

Souen

East Village

TEL: 212-388-1155

WWW.SOUEN.NET

Sugar-Free, Vegan, Gluten-Free Friendly Kitchen

326 East 6th St, (Between 1 & 2 Ave)



Delivery hours: Mon-Sat: Noon ~ 10pm,
Sun: Noon ~ 9:30pm

Minimum order: start \$12~ (see our web-site)

Credit card: Visa, MC and Discover accepted!

Range: Ave C to Mercer, 20th Street to Delancey/
Broome (see our web-site)

SOFT DRINKS

HOT



Kuki-cha Tea 2 / cold 2.5

from tea plant stems, twig tree, rich in calcium and vitamin C, with a touch of caffeine.

Mu 16 Tea 2

licorice, ginseng, peony root and dozen other flower and plant essences. No caffeine.

Peppermint / Chamomile / Green Tea 2.5

Grain Coffee 3

coffee substitution of organic barley, rye and chicory. No caffeine.

COLD

Fresh-Pressed Organic Vegetable Juice

- Carrot Only 4 / Carrot with Apple 5

Carrot with Ginger & Apple 6 /

Green Shot Kale Only 4

Chilled Organic Apple Juice 4

Chilled Organic Apple Lemon Kuki-cha Tea 3.5

Ginger Brew / China Cola 3.25

Saratoga Sparkling Water, Still Water 2.75

SALADS

Daikon Salad 6

lettuce, kombu, nori in Sesame Vinaigrette

Seaweed Salad 5.75

konbu, wakame, red and green seaweed.

Home-made Tofu cheese kale salad 7

Watercress Salad 7.5

mixed with lettuce, wakame seaweed and crunchy soy beans.

House Salad 7.5

lettuce, carrot, kimpira burdock, beets, and daikon radish.

Chef Salad 10

lettuce, broccoli, carrot, beet, daikon, avocado, cauliflower, kimpira and corn.

Noodle Salad 11.5 / in Miso Tahini 12.5

Choice of your noodle mixed with vegetables, seaweed and white sesame seeds in sesame vinaigrette or miso tahini sauce.



----- Home-made Dressings -----

Carrot / Creamy Tahini Dill / Miso Tahini / Sesame Vinaigrette

One more dressing for salad, extra 1.00 ea.

SOUPS

Bean Soup 5

bean of the day with vegetable

Pureed Vegetable soup of the day 5

cold or hot

Miso Soup 5

tofu, wakame, carrot, cabbage and onion

Dumping Yuba Soup 6.5

carrot, Chinese cabbage, onion in light shoyu broth



APPETIZERS

Specials of the Day - Please ask your server.

Steamed Watercress in black sesame paste 4.5

Seitan Dumplings 6.5

steamed five dumplings filled with seitan, chinese cabbage, leeks, shiitake, garlic, and ginger.

Home-made Pickles 5.5

pickled with carrot, cucumber and chinese cabbage.

Organic Edamame 5.5

Kimpira Burdock 6.5

wok-fried shredded burdock, carrot, lotus root in sesame soy sauce.

Yuba 6.5

steamed tofu "skin" marinated in kombu-shiitake-soy sauce broth.

Edamame Guacamole w/ seitan chips 7

Sauteed Garlic Greens "G.G" 7

sauteed kale in olive oil and garlic.



BASICS

Brown Rice 2.5 / 4 Natto 5

Bean of the Day 3.5

Corn Bread w/ Miso tahini spread or Apple Butter 3.5
- corn flour, carrot, apple, millet and quinoa

Maze Rice 5.75 / with salmon 7.5

brown rice mixed with carrot, shiitake and burdock.

Steamed Kale w/ dressing 4.5

Steamed Vegetables w/ dressing 5.5

carrot, broccoli and kabocha squash.



VEGETABLE ENTREES

Comes with Organic Brown Rice

\$1 for items substitution, \$2 for Maze rice Substitution.

Macro Plate 8.75

an ideal balance of steamed greens, vegetables, brown rice, beans and seaweed.

Broccoli Tofu 10

sauteed with carrot, onion and crushed tofu in carrot sauce.

Plum Shoyu Kuzu Stew 11

broccoli, cauliflower, nappa, greens, carrot, shiitake and onion in ginger tamari broth and clear kuzu sauce.

Garlic Greens & Vegetables 12

sauteed green kale and vegetables in olive oil and garlic.

Vegetables and Tofu in Pesto Sauce 12

sauteed vegetables and tofu in garlic and pesto sauce.

Squash Tofu 12

sauteed tofu, kabocha-squash, onion, carrot, nappa, greens and broccoli in miso-tahini sauce.

