

# MUSTARD SEED LUNCH

## APPETIZERS

### HUMMUS PLATE

CRISPY FLAT BREAD, MARINATED VEGETABLES... 7

### HOUSE MADE ROSEMARY OLIVE FLAT BREAD

TOPPED WITH HONEY, ALMONDS, GORGONZOLA, AND ARUGULA... 9

### GRILLED ZUCCHINI, BLACK BEAN & SCALLION QUESADILLA

JACK CHEESE, CILANTRO SOUR CREAM, GREEN TOMATO SALSA ... 6

### SPICY CHICKEN & SCALLION QUESADILLA

JACK CHEESE, CILANTRO SOUR CREAM, GREEN TOMATO SALSA ... 7

### CRISPY TEMPURA TUNA

WASABI-GINGER MAYO AND SWEET SOY... 9

### PRINCE EDWARD ISLAND MUSSELS

PAN ROASTED WITH GARLIC, TOMATO, HERBS ... 10

## SOUPS

### ROASTED CORN

CRAB CAKE GARNISH... 6

### FRESH GAZPACHO ... 5

WITH PEPPERED SHRIMP... 6

### HOMEMADE CHICKEN AND RICE... 5

### FRESH TOMATO AND TARRAGON BISQUE

PARMESAN CRACKER... 5

### SOUP OF THE DAY... 5

## SALADS

### FIELD OF GREENS

TOMATO, CUCUMBER, CARROT, HERB VINAIGRETTE...6

Add CUP OF SOUP...8

### CAESAR

GORGONZOLA - CAESAR DRESSING, GRILLED PORTABELLO MUSHROOM ... 8

### GREEK

OLIVE-ARTICHOKE RELISH, PARMESAN CRISPS, FETA CHEESE, PEPPERONCINI, TOMATO, CUCUMBER, GREEK VINAIGRETTE... 8

### PAN ROASTED ASPARAGUS

SAUTÉ RED ONION, WALNUT, TOMATO, GORGONZOLA CHEESE, LEMON OVER SPINACH ... 8

### WARM PORTOBELLO, CREMINI & SHIITAKE MUSHROOM

GREENS, FETA CHEESE, TOMATO, WALNUT VINAIGRETTE ... 8

### PECAN CRUSTED GOAT CHEESE

GREENS, TOMATO, CUCUMBER, RASPBERRY VINAIGRETTE ...8

### ROASTED CHICKEN, BLUE CHEESE & CARAMELIZED PEAR

GREENS, RASPBERRY PORT WINE DRESSING...9

### MUSTARD SEED COBB

CHICKEN, TOMATO, AVOCADO, MUSHROOM, BLUE CHEESE, EGG, BACON, BALSAMIC VINAIGRETTE ... 9

### SESAME CRUSTED CHICKEN

GREENS, TOMATO, CUCUMBER, HONEY DIJON DRESSING ... 9

### CAROLINA SHRIMP AND LUMP CRAB SALAD

BIBB LETTUCE CUP, GRANNY SMITH APPLE, BUTTERMILK-CHIVE DRESSING...9

### SEARED SCALLOPS

SPINACH, TOMATO, ORANGE, GINGER - LIME DRESSING... 9

### CRISPY FRIED OYSTERS

CHOPPED BIBB LETTUCE, CUCUMBER, TOMATO, CARROT, AND A PIMENTO RANCH DRESSING... 9

### ADD TO ANY SALAD OR ENTRÉE

GRILLED CHICKEN 3.00

CRISPY OYSTERS, GRILLED SALMON, SAUTEED SHRIMP OR SCALLOPS 4.00

## VISIT OUR OTHER RESTAURANTS

SETTE - ITALIAN RESTAURANT

BOULEVARD DINER

VILLAGE BAKERY

LONGPOINT GRILL

UNO MAS - FRESH MEXICAN

NO TRANS FATS

## **SANDWICHES, GYRO'S AND WRAPS**

**CHOICE OF SESAME SLAW OR PESTO POTATO SALAD**

### **GRILLED ZUCCHINI ROLL**

SPINACH, TOMATO, FETA CHEESE, AVOCADO WRAPPED IN A GRILLED TORTILLA ... 8

### **FRESH ASPARAGUS QUESADILLA**

JACK CHEESE, SPINACH, TOMATO ... 8

### **VEGGIE ROLL**

HUMMUS, TOMATO, RED ONION, CUCUMBER, SPROUTS, ASPARAGUS WRAPPED IN A TORTILLA ... 8

### **TOMATO & MOZZARELLA PANINI**

BASIL PESTO, HERB OLIVE OIL ON FOCACCIA, SMALL SALAD...8

