

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	9 ⁹⁵
<i>benton's country ham, georgia apples, arugula</i>	
DEVILED EGGS GF	8 ⁹⁵
<i>smoked salmon, jalapeño cream, pickled onion, capers, dill</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>	
BUTTERNUT SQUASH SOUP	7 ⁹⁵
<i>toasted pumpkin seeds, maple black pepper creme fraiche</i>	
CRISPY CALAMARI	14 ⁹⁵
<i>yuzu emulsion, basil salt, lime, fresno</i>	
SHRIMP SAMBAL	12 ⁹⁵
<i>pickled cucumber, scallion</i>	

Salads

BABY FARM LETTUCES GF • 9⁹⁵
*gorgonzola, apples, spiced walnuts
white balsamic vinaigrette*

BUTTER LETTUCE GF • 8⁹⁵
*jalapeño buttermilk dressing,
local radish, chives, parmesan*

ROASTED BEET SALAD GF • 9⁹⁵
*honey lemon yogurt, pistachios,
arugula, red wine mignonette*

.....
KEY LIME GRILLED CHICKEN BREAST +6.50
GRILLED SALMON +7.50
HERB GRILLED SHRIMP +7.50
SMOKED BACON +3

.....
KEY LIME GRILLED CHICKEN GF • 13⁹⁵
*feta, olives, tomato, red onion, garbanzo,
chopped romaine, piquillo peppers*

GRILLED SALMON* GF • 15⁹⁵
*baby farm lettuces, north georgia apples,
gorgonzola, spiced walnuts*

HERB GRILLED SHRIMP GF • 15⁹⁵
*cranberries, bacon, pine nuts,
grana padano, frisee & kale, balsamico*

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 • 8⁹⁵
thai herbs

GRILLED
ASPARAGUS • 7⁹⁵
parmesan, lemon

SAUTÉED GARLIC
SPINACH • 5⁹⁵

HOUSE CUT FRIES • 4⁹⁵

PARMESAN
GARLIC FRIES • 5⁹⁵

Sandwiches

W/ SIDE SALAD, FRIES OR CUP OF SOUP

.....
HEIRLOOM TOMATO B.L.T • 11⁹⁵
*applewood smoked bacon, nine grain bread
roasted garlic aioli*

GRIDDLED PIMENTO CHEESE • 11⁹⁵
semolina loaf, fried green tomato, bacon

SPICY ASIAN FISH SANDWICH • 12⁹⁵
ginger onion marmalade, sriracha aioli, dill

SOUTHERN FRIED CHICKEN • 11⁹⁵
shaved romaine, red onion, dill aioli

CRISPY FISH TACOS • 12⁹⁵
creole remoulade, pico de gallo, slaw, coriander

ROASTED TURKEY & BACON • 14⁹⁵
*avocado, ciabatta, cheddar, butter lettuce,
tomato, buttermilk dressing*

MERCHANT BURGER* • 15⁹⁵
*vermont white cheddar,
caramelized onions, tomato, merc sauce*

SEED'S CLUB • 14⁹⁵
*benton's dark forest ham & smoked turkey,
white cheddar, heirloom tomato, zoe's bacon,
butter lettuce, garlic aioli, semolina bread*

Plates

PAN ROASTED BLUE COD GF.....
 16⁹⁵ || *caramelized brussels sprouts & cauliflower, thai herb vinaigrette* | |

SWEET POTATO RAVIOLI.....
 15⁹⁵ || *sage brown butter, toasted pepitas, mushrooms, grana padano* | |

SPRINGER MT. FARMS CHICKEN SCHNITZEL.....
 16⁹⁵ || *miso mustard cream, oven dried tomato, arugula, parmesan* | |

HANGER STEAK FRITES GF.....
 24⁹⁵ || *herb onion caramel, parmesan garlic fries, red wine jus* | |

* 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: Menu items prepared without wheat gluten, or can easily be modified to accommodate a gluten intolerance. If this is a gluten allergy, please let your server know.



