

Special Today

Monday, February 8, 2010

Monday's Soup

Herbed Mixed Bean-Vegetable

cup 3.25 bowl 4.00

Rebel Without A Sauce

Succulent tempeh baked in a red chili marinade spiked with paprika & cumin; served with an amaranth-brown rice blend, & over velvety sweet potato sauce. Accompanied by broccoli & a side of roasted orange bell pepper-onion relish; garnished with arugula & ruby kraut.

James Green Bean

Winter casserole: an aromatic mix of roasted butternut squash, turnips, carrots & button mushrooms, sautéed spinach & leeks, & baked with a fluffy lemon-toasted sunflower seed tofu cheese top & a golden millet crust; served over french lentil sauce accented with oregano & thyme. Accompanied by green beans & roasted cauliflower; radicchio to garnish.

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

Rustic tofu patties including sautéed carrots, celery, onions, chickpea miso & toasted sunflower seeds; served with rosemary roasted Yukon gold potatoes, sun-dried tomato ketchup & a carrot, red & green cabbage slaw with creamy Dijon mustard dressing. 9.50

Monday's Norimaki

Lemon grass baked tempeh, broccoli, snow pea shoots, carrots, red cabbage, seasoned brown rice & peanut sauce. 6 Pieces 7.50 9 Pieces 10.50

Monday's Salad

Udon noodle-vegetable salad including julienne carrots, daikon, green cabbage, scallions, arame, peanuts, & roasted tofu cubes; tossed in a jalapeño-cilantro dressing & served over mesclun greens; garnished with sunflower sprouts. Small 8.00 Large 11.00

Today's Basics

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

Sweets

Pumpkin Custard

with seeded brittle & caramel sauce
(no wheat) 6.00

Banana Layer Cake

with cardamom coconut frosting & filling
(spelt) 6.00

Cranberry

Kanten Parfait

with almond cream
(no wheat) 5.00

Cranberry

Kanten

(no wheat) 3.75

Cookie

Chocolate Chip Walnut
(spelt) 2.50

Fig Newton

(no wheat) 1.50

Muffin

Sweet: Carrot Raisin Walnut (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.