### **GREEK PITA**

OLIVE-ARTICHOKE RELISH, GREENS, FETA CHEESE, TOMATO,  
CUCUMBER, GREEK VINAIGRETTE... 8

### **CHICKEN GYRO**

FETA CHEESE, SPINACH, TOMATO, CUCUMBER DILL SAUCE, WARM PITA BREAD... 9

### **GRILLED CHICKEN CLUB**

BACON, CRACKED PEPPER MAYONNAISE, BALSAMIC MARINATED TOMATO ... 9

### **TUNA MELT**

FRESH DILL, TOMATO, JACK CHEESE, MUSHROOM IN A GRILLED TORTILLA ... 9

### **FRIED GREEN TOMATO & SALMON BLT**

PESTO MAYONNAISE ... 10

## **PASTA**

### **SWEET POTATO, GORGONZOLA, WALNUT & PARSLEY RAVIOLI**

LIGHT GARLIC CREAM AND BALSAMIC REDUCTION, SPINACH ... 9

### **ARTICHOKEs, SPINACH & PARMESAN RAVIOLI**

TOMATO BASIL SAUCE, SAUTE SPINACH ... 9

### **SHELLS WITH PESTO**

BROCCOLI, TOMATO, ARUGULA, PINE NUTS ... 9

### **LINGUINE WITH FRESH ASPARAGUS**

TOMATO, ARUGULA, MUSHROOM, FETA-TOMATO SAUCE ... 9

### **PASTA CRUDO**

FRESH ROMA TOMATO, EXTRA VIRGIN OLIVE OIL,  
GARLIC, OREGANO, BASIL, TOASTED ALMOND, PARMESAN, MOZZARELLA ...9

### **SPICY CHICKEN PASTA**

TRI COLORED PEPPERS, MUSHROOM, MONTEREY JACK CHEESE - TOMATO SAUCE ... 10

### **PENNE WITH GRILLED CHICKEN**

KALAMATA OLIVE, MUSHROOM, ARUGULA, ROASTED GARLIC TOMATO HERB SAUCE... 10

### **FETTUCCHINE CARBONARA**

BACON, PEAS, CREMINI MUSHROOM, TOMATO, CHICKEN, CRACKED PEPPER, PARMESAN CREAM SAUCE ... 10

### **SAUTEED SHRIMP LINGUINE**

TOMATO, ARUGULA, CAPER, ARTICHOKE, LEMON BASIL BROTH ... 10

## **ENTREES**

### **PAN ROASTED PORTOBELLO MUSHROOM RISOTTO... 9**

### **STIR-FRY VEGETABLES**

BLACK BEAN, PEANUT, BROWN RICE, GINGER - SOY SAUCE ... 9

### **BLACK BEAN CAKES**

GREEN TOMATO SALSA, FRESH VEGETABLE, CILANTRO SOUR CREAM ... 7

### **GRILLED LEMON - OREGANO MARINATED CHICKEN**

FRESH VEGETABLES, TOMATO FETA RELISH ... 10

### **CHICKEN ENCHILADAS**

SALSA VERDE, AVOCADO, BROWN SPANISH RICE ... 9

### **MUSTARD SEED PAD THAI**

THAI NOODLE, SHRIMP, CHICKEN, FISH SAUCE, EGG, MUSHROOM,  
MUNG BEAN SPROUT, PEANUT, FRESH CILANTRO & LIME ... 10

### **MISS BECKY'S TURKEY AND VEGETABLE MEATLOAF**

TOMATO BALSAMIC GLAZE, GARLIC MASHED POTATOES, GREEN BEANS... 9

### **SOUTHWESTERN TORTE**

TORTILLAS LAYERED WITH CHICKEN, VEGETABLE, BLACK BEAN, MONTEREY JACK CHEESE, SALSA ... 9

### **SHRIMP & SCALLOP RISOTTO**

TOMATO AND BASIL ... 10

# MUSTARD SEED DINNER

## APPETIZERS

### HUMMUS PLATE

CRISPY FLAT BREAD, MARINATED VEGETABLES... 8

### HOUSE MADE ROSEMARY OLIVE FLAT BREAD

TOPPED WITH HONEY, ALMONDS, GORGONZOLA, AND ARUGULA... 10

### WARM ASPARAGUS & PARMESAN DIP

TOAST POINTS ... 7

### GRILLED ZUCCHINI, BLACK BEAN & SCALLION QUESADILLA

JACK CHEESE, CILANTRO SOUR CREAM, GREEN TOMATO SALSA ... 7