@EATATSEED



Bar Manager & Mixologist

DAVID PEEK

Ask about our ongoing Weekly Wine Tasting Events and Wine, Beer & Cocktail Dinner series!

PRINTED 10/18/2018

COCKTAILS

11⁹⁵

MULE ON DRAFT

Vodka, Ginger, Lemon,
Ginger Beer

THE VIOLET HOUR

Gin, Spiced Pear,
Lime, Bitters, Tonic

EL DIABLO

Tequila, Cassis, Lemon,
Agave, Ginger Beer

VELVET UNDERGROUND

Rum, Velvet Falernum,
Bruto Americano, Lime, Cinnamon, Bitters

HOW 'BOUT THEM APPLES

Gin, Cardamaro, Apple,
Lemon, Maple, Bitters, Ginger Beer

JUNGLE BIRD

Rum, Campari,
Lime, Pineapple

ULTIMO HUMO

Mezcal, Pamplemousse, All Spice,
Lemon, Cinnamon, Bitters

HORSE'S NECK WITH A KICK

Bourbon, Ginger-Lemon Syrup,
Ginger Ale, Decanter Bitters

ROAD LESS TRAVELED

Rye, Italicus Bergamotto,
Aperol, Orange Expression

VIEUX CARRE

Rye, Cognac,
Punt-e-Mes, Benedictine, Bitters

BEER

LINDEMANS FRAMBOISE.....	9 ⁰⁰
Belgian Fruit Lambic • Belgian • 2.5%	
RED HARE '50 / 50'.....	6 ⁰⁰
Tangerine IPA Radler • Marietta, GA • 4.2%	
CRISPIN BRUT.....	6 ⁰⁰
Hard Cider • Minneapolis, MN • 5.0%	
RODENBACH CLASSIC.....	8 ⁵⁰
Sour Red Ale • Belgium • 5.2%	
HARDYWOOD PILS.....	6 ⁷⁵
German-Style Pilsner • Richmond, VA • 5.2%	
MONDAY NIGHT 'FU MANBREW'.....	6 ⁵⁰
Belgian Witbier • Atlanta, GA • 5.2%	
ARCHES 'SOUTHSIDE LAGER'.....	6 ⁵⁰
American Lager • Atlanta, GA • 5.4%	
SWEETWATER '420'.....	5 ⁵⁰
Pale Ale • Atlanta, GA • 5.4%	
NEW BELGIUM 'GLUTINY' GF.....	6 ²⁵
Pale Ale • Fort Collins, CO • 6.0%	
TERRAPIN 'HOPSECUTIONER'.....	6 ⁷⁵
American IPA • Athens, GA • 7.3%	
CHOUFFE HOUBLON.....	9 ⁵⁰
Double IPA Tripel • Belgium • 9.0%	
BURNT HICKORY 'BIG SHANTY'.....	9 ⁰⁰
American Imperial Stout • Kennesaw, GA • 9.0%	
REFORMATION 'JUDE'.....	6 ⁷⁵
Belgian-Style Tripel • Woodstock, GA • 9.2%	
ST. BERNARDUS ABT 12.....	11 ⁰⁰
Belgian Quad • Belgium • 10.0%	

DRAFT BEER

FROM THE EARTH 'GOLDEN SPIRAL'.....	6 ⁵⁰
Blonde Ale • Roswell, GA • 5.1%	
WEIHENSTEPHANER.....	7 ⁵⁰
Hefeweissbier • Germany • 5.4%	
THREE TAVERNS 'ROWDY AND PROWD'.....	7 ⁰⁰
American IPA • Decatur, GA • 6.0%	
WICKED WEED 'LIEUTENANT DANK'.....	9 ⁰⁰
American IPA • Asheville, NC • 6.5%	
SCOFFLAW 'SNEAKY WHEAT'.....	7 ⁰⁰
American Pale Wheat • Atlanta, GA • 8.5%	
LA FIN DU MONDE.....	8 ⁵⁰
Belgian Tripel • Canada • 9.0%	



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