

We deliver with 15% of gratuity included for over \$15 orders.

## SOFT DRINKS

### HOT

**KUKI-CHA TEA 2.00** (FIRST REFILL FREE)

FROM TEA PLANT STEMS, TWIG TREE, RICH IN CALCIUM AND VITAMIN C, WITH A TOUCH OF CAFFEINE.

**MU 16 TEA 2.00** (FIRST REFILL 1.00) LICORICE, GINSENG, PEONY ROOT AND DOZEN OTHER FLOWER AND PLANT ESSENCES. NO CAFFEINE.

**PEPPERMINT / CHAMOMILE / GREEN TEA 2.50 EACH**

**GRAIN COFFEE 3.00** (FIRST REFILL 1.50) COFFEE SUBSTITUTION OF ORGANIC BARLEY, RYE AND CHICORY. NO CAFFEINE.

### COLD

**FRESH-PRESSED ORGANIC VEGETABLE JUICE**

-- CARROT ONLY 4.00 / CARROT WITH APPLE 5.00

CARROT WITH GINGER & APPLE 6.00 / GREEN SHOT KALE ONLY 4.00

**CHILLED KUKI-CHA TEA 2.50** (FIRST REFILL 1.50)

**CHILLED ORGANIC APPLE JUICE 4.00**

**CHILLED ORGANIC APPLE LEMON KUKI-CHA TEA 3.50**

**GINGER BREW SODA 3.00** 12 OZ. RECIPE FROM JAMAICA USING THE FINEST FRESH GINGER ROOT, EXOTIC SPICES, HONEY, PINEAPPLE, LEMON AND LIME JUICES.

**CHINA COLA 3.00** 12 OZ. COLA WITH A NATURAL LIFT FROM A CHINESE HERBAL INFUSION OF SZECHWAN PEONY ROOT, CASSIA BARK, CARDAMON, LICORICE AND ORANGE PEEL.

**SARATOGA SPARKLING WATER / STILL WATER 3.00** 12 OZ.

## DESSERTS

**SUGAR, DAIRY, EGG AND WHEAT FREE**

★ **SPECIAL ICE CREAM OF THE DAY** - PLEASE ASK YOUR SERVER.

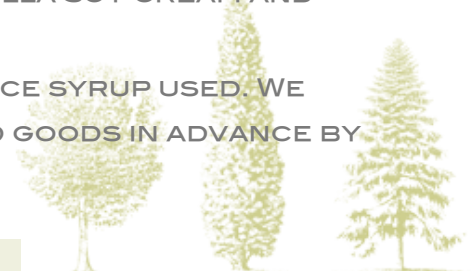
**NEW YORK TOFU "CHEESE CAKE" PIE 6.00** LIGHT AND GLAZED WITH BERRY SAUCE.

★ **FRUIT KANTEN 4.00** MADE WITH FRUITS, APPLE JUICE, NECTAR AND AGAR AGAR. NO SWEETENER USED.

★ **KANTEN CREAMY PARFAIT 5.50** FRUIT KANTEN WITH VANILLA SOY CREAM AND GRANOLA.

★ **COCOA CREAMY PARFAIT 5.50** COCOA MOUSSE WITH VANILLA SOY CREAM AND GRANOLA.

★ **COOKIE 2.00** SPELT AND BROWN RICE FLOUR, MAPLE AND RICE SYRUP USED. WE ALSO MAKE YOUR FAVORITE FLAVORS AND GLUTEN FREE BAKED GOODS IN ADVANCE BY REQUEST.



Tel: 212. 388. 1155

● ● Organic Macrobiotic Restaurant

We deliver with 15% of gratuity included for over \$15 orders.