### SPICY CHICKEN & SCALLION QUESADILLA

JACK CHEESE, CILANTRO SOUR CREAM, GREEN TOMATO SALSA ... 8

### THAI PEANUT CHICKEN & LETTUCE WRAP...8

### SHRIMP POT STICKERS

SWEET SOY DIPPING SAUCE... 9

### CRISPY TEMPURA TUNA

WASABI-GINGER MAYO AND SWEET SOY... 10

### FRIED GREEN TOMATO & CRAB CAKE NAPOLEON

GREEN TOMATO, ROASTED CORN CHUTNEY... 10

### PRINCE EDWARD ISLAND MUSSELS

PAN ROASTED WITH GARLIC, TOMATO, HERBS ... 11

### CRISPY FRIED OYSTERS

HONEY-CHILE REMOULADE... 10

### ASIAN STYLE BONELESS SHORT RIBS

MUSTARD GLAZE AND PICKLED ONIONS... 9

## SOUPS

### ROASTED CORN

CRAB CAKE GARNISH... 6

### FRESH GAZPACHO ... 5

WITH PEPPERED SHRIMP... 6

### HOMEMADE CHICKEN AND RICE... 5

### FRESH TOMATO & TARRAGON BISQUE

PARMESAN CRACKER... 5

### SOUP OF THE DAY... 5

## SALADS

### FIELD OF GREENS

TOMATO, CUCUMBER, CARROT, HERB VINAIGRETTE...6

### CAESAR

GORGONZOLA - CAESAR DRESSING, GRILLED PORTABELLO MUSHROOM ... 9

### VINE RIPE TOMATO, MOZZARELLA & BASIL SALAD

EXTRA VIRGIN OLIVE OIL, BALSAMIC REDUCTION...7

### GREEK

OLIVE-ARTICHOKE RELISH, PARMESAN CRISPS, FETA CHEESE, PEPPERONCINI, TOMATO, CUCUMBER, GREEK VINAIGRETTE... 9

### PAN ROASTED ASPARAGUS

SAUTÉ RED ONION, WALNUT, TOMATO, GORGONZOLA CHEESE, LEMON OVER SPINACH ... 9

### WARM PORTOBELLO, CREMINI & SHIITAKE MUSHROOM

GREENS, FETA CHEESE, TOMATO, WALNUT VINAIGRETTE ... 9

### ROASTED CHICKEN, BLUE CHEESE & CARAMELIZED PEAR

GREENS, RASPBERRY PORT WINE DRESSING... 10

### SEARED SCALLOPS

SPINACH, TOMATO, ORANGE, GINGER - LIME DRESSING... 10

### CRISPY FRIED OYSTERS

CHOPPED BIBB LETTUCE, CUCUMBER, TOMATO, CARROT, AND A PIMENTO RANCH DRESSING... 10

## VISIT OUR OTHER RESTAURANTS

SETTE - ITALIAN RESTAURANT

BOULEVARD DINER

VILLAGE BAKERY

LONGPOINT GRILL

UNO MAS - FRESH MEXICAN

## **PASTA**

**SWEET POTATO, GORGONZOLA, WALNUT & PARSLEY RAVIOLI**  
LIGHT GARLIC CREAM, BALSAMIC REDUCTION, SPINACH ... 11

**ARTICHOKES, SPINACH & PARMESAN RAVIOLI**  
TOMATO BASIL SAUCE, SAUTE SPINACH ... 11

**PASTA CRUDO**  
FRESH ROMA TOMATO, EXTRA VIRGIN OLIVE OIL,  
GARLIC, OREGANO, BASIL, TOASTED ALMOND, PARMESAN, MOZZARELLA ... 11

**SHELLS WITH PESTO**  
BROCCOLI, TOMATO, ARUGULA, PINENUTS ...11

**PORTOBELLO MUSHROOM LINGUINE**  
ARUGULA, TOMATO, GORGONZOLA CHEESE, WALNUT ... 11

**LINGUINE WITH FRESH ASPARAGUS**  
TOMATO, ARUGULA, MUSHROOM, FETA -TOMATO SAUCE ... 11

**SPICY CHICKEN PASTA**  
TRI COLORED PEPPERS, MUSHROOM, MONTEREY JACK CHEESE - TOMATO SAUCE ... 11

**PENNE WITH GRILLED CHICKEN**  
KALAMATA OLIVE, MUSHROOM, ARUGULA, ROASTED GARLIC TOMATO HERB SAUCE... 11

**FETTUCINE CARBONARA**  
BACON, SWEET PEAS, CREMINI MUSHROOM, TOMATO, CHICKEN, CRACKED PEPPER PARMESAN CREAM SAUCE ... 12