Mabo Tofu 13

seitan, tofu and vegetables in spicy thick sauce.

Yasai Itame (Stir-fried vegetables) 11

stir-fried vegetables in ginger shoyu sauce.



Seitan in Mushroom Gravy 13

----- Extra Toppings -----

Extra Vegetables \$1

Tofu, Kale Yuba or Shiitake Mushroom \$2 each

Beans or Seitan \$3 each / Seafood \$4 / Fish \$4.5



ORGANIC RAMEN

Organic Vegan Ramen (organic wheat)

---- Substitutions for Ramen Noodles ----

Soba / Udon / Zucchini noodles

NEW Brown Rice Noodle \$2 add

Goma-shio Ramen 11 vegetable kombu broth, green kale, carrot, onion, daikon, leeks, wakame and noodles.

Spicy Goma-shio Ramen 12 within seitan spices.

Miso 10.5 veggie kombu broth, miso, kombu, nappa, cabbage, kimpira, bean sprouts, carrot, leeks and noodles.

Spicy Miso 11.5 miso ramen w/in seitan spices.

Curry Miso 14.5 miso ramen w/in house curry spices.

Curry 12.5 vegetable kombu broth, soy sauce, home-made curry spices, vegetables and noodles.

Shoyu 9.5 vegetable kombu broth, soy sauce broth, wakame, nappa, cabbage, kimpira, carrot, scallion and noodles.

Tahini Shoyu 11.5 vegetable kombu-soy sauce broth, tahini sauce, lots of vegetables and noodles.

Black Sesame 11.5 vegetable kombu broth, soy sauce, black sesame sauce, wakame, nappa, cabbage, kimpira, carrot, scallion and noodles.

White Sesame 12.5 vegetable kombu-miso broth, tahini sauce, bean sprouts, kombu, nappa, cabbage, kimpira, carrot, ginger, leeks and noodles.

Black Cod 14.5 Shoyu ramen with hint of lime and chili, broccoli, cabbage, carrot, nappa, kale, onion & shiitake.

Seafood 14 Shoyu ramen with hint of lime and chili, broccoli, cabbage, carrot, nappa, kale, onion & shiitake.

Today's Special Ramen - Please ask your server.

---- Extra Toppings ----

Extra Vegetables \$1

Tofu, Kale Yuba or Shiitake Mushroom \$2 each
Beans or Seitan \$3 each / Seafood \$4 / Fish \$4.5



Other noodle dishes



Stir-fried Noodle 11

stir-fried vegetables in ginger shoyu sauce.*w/ choice of noodle

Pad Thai Noodle 11

stir-fried vegetables in homemade peanut sauce *w/ choice of noodle

Vegetable Sushi

Avocado Cucumber Roll 4

cut into 6 pieces, thin roll

Futo-maki 11

kimpira, watercress, konbu and cucumber cut into 8 pieces, big roll

Fish Sushi Roll

Organic cooked Salmon Roll 5

cut into 6 pieces, thin roll

DESSERT

Sugar, Dairy and Egg Free

Gluten Free can be requested



Cookie 2.00 / Scone 2.50

spelt and brown rice flour, maple and rice syrup used.

Specials of the Day - Please ask your server.

Apple crunch 5.5 - baked fruits with granola.

Fruit Kanten 4.75 - made with fruits, apple juice, nectar and agar agar. No sweetener used.

Kanten Parfait 5.5 - fruit kanten with vanilla soy cream and granola.

Cocoa mousse 4.75

Cocoa Creamy Parfait 5.5 - cocoa mousse with vanilla soy cream and granola.

New york tofu cheese cake pie 6



Broiled Fish Entrees

Organic Salmon or ***Wild Black Cod** add \$1
1pc / 2pcs + (Fish plate add \$4.5)

Plain w/ lemon 9 / 15

Ginger Soy Sauce 10 / 16

Teriyaki sauce 10 / 16

Black sesame paste 11 / 17

Okabe Thick white sesame paste 11 / 17

Pesto sauce 13 / 19

*Lime Soy (Only Black Cod) 12 / 18

*Saikyo-Zuke(Only Black Cod) 14 / 20
marinated in sweet miso.

Specials- Please ask your server.

- Fish plate \$4.5 extra-

Two choices of our side dishes

- :Brown rice
- :Maze rice \$2 extra
- :Kombu Seaweed
- :Bean of the day
- :Miso soup
- :Steamed vegetables w/ dressing
- :Steamed Kale w/ dressing
- :Green salad w/ dressing
- :Bean soup



---- Home-made Dressings ----

Carrot / Creamy Tahini Dill

Miso Tahini / Sesame Vinaigrette

One more dressing extra \$1 ea.

www.youtube.com/souennoodle