## SALADS

**SEAWEED SALAD 5.75** HIJIKI, WAKAME, RED AKATOSAKA AND OGO SEAWEED.

**HOUSE SALAD 7.50** LETTUCE, CARROT, KIMPIRA GOBO, BEETS, AND SNOW PEA SPROUTS.

**CHEF SALAD 10.00** LETTUCE, BROCCOLI, CARROT, BEET, DAIKON, AVOCADO, SNOW PEA SPROUT KIMPIRA GOBO AND CORN.

**RAMEN SALAD 11.50 / IN MISO TAHINI 12.50** COLD RAMEN NOODLES MIXED WITH VEGETABLES, SEAWEED, CORN AND WHITE SESAME SEEDS IN SESAME VINAIGRETTE.

### HOME-MADE DRESSINGS

CARROT / CREAMY TAHINI DILL / MISO TAHINI / SESAME VINAIGRETTE

ONE DRESSING FOR SALAD, EXTRA 1.00

## APPETIZERS

**SPECIALS OF THE DAY - PLEASE ASK YOUR SERVER.**

**HOME-MADE SEITAN DUMPLINGS 6.50** STEAMED FIVE DUMPLINGS FILLED WITH SEITAN, CHINESE CABBAGE, SCALLION, SHIITAKE, GARLIC, AND GINGER.

**HOME-MADE PICKLES 5.50** PICKLED WITH CARROT, CUCUMBER AND CHINESE CABBAGE.

**ORGANIC EDAMAME 5.50**

**KOMBU TSUKUDANI 6.00** KOMBU SEAWEED SIMMERED IN SWEET SOY SAUCE.

**BURDOCK KIMPIRA 6.50** WOK-FRIED SHREDDED BURDOCK, CARROT, LOTUS ROOT IN SESAME SOY SAUCE.

**YUBA 6.50** STEAMED TOFU "SKIN" MARINATED IN KOMBU-SHIITAKE BROTH.

**SAUTEED GARLIC GREENS 7.00** SAUTEED KALE IN OLIVE OIL AND GARLIC.

## BASICS

MISO SOUP 5.75 / BROWN RICE 2.50 / 4.00

**MAZE RICE 5.75** BROWN RICE MIXED WITH SEASONED CARROT, STRING BEANS, SHIITAKE AND BURDOCK.

**BEAN OF THE DAY 3.50 / ORGANIC NATTO 5.00**

**HUMMUS 6.00 / WITH FRESH VEGETABLES 9.00**

**STEAMED KALE 4.00**

**STEAMED VEGETABLES 5.50** CARROT, BROCCOLI AND KABOCHA SQUASH.

SUBSTITUTIONS MADE WHEN POSSIBLE

Tel: 212. 388. 1155

● ● Organic Macrobiotic Restaurant

We deliver with 15% of gratuity included for over \$15 orders.

## VEGETABLE ENTREES

COME WITH BROWN RICE

**MACRO PLATE 8.50** AN IDEAL BALANCE OF STEAMED GREENS, VEGETABLES, BROWN RICE, BEANS AND SEAWEED. **EACH SUBSTITUTION WILL BE AN ADDITIONAL 1.00.**

**YASAI ITAME (STIR-FRIED VEGETABLES) 11.00** STIR-FRIED VEGETABLES IN GINGER MISO SESAME SAUCE.

**BROCCOLI TOFU 10.00** SAUTEED WITH CARROT, ONION AND CRUSHED TOFU IN CARROT SAUCE.

**PLUM SHOYU KUZU STEW 12.00** BROCCOLI, CAULIFLOWER, NAPPA, GREEN, CARROT, SNOW PEA, SHIITAKE AND ONION IN GINGER TAMARI BROTH AND CLEAR KUZU SAUCE.