**SAUTEED SHRIMP LINGUINE**  
TOMATO, CAPER, ARUGULA, ARTICHOKE, LEMON BASIL BROTH ... 13

## **ENTREES**

**PAN ROASTED PORTOBELLO MUSHROOM RISOTTO ... 11**

**STIR-FRY VEGETABLES**  
BLACK BEAN, PEANUT, BROWN RICE, GINGER - SOY SAUCE ... 11

**BLACK BEAN CAKES**  
GREEN TOMATO SALSA, FRESH VEGETABLE, CILANTRO SOUR CREAM ... 10

**GRILLED LEMON - OREGANO MARINATED CHICKEN**  
FRESH VEGETABLES, TOMATO FETA RELISH ... 12

**CHICKEN ENCHILADAS**  
SALSA VERDE, AVOCADO, BROWN SPANISH RICE ... 11

**SESAME CRUSTED CHICKEN**  
RASPBERRY SOY, FRESH VEGETABLE, GARLIC MASHED POTATOES ... 12

**PECAN CRUSTED CHICKEN**  
HONEY MUSTARD SAUCE, FRESH VEGETABLE, GARLIC MASHED POTATOES ... 12

**SOUTHWESTERN TORTE**  
TORTILLAS LAYERED WITH CHICKEN, VEGETABLE, BLACK BEAN, MONTEREY JACK CHEESE, SALSA ... 11

**MUSTARD SEED PAD THAI**  
THAI NOODLE, SHRIMP, CHICKEN, FISH SAUCE, EGG, MUSHROOM,  
MUNG BEAN SPROUT, PEANUT, FRESH CILANTRO & LIME... 12

**HERB CRUSTED PORKLOIN**  
SUNDRIED TOMATO PESTO CREAM SAUCE, GRILLED ASPARAGUS, GARLIC MASHED POTATOES... 14

**BISTRO FILET**  
WILD MUSHROOM RISOTTO CAKE, SPINACH AND HOUSE MADE WORCESTERSHIRE SAUCE... 18

**SHRIMP & SCALLOP RISOTTO**  
TOMATO AND BASIL... 14

**ADD TO ANY SALAD OR ENTRÉE**  
GRILLED CHICKEN or SALMON 4.00  
CRISPY OYSTERS, SAUTEED SHRIMP OR SCALLOPS 4.00

**SIDE DISH ITEMS - 3.00**  
MAPLE - BUTTER MASHED SWEET POTATOES  
BROWN SPANISH RICE  
SAUTEED PORTOBELLO MUSHROOMS WITH GARLIC & RED WINE  
SAUTEED SPINACH WITH GARLIC & TOASTED PINENUTS  
SAUTE GINGER & SOY ASPARAGUS SPEARS  
ROASTED GARLIC MASHED POTATOES

**NO TRANS FATS**

# MUSTARD SEED LUNCH

## APPETIZERS

- HUMMUS PLATE** - CRISPY FLAT BREAD, MARINATED VEGETABLES... 7  
**HOUSE MADE ROSEMARY OLIVE FLAT BREAD** - TOPPED WITH HONEY, ALMONDS, GORGONZOLA, AND ARUGULA... 9  
**GRILLED ZUCCHINI, BLACK BEAN & SCALLION QUESADILLA** - JACK CHEESE, CILANTRO SOUR CREAM, GREEN TOMATO SALSA ... 6  
**SPICY CHICKEN & SCALLION QUESADILLA** - JACK CHEESE, CILANTRO SOUR CREAM, GREEN TOMATO SALSA ... 7  
**CRISPY TEMPURA TUNA** - WASABI-GINGER MAYO AND SWEET SOY... 9  
**PRINCE EDWARD ISLAND MUSSELS** - PAN ROASTED WITH GARLIC, TOMATO, HERBS ... 10

## SOUPS

- ROASTED CORN** - CRAB CAKE GARNISH... 6  
**FRESH GAZPACHO** ... 5 WITH PEPPERED SHRIMP... 6  
**HOMEMADE CHICKEN AND RICE**... 5  
**FRESH TOMATO AND TARRAGON BISQUE** - PARMESAN CRACKER... 5  
**SOUP OF THE DAY**... 5

