

# Braisin' Greens A La Carte Menu

Please Note: All prices are the "co-op" price (based upon another customer ordering the same dish). The non-co-op price is \$5 more per dish.

## Tex-Mex

### Cumin black beans \$10.50/Quart

Black bean stew with peppers, onions, and tomatoes, flavored with cumin seed, with rice

### Tofu or seitan fajitas \$12/Quart

Green peppers and onions and marinated tofu or seitan strips, with flour or corn tortillas

### Black Bean Tamales \$12/6; \$22/12 (including salsa)

Steamed corn tamales with cumin black bean filling and homemade cilantro salsa

### Vegetarian Chili \$10.50/Quart

A three-bean chili with lots of veggies, mild or spicy

### Bean burritos \$18 for 6; \$34 for 12

(including salsa)

Refried black beans with onions, garlic, and black olives wrapped in a sprouted grain tortilla. With homemade salsa to top them after reheating.

### Enchiladas with salsa verde or rojo

Cheese and bell pepper filling – 8 for \$12

Bean filling – 8 for \$10

## Italian

### Pasta Primavera \$16 (regular pasta) \$17.50 (wheat-free or w.w. pasta)

Pasta (regular semolina or quinoa/wheat-free pasta) with sautéed vegetables and cream sauce -- or oil & garlic.

### Pasta margarita \$16 (regular pasta) \$17.50 (wheat-free or w.w. pasta)

Everything you'd find on a margarita pizza in a cold pasta salad: fresh mozzarella, tomatoes, basil, garlic & olive oil

### Vegetable lasagna \$24/One pan (about 8 servings)

The classic dish, with layers of ricotta, mozzarella, sauce, and veggies

## Indian

To accompany any of these dishes, try naan, white jasmine rice, or brown basmati rice

### Dahl \$13.50/Quart

Red lentils, mung beans, or adzuki beans with coconut milk & spices

### Chana saag \$13.50/Quart

Chick peas with spinach, flavored with garam masala

### Indian rice & beans \$10.50/Quart

Curried brown rice and black beans with red onions, green peppers, and fresh cilantro

### Vegetables in coconut curry \$15/Quart

Sautéed vegetables and tofu in a coconut milk-curry-basil sauce

### Curried eggplant \$15/Quart

Eggplant, veggies, and tofu

### Saag paneer \$15/Quart

Spinach and other veggies with paneer cheese

## East and West African

### Ghanaian peanut stew Soup: \$9/Quart Rice balls: \$3.50

A rich peanut broth with sweet potatoes, onions, and tomatoes, with traditional balls of rice

### Ethiopian lentil stew Soup: \$9/Quart Injira: \$6

Lentils simmered with ginger, tomato, and spices, with injira flatbread

### Tanzanian pilau and curry \$18 for 1 quart beans & 1 quart pilau

Curried kidney beans with Indian-spiced pilau rice

## Middle-Eastern

**Falafel** *\$24 for 12 sandwiches*  
Chickpea falafel balls with whole wheat pita bread, lettuce, tomato, and tahini sauce (I'll give them a light frying, to brown the outside, and you can reheat in the oven, deep fry, or microwave)

**Hummus sandwiches**  
*\$22 for 12 sandwiches*  
Garlicy hummus with shredded lettuce, tomato, and cucumber to assemble in whole wheat pita when you're ready

**Just Hummus**  
*Regular: \$8.50/Quart*  
*Roasted red pepper: \$10/Quart*

## Asian

**Sushi rolls** *\$22-26 for 30 pieces*  
Choose a combination of avocado, cucumber, carrots, pickled Japanese radish, shiitake mushrooms, and tofu rolled in sushi rice and seaweed, with ginger, soy sauce, and wasabe on the side.

