</i>
ROASTED TURKEY & BACON • 14 ⁹⁵
<i>avocado, ciabatta, cheddar, tomato buttermilk dressing</i>
MERCHANT BURGER* • 14 ⁹⁵
<i>vermont white cheddar, caramelized onions, tomato, merc sauce</i>
SEED'S CLUB • 14 ⁹⁵
<i>benton's dark forest ham & smoked turkey, white cheddar, heirloom tomato, zoe's bacon, butter lettuce, garlic aioli, semolina bread</i>

Plates

PAN ROASTED BLUE COD GF	16 ⁹⁵	SPRINGER MT. FARMS CHICKEN SCHNITZEL	16 ⁹⁵
<i>caramelized brussels sprouts & cauliflower, thai herb vinaigrette</i>		<i>miso mustard cream, oven dried tomato, arugula, parmesan</i>	
LEMON RICOTTA RAVIOLI	14 ⁹⁵	HANGER STEAK FRITES GF	24 ⁹⁵
<i>heirloom tomatoes, basil, grana padano</i>		<i>herb onion caramel, parmesan garlic fries, red wine jus</i>	
BAY OF FUNDY SALMON GF	15 ⁹⁵		
<i>field pea succotash, tasso ham, mushroom confit, roasted lemon vinaigrette</i>			

* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

GF: This symbol indicates a menu item that is prepared without wheat gluten, or can easily be modified to accommodate a gluten intolerance.



@EATATSEED