## SALADS

- FIELD OF GREENS** - TOMATO, CUCUMBER, CARROT, HERB VINAIGRETTE...6  
Add CUP OF SOUP...8  
**CAESAR** - GORGONZOLA – CAESAR DRESSING, GRILLED PORTABELLO MUSHROOM ... 8  
**GREEK** - OLIVE-ARTICHOKE RELISH, PARMESAN CRISPS, FETA CHEESE, PEPPERONCINI, TOMATO, CUCUMBER, GREEK VINAIGRETTE... 8  
**PAN ROASTED ASPARAGUS** - SAUTÉ RED ONION, WALNUT, TOMATO, GORGONZOLA CHEESE, LEMON OVER SPINACH ... 8  
**WARM PORTOBELLO, CREMINI & SHIITAKE MUSHROOM** - GREENS, FETA CHEESE, TOMATO, WALNUT VINAIGRETTE ... 8  
**PECAN CRUSTED GOAT CHEESE** - GREENS, TOMATO, CUCUMBER, RASPBERRY VINAIGRETTE ...8  
**ROASTED CHICKEN, BLUE CHEESE & CARAMELIZED PEAR** - GREENS, RASPBERRY PORT WINE DRESSING...9  
**MUSTARD SEED COBB** - CHICKEN, TOMATO, AVOCADO, MUSHROOM, BLUE CHEESE, EGG, BACON, BALSAMIC VINAIGRETTE ... 9  
**SESAME CRUSTED CHICKEN** - GREENS, TOMATO, CUCUMBER, HONEY DIJON DRESSING ... 9  
**CAROLINA SHRIMP AND LUMP CRAB SALAD** - BIBB LETTUCE CUP, GRANNY SMITH APPLE, BUTTERMILK-CHIVE DRESSING...9  
**SEARED SCALLOPS** - SPINACH, TOMATO, ORANGE, GINGER - LIME DRESSING... 9  
**CRISPY FRIED OYSTERS** - CHOPPED BIBB LETTUCE, CUCUMBER, TOMATO, CARROT, AND A PIMENTO RANCH DRESSING... 9

### ADD TO ANY SALAD OR ENTRÉE

- GRILLED CHICKEN 3.00  
CRISPY OYSTERS, GRILLED SALMON, SAUTEED SHRIMP OR SCALLOPS 4.00

## SANDWICHES, GYRO'S AND WRAPS - CHOICE OF SESAME SLAW OR PESTO POTATO SALAD

- GRILLED ZUCCHINI ROLL** - SPINACH, TOMATO, FETA CHEESE, AVOCADO WRAPPED IN A GRILLED TORTILLA ... 8  
**FRESH ASPARAGUS QUESADILLA** - JACK CHEESE, SPINACH, TOMATO ... 8  
**VEGGIE ROLL** - HUMMUS, TOMATO, RED ONION, CUCUMBER, SPROUTS, ASPARAGUS WRAPPED IN A TORTILLA ... 8  
**TOMATO & MOZZARELLA PANINI** - BASIL PESTO, HERB OLIVE OIL ON FOCACCIA, SMALL SALAD...8  
**GREEK PITA** - OLIVE-ARTICHOKE RELISH, GREENS, FETA CHEESE, TOMATO, CUCUMBER, GREEK VINAIGRETTE... 8  
**CHICKEN GYRO** - FETA CHEESE, SPINACH, TOMATO, CUCUMBER DILL SAUCE, WARM PITA BREAD... 9  
**GRILLED CHICKEN CLUB** - BACON, CRACKED PEPPER MAYONNAISE, BALSAMIC MARINATED TOMATO ... 9  
**TUNA MELT** – FRESH DILL, TOMATO, JACK CHEESE, MUSHROOM IN A GRILLED TORTILLA ... 9  
**FRIED GREEN TOMATO & SALMON BLT** - PESTO MAYONNAISE ... 10

