

MUSTARD SEED TO GO

MT PLEASANT – 849-0050

SUMMERSVILLE – 821-7101

DINNER
JAMES ISLAND – 762-0072**APPETIZERS**

- WARM CAROLINA CRAB DIP - SWEET RED PEPPER, CORN, SPINACH, SCALLION, TOAST POINTS... 6
 HUMMUS PLATE - CRISPY FLAT BREAD & MARINATED VEGETABLES... 6
 FRIED GREEN TOMATO & CRAB CAKE NAPOLEON - GREEN TOMATO, ROASTED CORN CHUTNEY... 9
 ARTICHOKE, SPINACH & PARMESAN FRITTERS - TOMATO BASIL SAUCE ... 6
 WARM ASPARAGUS & PARMESAN DIP - TOAST POINTS ... 6
 PRINCE EDWARD ISLAND MUSSELS - PAN ROASTED WITH GARLIC, TOMATO & HERBS ... 9
 SESAME CRUSTED TUNA - GINGER, WASABI, SOY DIPPING SAUCE ... 8
 BLACK BEAN CAKE - SHRIMP SALSA, ROASTED RED PEPPER SAUCE, SOUR CREAM...7
 THAI PEANUT CHICKEN & LETTUCE WRAP...7
 GRILLED ZUCCHINI, BLACK BEAN & SCALLION QUESADILLA - JACK CHEESE, CILANTRO SOUR CREAM,
 SMOKED TOMATO SALSA ... 5
 SPICY CHICKEN & SCALLION QUESADILLA - JACK CHEESE, CILANTRO SOUR CREAM,
 SMOKED TOMATO SALSA ... 6

SOUPS

- ROASTED CORN - CRAB CAKE GARNISH... 6
 FRESH GAZPACHO ... 4 WITH PEPPERED SHRIMP... 5
 MOM'S CHICKEN, VEGETABLE AND NOODLE...5
 FRESH TOMATO & TARRAGON BISQUE - PARMESAN CRACKER... 5
 SOUP OF THE DAY

SALADS

- FIELD OF GREENS - TOMATO, CUCUMBER, CARROT, HERB VINAIGRETTE... 5
 ROASTED CHICKEN, BLUE CHEESE & CARAMELIZED PEAR - GREENS, RASPBERRY PORT WINE DRESSING...8
 SEARED SCALLOPS- SPINACH, TOMATO, ORANGE, GINGER - LIME DRESSING... 9
 CAESAR - GORGONZOLA – CAESAR DRESSING, GRILLED PORTABELLO MUSHROOM ... 7
 VINE RIPE TOMATO, MOZZARELLA & BASIL SALAD - EXTRA VIRGIN OLIVE OIL, BALSAMIC REDUCTION...7
 SPINACH, ARTICHOKE & PARMESAN FRITTERS- TOMATO, CARROT, GARLIC ROMANO DRESSING ... 7
 PAN ROASTED ASPARAGUS- SAUTÉ RED ONION, WALNUT, TOMATO, GORGONZOLA, LEMON OVER SPINACH ...7
 GREEK - KALAMATA OLIVE, MARINATED MUSHROOM, FETA CHEESE, TOMATO, CUCUMBER,
 OREGANO CRACKED PEPPER DRESSING ... 7
 WARM PORTOBELLO, CREMINI & SHIITAKE MUSHROOM - GREENS, FETA CHEESE, TOMATO,
 WALNUT VINAIGRETTE ... 7

