

VEGAN Menu

India

All Indian dishes are served with apple ginger and tamarind raisin chutnies & banana raita (dairy)



For vegan or non-dairy request we hold the raita!

Red Lentil Dhal **GF** \$4.50

Silky, mildly-spiced lentil puree served on long-grain brown rice.

Veggie Curry **GF** \$6.75

Mixed fresh vegetables braised in a savory curry sauce, on long-grain brown rice.

Coconut Chickpea Curry **GF** \$6.75

Garbanzo & mixed veggies in a coconut hazelnut sauce, long grain rice & chutney

Indian Combo Plate **GF** \$7.25

Two of the previous dishes on long-grain brown rice.

The Middle East

Hummus & Pita \$4.00

Super-creamy garbanzo dip served with our handmade pita bread.

Falafel \$6.50

Sizzling chickpea balls stuffed into our handmade pocket bread with shredded salad, creamy tahina and hazelnut cilantro pesto.

Add hummus for a dollar

Middle Eastern Plate \$7.25

Hummus, falafel balls, shredded salad, and Greek olives s, served with handmade pocket bread and tahina sauce.



Request a substitution of either tempeh nuggz or tofu nuggz for the feta cheese

Central America

Smokey Robinson **GF** \$5.50

Slow-simmered, smoky black beans in a bowl of long-grain brown rice, topped with salsa, chipotle sour cream and hazelnut cilantro pesto.



For vegan version, request we substitute **tahina** for the chipotle sour cream

Noodles

Pad Thai **GF** \$6.75

Stir-fried rice noodles with veggies and tofu, topped with peanut sauce, crushed peanuts, and Sriracha sauce.

Big Miso Bowl **GF** \$5.50

Soba-style noodles in a smooth, mellow miso broth, garnished with veggies and tofu.

Cow Classics

Thai Tofu **GF** \$6.75

Succulent, spicy cubes of tofu and mixed veggies braised in a peanut-ginger sauce, served on long-grain brown rice.

Veggie Volcano **GF** \$6.50

A cascade of roasted and steamed veggies over long-grain brown rice, topped with rosemary-lentil sauce, creamy tahina and hazelnut cilantro pesto.

Tempeh Split **GF** \$6.50

Triangles of apple-mustard baked tempeh served on garlic mashed potatoes, with braised red cabbage.

Mister Potato Head **GF** \$5.50

Garlic mashed potatoes and mixed veggies topped with our golden vegan yeast gravy.

Magic Island **GF** \$6.50

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