## PASTA

- SWEET POTATO, GORGONZOLA, WALNUT & PARSLEY RAVIOLI** - LIGHT GARLIC CREAM AND BALSAMIC REDUCTION, SPINACH ... 9  
**ARTICHOKEs, SPINACH & PARMESAN RAVIOLI** - TOMATO BASIL SAUCE, SAUTE SPINACH ... 9  
**SHELLS WITH PESTO** - BROCCOLI, TOMATO, ARUGULA, PINE NUTS ... 9  
**LINGUINE WITH FRESH ASPARAGUS** - TOMATO, ARUGULA, MUSHROOM, FETA-TOMATO SAUCE ... 9  
**PASTA CRUDO** - FRESH ROMA TOMATO, EXTRA VIRGIN OLIVE OIL, GARLIC, OREGANO, BASIL, TOASTED ALMOND, PARMESAN, MOZZARELLA ...9  
**SPICY CHICKEN PASTA** - TRI COLORED PEPPERS, MUSHROOM, MONTEREY JACK CHEESE - TOMATO SAUCE ... 10  
**PENNE WITH GRILLED CHICKEN** - KALAMATA OLIVE, MUSHROOM, ARUGULA, ROASTED GARLIC TOMATO HERB SAUCE... 10  
**FETTUCCHINE CARBONARA** - BACON, PEAS, CREMINI MUSHROOM, TOMATO, CHICKEN, CRACKED PEPPER, PARMESAN CREAM SAUCE ... 10  
**SAUTEED SHRIMP LINGUINE** - TOMATO, ARUGULA, CAPER, ARTICHOKE, LEMON BASIL BROTH ... 10

## ENTREES

- PAN ROASTED PORTOBELLO MUSHROOM RISOTTO**... 9  
**STIR-FRY VEGETABLES** - BLACK BEAN, PEANUT, BROWN RICE, GINGER – SOY SAUCE ... 9  
**BLACK BEAN CAKES** - GREEN TOMATO SALSA, FRESH VEGETABLE, CILANTRO SOUR CREAM ... 7  
**GRILLED LEMON - OREGANO MARINATED CHICKEN** - FRESH VEGETABLES, TOMATO FETA RELISH ... 10  
**CHICKEN ENCHILADAS** - SALSA VERDE, AVOCADO, BROWN SPANISH RICE ... 9  
**MUSTARD SEED PAD THAI** - THAI NOODLE, SHRIMP, CHICKEN, FISH SAUCE, EGG, MUSHROOM, MUNG BEAN SPROUT, PEANUT, FRESH CILANTRO & LIME ... 10  
**MISS BECKY'S TURKEY AND VEGETABLE MEATLOAF** - TOMATO BALSAMIC GLAZE, GARLIC MASHED POTATOES, GREEN BEANS... 9  
**SOUTHWESTERN TORTE** - TORTILLAS LAYERED WITH CHICKEN, VEGETABLE, BLACK BEAN, MONTEREY JACK CHEESE, SALSA ... 9  
**SHRIMP & SCALLOP RISOTTO** - TOMATO AND BASIL ... 10

# MUSTARD SEED

## DINNER

### APPETIZERS

HUMMUS PLATE - CRISPY FLAT BREAD, MARINATED VEGETABLES... 8  
HOUSE MADE ROSEMARY OLIVE FLAT BREAD - TOPPED WITH HONEY, ALMONDS, GORGONZOLA, AND ARUGULA... 10  
WARM ASPARAGUS & PARMESAN DIP - TOAST POINTS ... 7  
GRILLED ZUCCHINI, BLACK BEAN & SCALLION QUESADILLA - JACK CHEESE, CILANTRO SOUR CREAM, GREEN TOMATO SALSA ... 7  
SPICY CHICKEN & SCALLION QUESADILLA - JACK CHEESE, CILANTRO SOUR CREAM, GREEN TOMATO SALSA ... 8  
THAI PEANUT CHICKEN & LETTUCE WRAP...8  
SHRIMP POT STICKERS - SWEET SOY DIPPING SAUCE... 9  
CRISPY TEMPURA TUNA - WASABI-GINGER MAYO AND SWEET SOY... 10  
FRIED GREEN TOMATO & CRAB CAKE NAPOLEON - GREEN TOMATO, ROASTED CORN CHUTNEY... 10  
PRINCE EDWARD ISLAND MUSSELS - PAN ROASTED WITH GARLIC, TOMATO, HERBS ... 11  
CRISPY FRIED OYSTERS - HONEY-CHILE REMOULADE... 10  
ASIAN STYLE BONELESS SHORT RIBS - MUSTARD GLAZE AND PICKLED ONIONS... 9

### SOUPS

ROASTED CORN - CRAB CAKE GARNISH... 6  
FRESH GAZPACHO ... 5 WITH PEPPERED SHRIMP... 6  
FRESH VEGETABLE WITH BASIL PESTO... 5  
FRESH TOMATO & TARRAGON BISQUE - PARMESAN CRACKER... 5  
SOUP OF THE DAY... 5

