



\$15 – Two Course Lunch

**All items are vegan*

1st Course

Smoky Kale Salad

Kale tossed with smoked onions, pickled apple, sherry vinaigrette, and crisp shiitake mushroom “bacon.”

2nd Course

Seitan Waffle Sammy

Sweet potato waffle sandwich with southern fried seitan, cashew pimento “cheese,” caramelized onions, fresh arugula, and red pepper aioli.

\$30 – Three Course Dinner

**All items are vegan*

1st Course

Sweet & Savory Cauliflower

Roasted cauliflower florets with fresh blood orange, rehydrated cranberries, toasted walnuts, greens, and balsamic reduction.

2nd Course

Midnight Mushroom Paella

A local mushroom medley, onion, garlic, cauliflower, zucchini, roma tomatoes, artichoke hearts, red bell peppers, and chick peas baked with Spanish style rice in a personal cast iron skillet. Topped with an arugula salad and served with grilled French bread.

3rd Course

Local Pear & Almond Tart

Pear butter and Frangipane layers in a short crust pastry served with almond brittle and nutmeg sabayon.

40 WALL STREET - DOWNTOWN ASHEVILLE - 828-252-3445 - WWW.LAUGHINGSEED.COM
MON, WED, THUR - 11:30AM-9PM | FRI-SAT - 11:30AM-10PM | SUN - 10AM-9PM | CLOSED TUESDAYS