

Special Today

Friday, March 12, 2010

Friday's Soup

White Bean Escarole *with vegetables*

cup 3.25 bowl 4.00

Seitan You, Seitan Me

Korean inspired Bulgogi seitan: grilled marinated seitan with toasted sesame seeds & marinated scallions; served with tojenjang- sweet miso dipping sauce, kochujang- spicy red chili paste, & basmati rice. Accompanied by broccoli & roasted sweet potatoes; garnished with red & green lettuce.

Lime-el Richie

Delectable polenta studded with sweet corn kernels & crowned with lime tofu crema; served over smoky refried pinto bean sauce accented with cumin & oregano, & with a side of flavorful pico de gallo with fresh cilantro. Accompanied by roasted turnips & garlic roasted green beans; garnished with escarole.

Entree Specials a la carte 14.75

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

(See Basics in menu)

Friday's Norimaki

Marinated tofu, broccoli, roasted green beans, cucumbers, carrots, seasoned brown rice & pesto.

6 Pieces 7.50 9 Pieces 10.50

Friday's Salad

Spelt berry-roasted vegetable salad with butternut squash, beets, button mushrooms, carrots & red onions; tossed in rosemary balsamic marinade; served over mesclun greens & garnished with parsley.

Small 8.00 Large 11.00

Today's Basics

Bean Black 2.75

Sea Vegetable Arame & Hiziki 4.00

Steamed Vegetables Kale, bok choy & collard greens *and/or*
Sweet potatoes, turnips & butternut squash 3.75

Sweets

Warm Apple Cranberry

Phyllo Turnover

with maple tofu whip

(wheat) 6.50

Prune Walnut Crumb Cake

with walnut cream

(spelt) 6.00

Peach Lime

Kanten Parfait

with almond cream

(no wheat) 5.00

Peach Lime

Kanten

(no wheat) 3.75

Cookie

Peanut Butter

(no wheat) 2.50

Fig Newton

(spelt) 1.50

Muffin

Sweet: Raspberry Orange Corn (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.