**GARLIC GREENS & VEGATABLES 12.00** SAUTEED GREENS AND VEGETABLES IN OLIVE OIL AND GARLIC.

**VEGETABLES AND TOFU IN PESTO SAUCE 12.00** SAUTEED VEGETABLES AND TOFU IN GARLIC AND PESTO SAUCE.

**SQUASH TOFU 12.00** SAUTEED TOFU, SQUASH, ONION, CARROT, NAPPA, GREEN, BROCCOLI AND SNOW PEA IN MISO-TAHINI SAUCE.

**MABO TOFU 13.00** MINCED SEITAN, TOFU AND VEGETABLES IN SPICY TAMARI GINGER KUZU SAUCE.

SUBSTITUTIONS FOR **RICE**

SOBA OR UDON 2.00

**EXTRA TOPPINGS**

YUBA OR TOFU 2.00 EACH  
SEITAN 3.00

HOME-MA**DE** DRESSINGS:

CARROT / CREAMY TAHINI DILL / MISO TAHINI / SESAME VINAIGRETTE  
ONE DRESSING FOR PER PORTION VEGETABLES, EXTRA 1.00

## BLACK COD ENTREES

**ONE-PIECE COD 9.00** WITH GINGER SOY SAUCE 10.00 / SAIKYO-ZUKE 11.00  
(NO SIDE DISHES.)

**ONE-PIECE COD WITH RICE AND VEGETABLES 13.50**  
WITH GINGER SOY SAUCE 14.50

**SAIKYO-ZUKE 15.50** BROILED MARINATED IN SWEET WHITE MISO. SERVED WITH RICE AND VEGETABLES.

SUBSTITUTIONS MADE WHEN POSSIBLE

Tel: 212. 388. 1155

● ● Organic Macrobiotic Restaurant

We deliver with 15% of gratuity included for over \$15 orders.

## ORGANIC RAMEN

**MISO 10.50** VEGETABLE KOMBU BROTH, MISO, KOMBU, NAPPA, CABBAGE, KIMPIRA, SNOW PEA SPROUTS, CORN, CARROT, SCALLION AND NOODLES.

**SPICY MISO 11.50** MISO RAMEN BASED WITH SPICES.

**CURRY MISO 14.50** MISO RAMEN BASED WITH HOME-MADE CURRY SPICES.

**CURRY 12.50** VEGETABLE KOMBU BROTH, SOY SAUCE, HOME-MADE CURRY SPICES, VEGETABLES AND NOODLES.

**SHOYU 9.50** VEGETABLE KOMBU BROTH, SOY SAUCE, WAKAME, NAPPA, CABBAGE, KIMPIRA, CARROT, SCALLION AND NOODLES.

**TAHINI SHOYU 11.50** VEGETABLE KOMBU BROTH, SOY SAUCE, TAHINI SAUCE, BEANS, VEGETABLES AND NOODLES.

**BLACK SESAME 11.50** VEGETABLE KOMBU BROTH, SOY SAUCE, BLACK SESAME SAUCE, WAKAME, NAPPA, CABBAGE, KIMPIRA, CARROT, SCALLION AND NOODLES.

**WHITE SESAME 12.50** VEGETABLE KOMBU BROTH, MISO TAHINI SAUCE, SNOW PEA SPROUT, CORN, KOMBU, NAPPA, CABBAGE, KIMPIRA, CARROT, GINGER, SCALLION AND NOODLES.

.....  
**RAMEN SALAD 11.50 / IN MISO TAHINI 12.50** COLD RAMEN NOODLES MIXED WITH VEGETABLES, SEAWEED, CORN AND WHITE SESAME SEEDS IN SESAME VINAIGRETTE.

### SUBSTITUTIONS FOR RAMEN NOODLES

SOBA / UDON / RICE NOODLES / WHOLE WHEAT NOODLES

### EXTRA TOPPINGS

YUBA, TOFU, KALE OR SHIITAKE MUSHROOM 2.00 EACH

SEITAN 3.00

## NOODLES

**STIR-FRIED SOBA 11.00** SAUTEED VEGETABLES WITH SOBA NOODLES IN TERIYAKI AND GINGER-TAMARI SAUCE.

**PAD THAI 11.00** SAUTEED VEGETABLES WITH SOBA NOODLES IN HOME-MADE PEANUT SAUCE.

SUBSTITUTIONS MADE WHEN POSSIBLE