



Lunch Menu

AVAILABLE FROM 11:00 A.M. TO 3:00 P.M. TUESDAY - FRIDAY

All salads come with your choice of house-made dressings:

Sesame Herb, Lemon Tahini, Dijon Vinaigrette, Honey Mustard, Bleu Cheese and Oil & Vinegar.

Dinner salads are made of organic mixed greens, red leaf lettuce, carrots, cucumbers and beets.

High-Protein: grilled tofu, or veggie chicken chunks, carnitas, pollo verde, spicy chicken, or Thai chicken for \$3 more

SOUP & SALAD COMBO (vegan) 10.95

Our dinner salad paired with a cup of dal or the soup of the day (vegans, please make sure soup of the day is vegan before ordering) and a slice of vegan whole wheat bread. **Substitute bowl of soup or dal for \$1 more.**

NEATLOAF & SOUP OR SALAD COMBO 10.50

Dinner salad or cup of soup or dal with one slice of neatloaf and our tangy neatloaf sauce. **Vegan upon request.**

SAMOSA & SOUP OR SALAD COMBO (vegan) 9.75

Enjoy a samosa and the chutney of the day with a dinner salad or cup of soup or dal.

CURRY & SOUP OR SALAD COMBO 10.95

Cup of basmati rice topped with the curry of the day with a dinner salad or cup of soup or dal. **Vegan if the curry of the day is vegan.**

PORTOBELLO QUESADILLA & SOUP OR SALAD COMBO 11.95

A yellow chipotle tortilla folded over sauteed portobello mushrooms, cheddar cheese, and salsa, along with a dinner salad or cup of soup or dal.

BEANS & RICE WITH SALAD (vegan) 8.50

Black beans, brown or basmati rice and a dinner salad. **Add a cup of soup or dal for only 4.95 more.**

TACOS & SOUP OR SALAD COMBO (vegan) 10.50

Two of your choice of either veggie carnitas, pollo verde, or portobello mushrooms on organic soft corn tortillas with beans and salsa. Served with your choice of either a dinner salad, soup of the day or dal.

ANANDA BOWL (vegan) 8.95

Marinated kale, quinoa, black beans, tomatoes, red onion, edamame, roasted pumpkin seeds and avocado. **Add a cup of soup or dal for only 4.95 more.**

RED LENTIL BOWL (vegan) 8.50

Simple but amazing! Marinated kale, quinoa, topped with dal and one piece of naan.

MEXICAN BOWL 10.50

Marinated kale, quinoa, black beans, guacamole, salsa, sour cream, and sharp cheddar. **Add a cup of soup or dal for only 4.95 more. Vegan upon request.**

VEGGIE CHICKEN KALE CAESAR BOWL (vegan) 10.95

Marinated kale, croutons, veggie chicken breast, vegan parmesan. **Add a cup of soup or dal for only 4.95 more.**

VEGGIE CHICKEN PEANUT NOODLE BOWL (vegan) 11.95

Marinated kale, glass noodles, edamame, carrots, beets, peanut ginger sauce and veggie Thai chicken. **Add a cup of soup or dal for only 4.95 more.**