PASTA

- SHELLS WITH PESTO - BROCCOLI, TOMATO, ARUGULA, PINENUTS ...10
 SPICY CHICKEN PASTA - TRI COLORED PEPPERS, MUSHROOM, MONTEREY JACK CHEESE - TOMATO SAUCE ... 11
 PORTOBELLO MUSHROOM LINGUINE - ARUGULA, TOMATO, GORGONZOLA CHEESE, WALNUT ... 11
 LINGUINE WITH FRESH ASPARAGUS - TOMATO, ARUGULA, MUSHROOM, FETA - TOMATO SAUCE ... 12
 SAUTE SHRIMP LINGUINE - TOMATO, CAPER, ARUGULA, ARTICHOKE, LEMON BASIL BROTH ... 12
 ARTICHOKE, SPINACH & PARMESAN RAVIOLI - SERVED WITH TOMATO BASIL SAUCE, SAUTE SPINACH ... 10
 SWEET POTATO, GORGONZOLA, WALNUT & PARSLEY RAVIOLI - BALSAMIC BUTTER SAUCE,
 SAUTE SPINACH ... 10
 FETTUCCHINE CARBONARA - BACON, SWEET PEAS, CREMINI MUSHROOM, TOMATO, CHICKEN,
 CRACKED PEPPER, PARMESAN CREAM SAUCE ...11
 PASTA CRUDO - FRESH ROMA TOMATO, EXTRA VIRGIN OLIVE OIL, GARLIC, OREGANO, BASIL,
 TOASTED ALMOND, PARMESAN, MOZZARELLA ... 10
 PENNE WITH GRILLED CHICKEN - KALAMATA OLIVE, MUSHROOM, ARUGULA,
 ROASTED GARLIC TOMATO HERB SAUCE... 11

ENTREES

- PORTOBELLO & CREMINI MUSHROOM RISOTTO ... 10
 SHRIMP & SCALLOP RISOTTO ... 14
 STIR-FRY VEGETABLES - BLACK BEAN, PEANUT, BROWN RICE, GINGER – SOY SAUCE ... 10
 GRILLED LEMON - OREGANO MARINATED CHICKEN - FRESH VEGETABLES, TOMATO FETA RELISH ... 11
 BLACK BEAN CAKES - SMOKED TOMATO SALSA, FRESH VEGETABLE, CILANTRO SOUR CREAM ... 10
 CHICKEN ENCHILADAS - BLACK BEAN SAUCE, AVOCADO, SALSA, BROWN SPANISH RICE ... 11
 SESAME CRUSTED CHICKEN -RASPBERRY SOY, FRESH VEGETABLE, GARLIC MASHED POTATOES ... 11
 PECAN CRUSTED CHICKEN -HONEY MUSTARD SAUCE, FRESH VEGETABLE, GARLIC MASHED POTATOES ... 11
 STIR-FRY SOBA NOODLES - SHIITAKE MUSHROOM, VEGETABLES, EGG, SPINACH, MACADAMIA NUT... 10
 MUSTARD SEED PAD THAI -THAI NOODLE, SHRIMP, CHICKEN, FISH SAUCE, EGG, MUSHROOM,
 MUNG BEAN SPROUT, PEANUT, FRESH CILANTRO & LIME ... 12
 SHRIMP, LEMON & BASIL CAKES - ROASTED RED PEPPER SAUCE, FRESH VEGETABLE,
 GARLIC MASHED POTATOES ... 11
 HERB CRUSTED PORKLOIN - SUNDRIED TOMATO PESTO CREAM SAUCE, GRILLED ASPARAGUS,
 GARLIC MASHED POTATOES ... 12
 SOUTHWESTERN TORTE - TORTILLAS LAYERED WITH CHICKEN, VEGETABLE, BLACK BEAN,
 MONTEREY JACK CHEESE, SALSA ... 10

