

Special Today

Tuesday, March 9, 2010

Tuesday's Soup

Herbed Mixed Bean-Vegetable

cup 3.25 bowl 4.00

The Apple Doesn't Fall Far From The Tree

Fragrant vegetable curry featuring roasted tempeh, butternut squash, turnips, cauliflower, carrots, celery & onions; served with coconut infused brown basmati rice sprinkled with toasted pistachios, & with apple currant chutney. Accompanied by broccoli & marinated red cabbage with toasted cumin seeds; garnished with dandelion greens.

Chipotle Off The Old Block

Savory shepherd's pie filled with a mix of roasted leeks, carrots, celery, sundried tomatoes, & kidney beans, accented with chipotle pepper; baked in a whole spelt crust, with a mashed Yukon gold potato top; served over caramelized onion thyme gravy. Accompanied by green beans & roasted cauliflower; garnished with arugula, radicchio & dandelion greens.

Entree Specials a la carte 14.75

With a choice of two Basics or a cup of soup 16.75

(See Basics in menu)

Still Special

Japanese brown rice cakes featuring julienne daikon, burdock & carrots, leeks, hiziki, & sesame seeds; served over soothing ginger-aduki bean sauce & crowned with wasabi-tofu cream. Garnished with dandelion greens. 9.50

Tuesday's Norimaki

Grilled seitan, broccoli, pickled red onions, cucumber, carrots, seasoned brown rice & tahini. 6 Pieces 7.50 9 Pieces 10.50

Tuesday's Salad

Whole wheat udon noodle-vegetable salad including julienne burdock, daikon, green cabbage & carrots, scallions, arame, peanuts & roasted tofu cubes; lightly tossed in a jalapeño-cilantro dressing; served over mesclun greens & garnished with ruby kraut. Small 8.00 Large 11.00

Today's Basics

Bean	Pinto	2.75
Sea Vegetable	Arame & Hiziki	4.00
Steamed Vegetables	Kale, bok choy & collard greens <i>and/or</i> Sweet potatoes, turnips & butternut squash	3.75

Sweets

Banana Walnut Blondie
with vanilla cream & mocha caramel
(spelt) 6.00

Warm Blueberry Pecan
Bread Pudding
with maple tofu whip & peach coulis
(spelt) 6.00

Apricot Spice
Kanten Parfait
with hazelnut cream
(no wheat) 5.00

Apricot Spice
Kanten
(no wheat) 3.75

Cookie
Date Pecan
(no wheat) 2.50

Fig Newton
(spelt) 1.50

Muffin
Sweet: Peach Lemon (wheat)
Savory: Five Grain (spelt)
3.25

Maple Tofu Whip
2.25

Our desserts are made fresh daily.
Sweeteners are chosen with care and
used in moderation.

Please do not use cell phones inside the restaurant. ♦ We accept cash only.