**Pad Thai** *\$10.50/Quart*  
Sauteed tofu, carrots, mushrooms, and scallions in a peanut-ginger sauce, tossed with rice noodles

**Sesame-ginger stir-fry** *\$15/Quart*  
Marinated tofu and vegetables stir-fried with a sesame-ginger sauce, good with rice, soba noodles, or thick udon noodles

## Other

**Shepherd's Pie** *\$9.50/Loaf*  
Lentils, portabella mushrooms, and other veggies topped with a garlic mashed potato crust.

**"Steak" and Potatoes** *\$17/2 Quarts (min. order)*  
Marinated seitan or tofu roasted with potatoes, carrots, and celery in rosemary olive oil

**Millet Risotto** *\$12/Quart*  
A kind of millet casserole with onions, carrots, celery, and kidney beans. (This may sound strange, but it was one of my favorite dishes when I went vegan).

**Vegetarian Sloppy Joes** *\$13 for 1 quart filling and 6 rolls*  
Chili-like filling of soy protein, onions and green peppers, on whole grain rolls

**Low fat potato salad** *\$9.50/Quart*  
Potatoes, celery, onions & capers with a balsamic-olive oil dressing

**Black bean salad** *\$9.50/Quart*  
A cold salad of black beans, onions, peppers, tomatoes, and cilantro

### Accompaniments

Priced per quart, enough to accompany a quart of the dish of your choice

Brown basmati rice..... \$4

White jasmine rice.....\$3.50

Wild & brown rice.....\$4

Wild rice.....\$5.50

Rice noodles.....\$4

Soba (buckwheat) noodles.\$5.00

Corn or flour tortillas (12)..\$3.50

Indian naan (8).....\$4.00

Ethiopian injira (10).....\$6.00

Multi-grain bread (1 loaf)...\$4.00

## Soups

All soups have a minimum order of 2 quarts at \$18

**Lentil** - Lentils with spinach and tomatoes

**Hearty three-bean** – Pintos, kidney beans, and white beans with veggies and cilantro

**Miso** – Miso broth with tofu, onions, carrots, scallions, and seaweed. Add noodles for a meal.

**Split pea** – Hearty split peas with carrots, onion, celery, and potatoes

**Matzo ball** – un-chicken broth with lots of veggies and matzo balls

**Un-chicken noodle** – un-chicken broth with veggies and egg noodles

## Breakfasts and Snacks

### Scones

Choose 2 goodies:  
Cranberries, currents, raisins, bananas, walnuts  
8 for \$10

Choose 2 premium goodies for \$1.50 more:  
Blueberries, cherries, almonds, pecans

### Olive tapenade

Green olives, nuts, herbs, garlic.  
Great as a sandwich filling or on crackers or baguettes!

1 pint (enough for 3-4 sandwiches or a plate of crackers) for \$10

## Hot Vegetables

**Steamed greens** *Undressed: \$8.50/Quart With vinaigrette: \$9.50/Quart*  
Kale or collards steamed with flecks of carrot, with optional homemade balsamic vinaigrette

**Cabbage with caraway** *\$8.50/Quart*  
Sautéed cabbage with shredded carrot and roasted caraway seeds

**Zucchini & summer squash** *\$10-\$14/Quart (seasonal)*  
Sautéed squash with herbed tomato sauce

**Butternut squash** *\$8.50/Quart*  
Savory: Slices of squash simmered with onions  
Sweet: Buttery whipped squash with cinnamon and nutmeg

**Garlicy broccoli** *\$11-13/Quart (seasonal)*  
Sautéed broccoli with olive oil and garlic

**Dilled Green Beans** *\$13-15/Quart (seasonal)*  
String beans with olive oil, tomato, dill, and garlic

## Chilled Salads

**Mixed Greens Salad** *\$10/2 quarts*  
Mesclun lettuce mix, seasonal vegetables, and homemade dressing

**Spinach salad** *\$12/2 quarts*  
Fresh spinach, walnuts, and mandarin oranges with honey-mustard dressing

**Raita salad** *\$12/Quart*  
Similar to Indian raita, with cucumbers, carrots and red onion in yogurt sauce