ADD TO ANY SALAD OR ENTRÉE

GRILLED PORK OR CHICKEN 3.00 GRILLED SALMON 4.00 PEPPERED OR SAUTEED SHRIMP OR SCALLOPS 4.00

SIDE DISH ITEMS - 2.00

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

VISIT OUR OTHER RESTAURANTS

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

MUSTARD SEED TO GO

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SUMMERVILLE – 821-7101

LUNCH

JAMES ISLAND – 762-0072

APPETIZERS

WARM CAROLINA CRAB DIP - SWEET RED PEPPERS, CORN, SPINACH, SCALLIONS AND TOAST POINTS... 6
HUMMUS PLATE - CRISPY FLAT BREAD & MARINATED VEGETABLES... 6
PRINCE EDWARD ISLAND MUSSELS - PAN ROASTED WITH GARLIC, TOMATO & HERBS ... 9
SESAME CRUSTED TUNA - GINGER, WASABI, SOY DIPPING SAUCE ... 8
GRILLED ZUCCHINI, BLACK BEAN & SCALLION QUESADILLA - JACK CHEESE,
CILANTRO SOUR CREAM & SMOKED TOMATO SALSA ... 5
SPICY CHICKEN & SCALLION QUESADILLA - JACK CHEESE, CILANTRO SOUR CREAM &
SMOKED TOMATO SALSA ... 6

SOUPS

ROASTED CORN - CRAB CAKE GARNISH... 6
FRESH GAZPACHO ... 4 WITH PEPPERED SHRIMP... 5
MOM'S CHICKEN, VEGETABLE AND NOODLE...5
FRESH TOMATO AND TARRAGON BISQUE - PARMESAN CRACKER... 5
SOUP OF THE DAY

SALADS

FIELD OF GREENS - TOMATO, CUCUMBER, CARROT, HERB VINAIGRETTE...5 CUP OF SOUP...8
ROASTED CHICKEN, BLUE CHEESE & CARAMELIZED PEAR - GREENS, RASPBERRY PORT WINE DRESSING...8
SEARED SCALLOPS - SPINACH, TOMATO, ORANGE, GINGER - LIME DRESSING... 9
CAESAR - GORGONZOLA – CAESAR DRESSING, GRILLED PORTABELLO MUSHROOM ... 7
SPINACH, ARTICHOKE & PARMESAN FRITTERS - TOMATO, CARROT, GARLIC ROMANO DRESSING ... 7
PAN ROASTED ASPARAGUS - SAUTÉ RED ONION, WALNUT, TOMATO, GORGONZOLA, LEMON OVER SPINACH ... 7
SESAME CRUSTED CHICKEN - GREENS, TOMATO, CUCUMBER, HONEY DIJON DRESSING ... 8
PECAN CRUSTED GOAT CHEESE - GREENS, TOMATO, CUCUMBER, RASPBERRY VINAIGRETTE ... 8
WARM PORTOBELLO, CREMINI & SHIITAKE MUSHROOM - GREENS, FETA CHEESE, TOMATO,
WALNUT VINAIGRETTE ... 7
MUSTARD SEED COBB - CHICKEN, TOMATO, AVOCADO, MUSHROOM, BLUE CHEESE, EGG, BACON,
BALSAMIC VINAIGRETTE ... 8
CAROLINA SHRIMP SALAD - LEMON, RED ONION, RED BELL PEPPER, AVOCADO, SPROUTS,
GREENS, HERB VINAIGRETTE... 8
GREEK - KALAMATA OLIVE, MARINATED MUSHROOM, FETA CHEESE, TOMATO, CUCUMBER,
OREGANO CRACKED PEPPER DRESSING ... 7

