

NORWALK COLD-PRESS JUICE

Norwalk juice is extracted without destroying all the nutrients & enzymes, containing three to five times more nutritional value than conventional juicers. It produce a smoother, clean, crisper taste, due to the lack of pulp.

Carrot, Beet, Ginger	8oz \$5 / 16oz \$9.5
Kale, Cucumber, Lemon	8oz \$ 5 / 16oz \$9.5
Watermelon, Pineapple, Mint	16oz \$7.5 (only on season)



CHILLED DRINKS

TEA

Kuki-cha Tea 3.00

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

Apple Lemon Kuki-cha Tea 4.00

SODAS

Organic Apple Juice (unfiltered) 4.50

Reed's China Cola 3.75 12oz.

made with Chinese herbs

Fresh Ginger Ale 4.00 12oz

Beyond Kombucha 4.50 12.7 oz. Blueberry

4.50 12.7 oz. Yerba mate

Mountain Valley Spring Water 3.00

Mountain Valley Sparkling Water 3.00

HOT DRINKS

TEA

Kuki-cha Tea 2.50 (first refill 1.00)

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

Mu 16 Tea 2.50

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

Warm Apple Lemon Kuki-cha Tea 3.50

Chamomile / Peppermint / Green Tea 3.00

GRAIN "COFFEE" caffeine free

Grain Coffee 3.50

coffee substitution of roasted barley and rye

Soho Delivery 212. 807. 7421
Price is subject to change

SOUPS

Pureed Vegetable Soup of the Day 6.50 (hot or cold) please see the black board

Bean Soup of the Day 4.50 simple and superb. Please see the black board

Miso Soup 4.50 made with soy bean miso.

Wakame Soup 6.00 wakame, sprouts, daikon, sesame seeds and sesame oil in tamari kombu broth.

Yuba in Soup 6.50 tofu “skins”, chinese cabbage, carrot, scallion in tamari kombu broth.

Hayato Soup 9.50 tofu, cabbage, sprouts, broccoli, squash, shiitake, onions, carrot, bean sprouts and greens in mellow barley miso broth.

Rice in Soup 10.00 / **With fish of the day** 14.00 / **With organic salmon** 15.75 / **With black cod** 17.75
carrot, scallion, shiitake, chinese cabbage, greens and umeboshi simmered in an iron kettle.

BREADS

With miso tahini spread or Apple Butter

Home-made Corn Bread 4.75 hearty gluten free corn bread

Loaf of Corn Bread 20.00 comes with 8 oz. miso tahini spread

❖ **Spelt Bread** 4.00 non-yeasted

❖ **House Bread** 4.00

SIDE DISHES

Brown Rice 2.75 / 4.25

❖ **Grain of the Day** 3.75 / 4.75

see the black board.

Bean of the Day 3.75

see the black board

Steamed Tofu 4.25

Hijiki Seaweed 4.25

cooked in a light tamari soy sauce

Tempeh (Fried or Broiled) 7.25

served with ginger kuzu sauce

❖ **Home-made Seitan** 7.25 (Fried or Broiled)

served with ginger kuzu sauce

Steamed Vegetables 4.75 / 6.75

carrot, kabocha squash and broccoli

Steamed Greens 4.75 / 6.75

Steamed Vegetable & Green Combo 7.25

Maze Rice 6.25 / **With Salmon** 8.75 / **With Eel** 9.75

rice mixed with seasoned carrot, string beans, shiitake and burdock

One Piece Plain Broiled Fish 9.00

Fish Of Day / Salmon / Black Cod \$2 Extra

With Our Home Made Sauce 10.00 (Extra Sauce \$1)

Teriyaki

Ginger Scallion

Okabe (thick sesame paste)

❖ **TEMPURA** deep-fried in light egg-free batter

Four-Piece Shrimp Tempura 7.25

Four-Piece White Fish Tempura 8.50

Six-Piece Vegetable Tempura 7.25

Seven-Piece Tempura 8.75

(five pieces of vegetables, one piece of shrimp, one piece white fish)

VEGETABLE ENTREES served with brown rice

Macro Plate 9.25 an ideal balance of steamed greens, vegetables, brown rice, beans and hijiki seaweed with a dressing on the side. Extra Dressing \$1

Choice of Home-made dressing; Carrot / Sesame Vinaigrette / Tahini Dill

➔ Each Substitution will be \$1 Extra, Tofu instead of beans \$2 extra.

Broccoli Tofu 12 sauteed carrot, onion, broccoli & crushed tofu in carrot sauce.

Yasai Itame 12 sauteed cabbage, broccoli, carrot, snow pea, onion, mung bean sprout, leafy greens in ginger sesame sauce.

Broiled Tofu Okabe 13 thick sesame paste on the top of broiled tofu, served with a small steamed vegetables

Inspired Vegetable Curry 13 broccoli, cauliflower, green, carrot, squash, mushroom, onion, mild curry turmeric and ginger root sauce.

Squash Tofu 13 sauteed tofu, squash, onion, carrot, nappa green, broccoli, snow pea, in miso tahini sauce.

Kuzu Stew 13 broccoli, cauliflower, nappa, greens, carrot, snow pea, shiitake, onion in ginger tamari clear kuzu sauce.

Garlic Greens & Vegetables 12.50 sauteed green vegetables in garlic lemon tamari sauce.

Vegetables and Tofu in Pesto Sauce or Peanut Lime Sauce 13 **Tempeh instead of Tofu** Extra \$2

Tofu Teriyaki 13.00 sauteed tofu with shiitake scallion ginger teriyaki sauce, served with vegetables.