### SALADS

FIELD OF GREENS - TOMATO, CUCUMBER, CARROT, HERB VINAIGRETTE...6  
CAESAR - GORGONZOLA – CAESAR DRESSING, GRILLED PORTABELLO MUSHROOM ... 9  
VINE RIPE TOMATO, MOZZARELLA & BASIL SALAD - EXTRA VIRGIN OLIVE OIL, BALSAMIC REDUCTION...7  
GREEK - OLIVE-ARTICHOKE RELISH, PARMESAN CRISPS, FETA CHEESE, PEPPERONCINI, TOMATO, CUCUMBER, GREEK VINAIGRETTE... 9  
PAN ROASTED ASPARAGUS - SAUTÉ RED ONION, WALNUT, TOMATO, GORGONZOLA CHEESE, LEMON OVER SPINACH ... 9  
WARM PORTOBELLO, CREMINI & SHIITAKE MUSHROOM - GREENS, FETA CHEESE, TOMATO, WALNUT VINAIGRETTE ... 9  
ROASTED CHICKEN, BLUE CHEESE & CARAMELIZED PEAR - GREENS, RASPBERRY PORT WINE DRESSING... 10  
SEARED SCALLOPS - SPINACH, TOMATO, ORANGE, GINGER - LIME DRESSING... 10  
CRISPY FRIED OYSTERS - CHOPPED BIBB LETTUCE, CUCUMBER, TOMATO, CARROT, AND A PIMENTO RANCH DRESSING... 10

### PASTA

SWEET POTATO, GORGONZOLA, WALNUT & PARSLEY RAVIOLI - LIGHT GARLIC CREAM, BALSAMIC REDUCTION, SPINACH ... 11  
ARTICHOKEs, SPINACH & PARMESAN RAVIOLI - TOMATO BASIL SAUCE, SAUTE SPINACH ... 11  
PASTA CRUDO - FRESH ROMA TOMATO, EXTRA VIRGIN OLIVE OIL, GARLIC, OREGANO, BASIL, TOASTED ALMOND, PARMESAN, MOZZARELLA ... 11  
SHELLS WITH PESTO - BROCCOLI, TOMATO, ARUGULA, PINENUTS ...11  
PORTOBELLO MUSHROOM LINGUINE - ARUGULA, TOMATO, GORGONZOLA CHEESE, WALNUT ... 11  
LINGUINE WITH FRESH ASPARAGUS - TOMATO, ARUGULA, MUSHROOM, FETA -TOMATO SAUCE ... 11  
SPICY CHICKEN PASTA - TRI COLORED PEPPERS, MUSHROOM, MONTEREY JACK CHEESE - TOMATO SAUCE ... 11  
PENNE WITH GRILLED CHICKEN - KALAMATA OLIVE, MUSHROOM, ARUGULA, ROASTED GARLIC TOMATO HERB SAUCE... 11  
FETTUCCHINE CARBONARA - BACON, SWEET PEAS, CREMINI MUSHROOM, TOMATO, CHICKEN, CRACKED PEPPER PARMESAN CREAM SAUCE ... 12  
SAUTEED SHRIMP LINGUINE - TOMATO, CAPER, ARUGULA, ARTICHOKE, LEMON BASIL BROTH ... 13

### ENTREES

PAN ROASTED PORTOBELLO MUSHROOM RISOTTO ... 11  
STIR-FRY VEGETABLES - BLACK BEAN, PEANUT, BROWN RICE, GINGER – SOY SAUCE ... 11  
BLACK BEAN CAKES - GREEN TOMATO SALSA, FRESH VEGETABLE, CILANTRO SOUR CREAM ... 10  
GRILLED LEMON - OREGANO MARINATED CHICKEN - FRESH VEGETABLES, TOMATO FETA RELISH ... 12  
CHICKEN ENCHILADAS - SALSA VERDE, AVOCADO, BROWN SPANISH RICE ... 11  
SESAME CRUSTED CHICKEN - RASPBERRY SOY, FRESH VEGETABLE, GARLIC MASHED POTATOES ... 12  
PECAN CRUSTED CHICKEN - HONEY MUSTARD SAUCE, FRESH VEGETABLE, GARLIC MASHED POTATOES ... 12  
SOUTHWESTERN TORTE - TORTILLAS LAYERED WITH CHICKEN, VEGETABLE, BLACK BEAN, MONTEREY JACK CHEESE, SALSA ... 11  
MUSTARD SEED PAD THAI - THAI NOODLE, SHRIMP, CHICKEN, FISH SAUCE, EGG, MUSHROOM, MUNG BEAN SPROUT, PEANUT, FRESH CILANTRO & LIME... 12  
HERB CRUSTED PORKLOIN - SUNDRIED TOMATO PESTO CREAM SAUCE, GRILLED ASPARAGUS, GARLIC MASHED POTATOES... 14  
BISTRO FILET - WILD MUSHROOM RISOTTO CAKE, SPINACH AND HOUSE MADE WORCESTERSHIRE SAUCE... 18  
SHRIMP & SCALLOP RISOTTO - TOMATO AND BASIL... 14

