

SOUPS

Indian Dal – made from lentils	Cup 2.75, Bowl 3.50
Indian Sambhar V – made from lentils and vegetables	Cup 2.75, Bowl 3.50
Soup of the Day – two selections daily	Cup 2.75, Bowl 3.50

APPETIZERS

Served with homemade chutney

Extra chutney **V**: onion 1 oz .60; mango chutney; or pickles 1 oz .60 and 2 oz 1.10

Samosa V (2) – savoury potato-filled pastry	3.50
Alu chop (2) – potato-onion patties	3.50
Bhajia V – tasty fritters	3.50
Bhelpuri V – puffy bread with chutney and bhel mix	3.50

Snack of the Day

Chosen from specialties such as: pakora, bonda, dahiwada or alu vada 3.50

Farasan Platter

Snack Sampler: a full meal or appetizer plate for the table 6.25

SALADS

Garden Green Salad **V** Small 2.95 Reg. 4.50 Large 7.25
Leafy greens and garden vegetables

Garbanzo Salad **V** Reg. 4.95 Large 7.50
Leafy greens, garbanzos, tomatoes, mushrooms and sesame seeds

Greek Salad Reg. 6.50 Large 8.95
Bouquet of feta cheese and greek olives on leafy greens with tomatoes, cucumbers, peppers and onions

Avocado Salad **V** (seasonal) Reg. 7.45 Large 9.75
Fresh avocado, leafy greens, peppers, tomatoes, celery and sesame seeds

Tofu Salad **V** Reg. 6.50 Large 7.95
Bed of garden greens, vegetables and seasoned tofu. High-protein, low calorie

Grilled Cheese Salad 7.95
Warm open-faced cheddar cheese sandwich on a bed of leafy greens and vegetables

Fresh Fruit Salad fruit only **V** Cup 3.95 Bowl 5.50
served with walnuts, raisins and yogurt Cup 5.95 Bowl 7.50

Indian Raita 2.95
Cucumber-tomato salad with spiced yogurt sauce

SALAD EXTRAS

• Raisins .75 • Walnuts 1.25 • Cheese 1.50 • Tofu 2.00 • Avocado 1.50 • Onions .50 • Chickpeas 1.75

Salad Dressings: Herbal House Dressing **V** or Mayo-Tamari Sauce 1 oz. .40

V denotes vegan selections

ANNAM BRAHMA DINNER

Two choices of curried vegetables with snack, homemade chutney pappadam, rice (brown or basmati) & dal (vegan option - sambhar) – 10.50 additional for sag panir .75

MAIN COURSES

(No substitutions on platters please)

Chapatti Roll-Up

Whole wheat Indian bread made to order (vegan option - no mayo-tamari sauce)

- Indian style – curried vegetables, salad with mayo-tamari sauce 7.75
• additional when Sag Panir is the selected curry .75
- American style – brown rice and vegetables, salad with mayo-tamari sauce 7.75
• additional for cheese 1.50
- Mediterranean style – brown rice, grilled vegetables, salad, feta, mayo-tamari sauce 9.50
- Dosa Roll-Up – rice and lentil crepe replaces chapatti additional 1.25

Masala Dosa **V** 8.25

A rice and lentil crepe filled with savoury potato masala (curry).
Served with sambhar and chutney

“Meatball” Kabob 8.50

- Skewered soy “meatballs” and marinated vegetables served over basmati or brown rice with a choice of sweet and sour sauce, butter-herb sauce or dal. Vegan option

Indian Kabob

- Skewered bhajia and marinated vegetables on basmati rice with dal, cutney and pappadam. Vegan option 8.95

Indian Curries – delicious and savoury. Choose from:

- Mixed Vegetable Curry **V**, Chickpea with Cauliflower Curry **V**, Potato Masala **V** or Sag Panir - spinach and cheese curry additional .75
- Served a la carte 4.95
- With rice, dal and homemade chutney 8.25
- With chapatti and pappadam 8.50

Steamed Vegetables with Brown Rice 8.25

- With melted cheddar cheese additional 1.75
- With sautéed tofu **V** additional 3.00

Wholesome Potato – with a dab of butter 2.95

- with a scoop of curry **V** or with sautéed tofu **V** 5.95
- with sag panir 6.70

Holy Cow – grilled vegetables with feta cheese 8.95

BURGERS

– served with mayo-tamari sauce

Cheese Griller – soy “hamburger”, melted cheese, tomato, lettuce on a roll 4.95

Twinburger – double cheese griller 7.95

Chick’n Burger – soy ‘chicken’ with lettuce, tomato, mustard, pickles, dressing **V** 5.95

BURGER PLATTERS

– burgers served with mayo-tamari sauce

(No substitutions on platters please)

Cheese Griller Platter – griller with salad and fries 8.75

Twinburger Platter – double griller, fries, salad 11.75

Gardenburger Pita Pocket – cheese griller & salad in a pita pocket with fries 7.95

WHOLE WHEAT PITA POCKETS

vegan option - no mayo-tamari sauce

Vegetable Curry – curry, salad and mayo-tamari sauce 4.95

Seasoned Tofu – sautéed tofu, salad and mayo-tamari sauce 5.25

Garden Salad – garden salad and mayo-tamari sauce 4.25

Garden Burger – cheese griller, leafy salad and mayo-tamari sauce 5.75

SANDWICHES AND SPECIALTIES

Avocado sandwich (seasonal) with tomato, greens, onion, sesame seeds

and mayo-tamari sauce. Vegan option - no mayo-tamari sauce.

• on a hero 6.25 • on a chapatti 7.25. • with soy “Bacon” additional/per strip 1.00

“Bacon” (soy), Lettuce and Tomato Sandwich – on multi-grain bread with sauce 4.95

Grilled Cheese Sandwich 3.95

“Meatball” Hero (soy) – with tomato sauce and cheese 6.95

“Hot Dog” (soy) – on roll **V** 3.50

Naan “Pizza” – individual pizza with tomato sauce and melted mozzarella cheese 5.50

Mediterranean Naan Pizza – grilled vegetables, feta, onion and tomato sauce 7.25

OMELETTES

all served with buttered multi-grain toast

Plain omelette 4.75

Tofu Omelette 7.75

Curry-filled Omelette 7.45

• for all omelettes, additional for cheese 1.50

• additional for steamed vegetables 2.75

OMELETTE PLATTERS

A plain omelette served with fries and toast 6.95

A plain omelette served with Alu Chap – Indian potato pattie (no toast) 6.95

• with filling add 3.00. • egg white omelette additional .75

LUNCHEON SPECIAL

Available weekdays only from 11:00 a.m. to 2:30 p.m.

Luncheon curry with rice and dal 4.95, with sag panir 5.50