❖ **Seitan Cutlet with Beet Sauce** 14.00 lightly deep-fried with bread-crumbs, served with steamed vegetables

Substitutions for Brown Rice:

❖ Grain of the day \$1, ❖ Noodles or Maze Rice \$2, Maze Salmon \$3

Maze Rice: rice mixed with seasoned teriyaki carrot, string bean, shiitake

Extra Toppings for Entrees

Tofu 2.50 / Tempeh or ❖ Seitan 3.50 / Shrimp or Scallops 4.50 / Salmon or Fish of the Day 6.00

Wild Black Cod or Seafood (salmon, shrimp, scallop) 6.50

❖ **Contains Gluten** / Substitutions made when possible and a charge may apply

SUSHI

HOSO - MAKI

Thin roll cut into 6 pieces. Maximum **2 items** of your choice from list below.

< **VEGETABLE ROLL** > One Veg 5.00 / Two Veg 5.50

< **FISH ROLL** > One Fish 6.00 / Double Fish 8.00

< **COMBO ROLL** > One Fish and one Veg 6.50

FUTO - MAKI 14

Gigantic roll cut into eight pieces. Maximum **4 items** from list below.

Comes With Miso or Bean Soup.

< **VEGETABLE** >

Avocado

Burdock

Carrot

Cucumber

Pickles

Snow Pea Sprout

Watercress

Baked Tofu

Tempeh

❖ Seitan

Ume Paste

< **FISH \$1 extra each** >

Raw Salmon

Cooked Salmon

Steamed Shrimp

❖ Tempura Shrimp

Eel

NOODLES ❖ SOBA or ❖ UDON / RICE NOODLES \$2 EXTRA

Special Pasta of the Day please see the special black board

Stir-Fried Noodles 12.00 onion, carrot, mung bean sprout, scallion, cabbage, shiitake, snow peas, greens, broccoli in ginger sesame sauce.

Pad Thai 12.00 onion, carrot, mung bean sprout, scallion, shiitake, broccoli, baked tofu in home-made lime peanut sauce. It can be made with rice instead of noodles.

Black Cod & Noodles in Spicy Clear Soup 17.00 carrot, nappa, snow pea, scallion, lime & spicy paste

Vegetables & Noodles in Clear Soup 12.50 / **In Sesame Miso Broth** 13.50 onion, carrot, mung bean, scallion, nappa, shiitake, snow pea, broccoli

Extra Toppings for Noodles

Tofu 2.50 / Tempeh or ❖ Seitan 3.50 / Shrimp or Scallops 4.50 / Salmon or Fish of the Day 6.00

Wild Black Cod or Seafood (salmon, shrimp, scallop) 6.50

❖ Contains Gluten / Substitutions made when possible and a charge may apply

SEAFOOD ENTREES

CHOOSE ONE FISH & SIDE DISHES

ORGANIC SALMON / FISH OF THE DAY /

WILD BLACK COD 1 piece-\$1extra / 2 pieces-\$2extra

Plain Broiled with Lemon 1 piece - 2 sides 13.75 / 2 pieces - 3 sides 21.75

Broiled with Teriyaki Sauce 1 piece - 2 sides 14.75 / 2 pieces - 3 sides 22.75

tamari, mirin, fish stock

Broiled with Shoga-yaki 1 piece - 2 sides 14.75 / 2 pieces - 3 sides 22.75

ginger, scallion, soy sauce

Broiled with Okabe 1 piece - 2 sides 14.75 / 2 pieces - 3 sides 22.75

sesame paste on the top of tofu

Sauteed or Broiled in Lemon Basil Sauce 2 pieces - 2 sides 24.00

olive oil, white wine, basil, garlic, pesto

Steamed with Ginger Kombu Broth 2 pieces - 1 side 24.00

string beans, carrot, shiitake, tofu

Black Cod Saikyo-Zuke 2 pieces - 2 sides 25.50

broiled marinated cod in sweet white miso

SIDE DISH CHOICES:

Brown Rice

❖ Grain of the Day 1.00 extra

Maze Rice 2.00 extra

rice mixed with seasoned carrot,
string beans, shiitake, burdock

Cooked Hijiki Seaweed

Bean of the Day

Home-made Corn Bread 2.00 extra

❖ Bread 1.00 extra

❖ Soba or Udon 2.00 extra

Miso Soup

Bean Soup of the Day

Crunchy Cabbage Salad

Green Salad

Steamed Greens

Steamed Vegetables

carrot, broccoli, kabocha

squash

Home-made Dressings:

Carrot / Sesame Vinaigrette / Tahini Dill

One dressing per salad, vegetable or green. Extra Dressing 1.00

DESSERTS

Wheat, sugar, egg and dairy free

New York Tofu “Cheese cake” Pie 7.00

light and glazed with berry sauce.

Warm Apple Crunch 7.00

baked fruits with granola.

Kanten Creamy Parfait 6.00

fruit kanten with vanilla soy cream and granola.

Cocoa Creamy Parfait 6.00

cocoa mousse with vanilla soy cream and granola.

Fruit Kanten 5.00

made with fruits, apple juice and agar agar. No sweetener used.

Scone or Muffin 2.75 / Cookie 2.25

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

We can make your favorite flavors and gluten free baked goods with advance notice.



ANDWICHES UNTIL 4PM



(Spelt bread stuffed with lettuce, carrot, sprout and cucumber)

Baked Tofu Sandwich 10.00 tofu dill sauce.

Broiled or Deep-fried Tempeh Teriyaki Sandwich 11.50

Broiled or Deep-fried Seitan Teriyaki Sandwich 11.50

Shrimp Avocado Salad Sandwich 12.50 tahini, black pepper, lemon, salt.

Fried or Broiled Fish Sandwich 14.50 / with wild black cod 15.50 tahini sauce.

King Salmon Cutlet Sandwich 15.50 tahini teriyaki sauce.