#### ADD TO ANY SALAD OR ENTRÉE

GRILLED CHICKEN or SALMON 4.00  
CRISPY OYSTERS, SAUTEED SHRIMP OR SCALLOPS 4.00

#### SIDE DISH ITEMS - 3.00

MAPLE - BUTTER MASHED SWEET POTATOES SAUTE GINGER & SOY ASPARAGUS SPEARS  
BROWN SPANISH RICE ROASTED GARLIC MASHED POTATOES  
SAUTEED PORTOBELLO MUSHROOMS WITH GARLIC & RED WINE  
SAUTEED SPINACH WITH GARLIC & TOASTED PINENUTS

**NO TRANS FATS**

#### VISIT OUR OTHER RESTAURANTS

SETTE - ITALIAN RESTAURANT BOULEVARD DINER  
VILLAGE BAKERY LONGPOINT GRILL  
UNO MAS – FRESH MEXICAN

# MUSTARD SEED

## WINE LIST

### SPARKLING

<b>KORBEL</b> BRUT, CALIFORNIA	6.50	26.00
<b>TAITTINGER</b> BRUT, FRANCE		
	65.00	

### WHITE WINES

<b>ECCO DOMANI</b> PINOT GRIGIO, ITALY	6.00	20.00
<b>MASO CANALI ESTATE</b> PINOT GRIGIO, ITALY	7.50	30.00
<b>KING ESTATE</b> PINOT GRIS, OREGON		8.00
	32.00	
<b>MARTIN CODAX</b> ALBARINO, RIAS BIAXIS		
	7.00	28.00
<b>HAHN</b> CHARDONNAY, MONTEREY	6.50	26.00
<b>"A" by ACCACIA</b> CHARDONNAY, CALIFORNIA	7.00	28.00
<b>NO</b> CHARDONNAY, MONTEREY		7.50
	30.00	
<b>SONOMA-CUTRER</b> "RUSSIAN RIVER RANCHES" CHARDONNAY	9.00	40.00
<b>NOBILO</b> SAUVIGNON BLANC, NEW ZEALAND	7.00	28.00
<b>HALL</b> SAUVIGNON BLANC, NAPA VALLEY		7.50
	30.00	
<b>POLKA DOT</b> MEDIUM DRY RIESLING, GERMANY	6.50	26.00

### RED WINES

<b>ST. FRANCIS</b> RED BLEND, SONOMA		
	6.50	26.00
<b>CYCLES GLADIATOR</b> PINOT NOIR, CENTRAL COAST	6.50	26.00
<b>CASTLE ROCK</b> PINOT NOIR, CALIFORNIA	7.00	28.00
<b>CHALONE</b> PINOT NOIR, MONTEREY		7.50
	30.00	
<b>RED ROCK RESERVE</b> MERLOT, CALIFORNIA	6.50	26.00
<b>STEELE SHOOTING STAR</b> MERLOT, LAKE COUNTY CA	7.50	30.00
<b>BULLETIN</b> SHIRAZ, SOUTH EAST AUSTRALIA	6.50	26.00
<b>WRITER'S BLOCK</b> ZINFANDEL, LAKE COUNTRY CA	7.50	30.00
<b>SOLAIRE by ROBERT MONDAVI</b> CABERNET SAUVIGNON., CA.	7.50	30.00
<b>SILVER PALM</b> CABERNET SAUVIGNON, CALIFORNIA	8.00	32.00
<b>B.V.</b> CABERNET SAUVIGNON, NAPA VALLEY		8.50
	34.00	
<b>CECCHI</b> CHIANTI, ITALY	6.50	26.00

### HOUSE WINES SELECTIONS 6.00

CHARDONNAY

WHITE ZINFANDEL

CABERNET SAUVIGNON

MERLOT

BOTTLE BEER - 3.00

PREMIUM BOTTLE BEER - 4.00

BOTTLE WATER - 3.00