ADD TO ANY SALAD OR ENTRÉE

GRILLED CHICKEN OR PORK 3.00 GRILLED SALMON 4.00 PEPPERED OR SAUTEED SHRIMP OR SCALLOPS 4.00

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

CHICKEN GYRO - FETA CHEESE, SPINACH, TOMATO, CUCUMBER DILL SAUCE, WARM PITA BREAD... 8
GRILLED CHICKEN CLUB - BACON, CRACKED PEPPER MAYONNAISE, BALSAMIC MARINATED TOMATO ... 8
GRILLED ZUCCHINI ROLL - SPINACH, TOMATO, FETA CHEESE, AVOCADO WRAPPED IN A GRILLED TORTILLA ... 7
TUNA MELT - FRESH DILL, TOMATO, JACK CHEESE, MUSHROOM IN A GRILLED TORTILLA ... 8
FRESH ASPARAGUS QUESADILLA - JACK CHEESE, SPINACH, TOMATO ... 7
FRIED GREEN TOMATO & SALMON BLT - PESTO MAYONNAISE ... 9
VEGGIE ROLL - HUMMUS, TOMATO, RED ONION, CUCUMBER, SPROUTS, ASPARAGUS WRAPPED IN A TORTILLA ... 7
MARINATED ARTICHOKE GYRO - FETA CHEESE, SPINACH, BALSAMIC MARINATED TOMATO, PITA BREAD ... 7
TOMATO & MOZZARELLA PANINI - BASIL PESTO, HERB OLIVE OIL ON FOCACCIA, SMALL SALAD... 7
SAUTEED PORTOBELLO MUSHROOM "CHEESE STEAK" WRAP - SPINACH, ROASTED PEPPER, ONION,
JACK CHEESE WITH GARLIC ROMANO MAYO... 7

PASTA

SWEET POTATO, GORGONZOLA, WALNUT & PARSLEY RAVIOLI - BALSAMIC BUTTER SAUCE, SAUTE SPINACH ... 8
ARTICHOKEs, SPINACH & PARMESAN RAVIOLI - TOMATO BASIL SAUCE, SAUTE SPINACH ... 8
SHELLS WITH PESTO - BROCCOLI, TOMATO, ARUGULA, PINE NUTS ... 8
SPICY CHICKEN PASTA - TRI COLORED PEPPERS, MUSHROOM, MONTEREY JACK CHEESE - TOMATO SAUCE ... 9
LINGUINE WITH FRESH ASPARAGUS - TOMATO, ARUGULA, MUSHROOM, FETA-TOMATO SAUCE ... 8
SAUTE SHRIMP LINGUINE - TOMATO, ARUGULA, CAPER, ARTICHOKE, LEMON BASIL BROTH ... 9
PENNE WITH GRILLED CHICKEN - KALAMATA OLIVE, MUSHROOM, ARUGULA,
ROASTED GARLIC TOMATO HERB SAUCE... 9
FETTUCINE CARBONARA - BACON, SWEET PEAS, CREMINI MUSHROOM, TOMATO, CHICKEN, CRACKED PEPPER,
PARMESAN CREAM SAUCE ... 9
PASTA CRUDO - FRESH ROMA TOMATO, EXTRA VIRGIN OLIVE OIL, GARLIC, OREGANO, BASIL, TOASTED ALMOND,
PARMESAN, MOZZARELLA ... 8

ENTREES

PORTOBELLO & CREMINI MUSHROOM RISOTTO ... 8
SHRIMP & SCALLOP RISOTTO... 9
STIR-FRY VEGETABLES - BLACK BEAN, PEANUT, BROWN RICE, GINGER – SOY SAUCE ... 8
GRILLED LEMON - OREGANO MARINATED CHICKEN - FRESH VEGETABLES, TOMATO FETA RELISH ... 9
BLACK BEAN CAKES - SMOKED TOMATO SALSA, FRESH VEGETABLE, CILANTRO SOUR CREAM ... 7
CHICKEN ENCHILADAS - BLACK BEAN SAUCE, AVOCADO, SALSA, BROWN SPANISH RICE ... 8
TURKEY MEATLOAF - PAN GRAVY, GARLIC MASHED POTATOES & FRESH VEGETABLE ... 8
MUSTARD SEED PAD THAI - THAI NOODLE, SHRIMP, CHICKEN, FISH SAUCE, EGG, MUSHROOM,
MUNG BEAN SPROUT, PEANUT, FRESH CILANTRO & LIME ... 9
SOUTHWESTERN TORTE - TORTILLAS LAYERED WITH CHICKEN, VEGETABLE, BLACK BEAN,
MONTEREY JACK CHEESE, SALSA ... 8

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