

VEGETARIAN / VEGAN



Quinoa/Brown Rice Bowl

Topped with grilled red onions, bell peppers, spinach & mushrooms

(Add Chicken.\$3.00)

Hummus Plate

Served with flat bread strips-bell peppers-celery & carrots

Stuffed Bell Peppers

Quinoa/Brown rice

Topped with grilled red onions, spinach & mushrooms

(Add Chicken.\$3.00)

Veggie Flatbread Pizza

Topped with provolone cheese, grilled red onions-bell peppers, spinach, mushrooms & Pesto Sauce

(Add Chicken.\$3.00)

Parmesan Yuca Fries

(Topped parmesan cheese & garlic mix)

Veggie Panini.....

Mushrooms, Spinach, Bell Peppers, Pesto, Provolone Cheese, Red Onions,, Lettuce, Tomato & Pickle Wedge

Veggie Wrap

Sautéed Veggies, Lettuce, Tomatoes, Cheese



Misir Wot...(Vegan).....

Red lentils simmered with a mixture of spices (berbere), onions and garlic, and olive oil.

Ater Kikv (Vegan).....

Split peas cooked with onions, garlic with a mild blend of Ethiopian herbs

Gomen Wot (Vegan).....

Finely chopped collard greens simmered with garlic and ginger

Yatakelt Wot (Vegan).....

Cabbage, carrots and potatoes simmered in onions, ginger and garlic

Vegetarian Combination(Vegan).....

Combination of four Ethiopian dishes — Misr Wot, Ater Kik, Gomen Wot and Yatakelt Wot

Samosas (Vegan).....

Fried dish with a savory filling of spiced onions and lentils.

SALADS

Garden Salad

Spinach , Romaine Lettuce, Bell Peppers, Tomatoes, Red, Onions & Croutons

7.95

Caesar Salad

Romaine lettuce hearts, Parmesan Cheese

7.50

Soup of the Day

5.25

BAGEL SANDWICHES



6.25

Crazy Bagel

Toasted Bagel with Cream Cheese, Tomatoes, Provolone Cheese & Avocado

5.25

6.75

Pesto Bagel

TOASTED— CREAM CHEESE, PESTO & TOMATOES

7.75

7.00