

ENTRÉE BOWLS



GILBY'S TERIYAKI BOWL \$9.75

A medley of veggies in a scrumptious homemade teriyaki sauce with choice of organic tofu, tempeh or veggie cutlet over a bed of organic brown rice. ♥
Substitute Soy "chicken" or "beef" \$1.00

GINGERED GREENS WITH TEMPEH \$8.50

Strips of sauteed tempeh with spinach and swiss chard in a light ginger-cilantro sauce. Served over organic brown rice or udon noodles. ♥

MA'S STIR-FRY \$7.95

A medley of fresh Asian vegetables lightly stir-fried with sesame oil, tamari, fresh ginger, garlic, and topped with almond slices. Served on a bed of organic brown rice or udon noodles. ♥

Add arame seaweed or peanut sauce \$1.25.

Add sauteed organic tofu or tempeh chunks \$2.25.

YOGI SPECIAL \$7.50

A mighty meal of lightly steamed vegetables on a bed of organic brown rice with your choice of Ma's vegan gravy or melted cheddar cheese.

PLOUGHMAN'S SHARE \$7.50

A fluffy baked potato or yam with your choice of two of the following toppings. ♥

Add \$1.50 for each additional topping

- Cheese
- Guacamole
- Ma's chili
- Mixed veggies
- Cottage cheese
- Pinto or black beans
- Ma's non-dairy gravy
- Salsa

Add \$2.50 for each additional toppings

- Soyrizo
- Tempeh
- Veggie cutlet
- Tofu

Add a cup of soup or small dinner salad to your meal. \$2.50

PASTABILITIES



SPINACH LASAGNA \$8.50

Layers of lasagna noodles with spinach, ricotta, feta, romano, asiago, mozzarella and parmesan cheeses smothered in marinara with fresh basil. Served with steamed mixed veggies on the side.

MA'S PESTO PASTA WITH BROCCOLI \$9.95

Penne pasta sauteed with Ma's basil pesto sauce and broccoli. ♥

Served with garlic bread.

Add a cup of soup or small house salad to your meal. **\$2.50**

MAMA'S FIESTA



CHOOSE YOUR TACO! \$6.95

Two organic corn tortillas filled with organic mixed greens, cheddar cheese, fresh cilantro and your choice of filling (*see below*). Served with Mexican organic rice & organic pinto or organic black beans.

- Blackened organic tofu & Ma's fire roasted salsa
- Ranch-Style "Chicken" & cilantro jalapeno dressing
- Fish-free cutlet & cilantro jalapeno dressing
- Soyrizo & Ma's fire roasted salsa

Extra fillings \$3.25

DELICIOUS EXTRAS:

Avocado or Ma's Guacamole.....	\$1.50
Extra salsa or dressing	\$1.25
Sour cream	\$1.25
Fajita veggies	\$1.50
Protein	\$3.25

SOY "CHICKEN" TAQUITOS PLATE \$8.95

Four grilled soy "chicken" taquitos. Served with organic pinto or black beans, Mexican organic basmati rice, guacamole and fresh salsa. ♥

BURRITO DELUXE \$6.95

An organic chapati filled with either organic pinto or black beans and cheddar cheese, topped with sour cream, green onions and olives. Served with Mexican organic basmati rice, organic chips and either a side of fresh salsa or topped with zesty enchilada sauce. For something different, add a Delicious Extra!

BAJA SURFER \$5.95

A simple dish of Mexican organic basmati rice and organic pinto or black beans with two organic corn tortillas on the side. Served with fresh salsa. ♥ Add cheese \$1.25

BUILD YOUR MEAL!



A TASTE OF MOTHER'S! \$9.25

Choose 1 from each category. Includes a choice of bread and a side of your favorite sauce or dressing for no additional charge!

PROTEIN:

- Tofu with Lemon Picatta
- Lentil Nut Loaf with Gravy
- Southern Tempeh with Mushroom Gravy
- Chef's Creation

VEGGIES:

- Herb Roasted Veggies
- Steamed Yogi Veggies
- Gingered Greens
- Seasonal Veggie

SIDE:

- Organic Brown Rice
- Lemon Quinoa
- Seasoned Whipped Yams
- Garlic Parsley Mashed Potatoes

A LA CARTE:

All A La Carte items are 10 oz. portion servings.

Protein	\$4.25
Veggies	\$2.25

Side	\$1.50
Daily Bread	\$1.25

Add a cup of soup or small house salad to your meal for \$2.50.

Make it a bowl of soup or large house salad for \$3.50