

# Moosewood Restaurant

Lunch May 9

Steamed Broccoli	3.00	Chips and Salsa	5.00
Tofu Kan	2.00	Bread and Butter .75/ basket	2.00
Plain Yogurt	2.00	Grated Cheddar or Feta	1.50
Brown Rice	1.50	Cottage Cheese	2.00
Fruit Platter	5.00	Olive Plate	2.00
Artichoke Hearts	2.25		

## sandwiches, salads and soups

**Greek Pita (v)** **Half 3.50 Whole 5.50**  
Artichoke hearts, roasted red peppers, celery, tomatoes and olives;  
with a dill-lemon dressing, greens and feta cheese (opt.)

**Curried Egg Salad Pita** **Half 3.50 Whole 5.50**  
Served with greens and tomato

**Baguette (v)** **6.00**  
With sun-dried tomato pesto, greens, roasted eggplant and fresh mozzarella (opt.)

**Today's Soups:** **Cup 2.50 Bowl 3.50**

**Potato Cheese** **Brazilian Black Bean (v)** with sour cream (opt.)  
House Tossed Salad Small 2.50 Large 4.25 Double 7.00  
(greens, tomato, carrots, cucumber, olive)  
Mediterranean Salad (greens, tomato, marinated artichoke  
hearts, chic peas, red onion, olives, feta, dressing) 8.00

**Dressings:** **House (Creamy Spinach Basil), Feta Garlic, Honey Dijon,  
Lemon Tahini (v), Miso Ginger (v), Japanese Carrot (v), Strawberry-Basil (v)**

**the daily special** - soup, house tossed salad, & bread **Cup 6.50 Bowl 7.50**

## kid plates

Pasta with choice of butter/olive oil 3.00 add cheese .50  
add tomato sauce .50  
Peanut Butter & Jelly on Whole Wheat (v) 2.25  
Cheese Toast 3.00  
Raw Vegetables with dressing of choice (v) 3.25  
Nutty Butter with fruit or bread (v) 2.75  
(peanut butter, tahini, toasted nuts & seeds, with a touch of maple syrup)

**today's entrees** (all served with house salad unless otherwise specified)

**Vegetable Tajine (v)** **8.25**  
A Moroccan stew of green beans, bell peppers, tomatoes, red potatoes,  
artichoke hearts & zucchini simmered with olives, saffron, lemon & thyme;  
served with couscous & topped with feta cheese (opt.)

**Pot Pie on a Biscuit** **8.50**  
Carrots, corn, mushrooms, green peas, bell peppers and potatoes in a hearty  
cheddar sauce over a homemade biscuit

**Asparagus Frittata** **8.50**  
Layers of roasted potatoes, locally grown asparagus and savory custard with  
dilled Havarti, Jack & Neufchatel cheeses

**Salad Plate (v)** **8.25**  
Baby greens with a strawberry-basil dressing, spiced nuts, apple slices &  
Finnish rye with an herbed Chevre spread (opt.) ; served with a cup of soup

**Hoppin' John (v)** **8.00**  
Louisiana style savory black-eyed peas with rice; topped with chopped  
tomatoes & smoked cheddar (opt.)

**Filo Pizza** **8.50**  
Flaky pastry with garlic-sautéed kale, caramelized onions, tomatoes, ricotta,  
feta, parmesan & mozzarella cheeses

\*If you have any dietary restrictions or food allergies, please consult your waiter for a complete list of ingredients. (v) means vegan or can be made vegan.

\*\* A 20% gratuity will be added to all parties of seven or more.