



LAUGHING SEED *Café*

INTERNATIONAL VEGETARIAN

OUR STORY

This year Laughing Seed Café is celebrating its 30th year of being Asheville's favorite vegetarian restaurant. Beginning in 1991 as a small lunch counter on the bottom level of the Downtown YMCA, the Laughing Seed expanded to its spot on historic Wall Street in 1993. With our innovative menu of internationally themed vegan and vegetarian cuisine, the Seed has evolved throughout the years and remained a cornerstone of the Downtown Asheville dining scene.

For Restaurant Week we are bringing back three old-school, but much requested menu items from the past to honor our three decades of serving Asheville.

LOCAL THROWBACK FAVORITES

LOW COUNTRY ROLLUPS (V OPTION) \$25

Our sweet and tangy tofu barbecue is back for a limited Restaurant Week run. Two whole wheat flour tortillas baked with our barbecue blend and cheese, then topped with tahini mustard sauce. Served with kale potato salad, slaw, a giant vegan cookie, and a Highland Gaelic Ale.

SLOPPY JO (V, GFI OPTION) \$22

Pretend it's July with our classic vegan version of an old favorite. Served on a house made bun with tahini mustard sauce, slaw, kale potato salad, a giant vegan cookie and a Highland Gaelic Ale.

TICO BURRITO (V OPTION) \$25

A whole wheat flour tortilla filled with our chorizo style tico tofu, red mole sauce, brown rice, avocado, feta cheese or vegan queso. Topped with cheese and salsa and served with a side salad, a giant vegan cookie and a Highland Gaelic Ale.

* WE ARE OPEN FOR TAKEOUT AND DELIVERY WITH DINING ALSO AVAILABLE ON OUR HEATED PATIO

WWW.LAUGHINGSEED.COM | 40 WALL ST. ASHEVILLE, 28801 | 828-252-3445
OPEN 6 DAYS A WEEK FROM 11AM-8PM | CLOSED TUESDAYS