

Special Today



Sunday, February 5, 2012

Sweets

Sunday's Soup

Red Lentil-Vegetable (*gluten free*)

cup 3.50/bowl 4.25

Mayacoba Angelou (*gluten free*)

Savory quinoa-vegetable croquettes featuring butternut squash, carrots, celery, onions & chopped parsley; crowned with tarragon tofu cream & served over heirloom Mayacoba bean sauce. Accompanied by broccoli & marinated red cabbage; garnished with dandelion greens.

à la carte

15.25

With a choice of two basics or a cup of soup

17.50

I Know Why The Caged Lasagna Sings

Delectable lasagna layered with a mix of sautéed spinach, roasted seitan, eggplant, red & green peppers, button mushrooms & onions, whole wheat noodles & a tofu ricotta top; served over tomato sauce. Accompanied by roasted cauliflower & an arugula, watercress & frisee salad drizzled with balsamic dressing.

à la carte

15.25

With a choice of two basics or a cup of soup

17.50

Sunday's Norimaki (*gluten free*)

Marinated tempeh, daikon, broccoli, green beans, carrots, seasoned brown rice & parsley almond pesto.

6 Pieces 8.00 / 9 Pieces 11.50

Sunday's Salad (*gluten free*)

Lightly curried brown rice-vegetable salad featuring butternut squash, celery, red onions, cauliflower, carrots, apple & chopped cilantro, tossed in curry vinaigrette; served over mesclun greens & garnished with toasted pistachios.

Small 8.50 / Large 11.50

Today's Basics (*gluten free*)

Bean	Great Northern	3.00
Sea Vegetables	Arame & Hiziki	4.25
Steamed Vegetables	Kale, collard greens & bok choy <i>and/or</i>	4.00
	Parsnips, sweet potatoes & butternut squash	

Almond Phyllo Cup
with almond whip, peach compote
& almond praline
(*wheat*) 6.75

Carrot Raisin Layer Cake
with lemon frosting & filling
(*spelt*) 6.25

Blueberry Ginger
Kanten Parfait
with hazelnut cream
(*wheat free*) 5.25

Blueberry Ginger
Kanten
(*gluten free*) 4.00

Cookie
Almond Ginger Snap
(*wheat free*)
2.65

Fig Newton
(*spelt*) 2.00

Muffin
Sweet: Apple Oat (*wheat*)
Savory: Five Grain (*spelt*)
3.50

Maple Tofu Whip
(*gluten free*)
2.50

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

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

♦ Ask about our gluten-free menu items