

ORGANIC, LOCAL & FAMILY OWNED

CHECK BOARD FOR CURRENT AVAILABILITY OF MENU ITEMS

INDIAN

DHAL & RICE \$4.50

Creamy lentil puree, long-grain brown rice & apple chutney

CURRY & RICE \$6.75

Fresh seasonal veggie curry, long-grain brown rice & apple ginger chutney

SA'AG PANEER & RICE \$6.75

Creamy spiced spinach, paneer cheese, long-grain brown rice & apple ginger chutney

COCONUT CHICKPEAS \$6.75

Garbanzos & mixed veggies in a delightful coconut hazelnut sauce, long-grain brown rice & chutney

COMBINATION PLATES

Two items with long-grain brown rice & apple ginger chutney \$8.00

Three items with long-grain brown rice & apple ginger chutney \$8.50

COW CLASSICS

THAI TOFU & RICE \$6.75

Tofu cubes in a spicy peanut-ginger sauce on long-grain brown rice

VEGGIE VOLCANO \$6.50

Long-grain brown rice & steamed & roasted veggies with rosemary-lentil sauce, cilantro pesto, tahina and gomasio

TEMPEH SPLIT \$6.50

Mustard-apple baked tempeh with braised red cabbage and garlic mashed potatoes

TEMPEH PLATE \$6.00

Marinated tempeh with brown rice, mash or veggies topped with a choice of peanut sauce or golden gravy

MAGIC ISLAND \$6.50

Quinoa, mashed potatoes and a broccoli forest topped with peanut sauce, crushed peanuts & gomasio

EXTRAS

NA'AN BREAD \$.90

BREAD ROLL \$.75

PITA BREAD \$.50

APPLE CHUTNEY \$.50

GOLDEN GRAVY \$.50

PEANUT SAUCE \$1.25

FALAFEL BALLS EACH \$.50

MIDDLE EASTERN

CLASSIC FALAFEL \$5.75

Pita bread filled with sizzling chickpea balls, Creamy tahina sauce & shredded salad

DELUXE FALAFEL \$6.75

Falafel with a scoop of hummus inside

HALF A FALAFEL \$4.00

Half a falafel, with or without hummus

HUMMUS & PITA \$3.75

FALAFEL BALLS (EACH) \$.50

COMFORT ZONE

PAD THAI \$6.75

Rice noodles & peanut sauce with tofu & veggies

BLACK BEANS & RICE \$4.50

Spicy black beans with brown basmati rice & salsa

MASH & GRAVY \$4.00

RICE & VEGGIES \$3.75

DOUBLE VEGGIES \$3.75

A LA CARTE SIDE PORTIONS

RICE
VEGGIES
MASH
DHAL
BLACK BEANS
BRAISED CABBAGE

\$2.00 EACH

SA'AG PANEER
VEGGIE CURRY \$5.00 EACH
THAI TOFU

QUINOA \$3.00
TEMPEH STRIP EACH \$1.00

ORGANIC SALAD BAR

Farm Fresh Organic Salad Bar with House-Made Dressings & Soups