



413-549-0077

http://amherst.deliveryexpress.com

Paul and Elizabeth

Classic Lunches - Served until 4 PM

- Quick Lunch \$14.00
Soup du jour, whole wheat roll, salad, and a house tea
- Fish Lunch \$16.25
Fresh cod broiled w/ tamari, lemon, and oil. Served w/ a salad, brown rice or steamed veggies, and a tea
- Parmesan Encrusted Salmon \$17.75
Served with salad and baked brown rice
- Fish & Chips \$14.80
A New England favorite- fresh scrod tempura served with french fries, Sweet Potato Fries or Onion Rings and with tartar sauce, and salad.

Wraps

Wraps are served with Pickles and Choice of Kettle Chips or Cole Slaw.

- Falafel Wrap \$12.45
Field greens, feta, tzatiki, tomato, and pickled red onions in a tortilla wrap.
- Roasted Portabella & Fresh Mozzarella Wrap \$12.45
Field greens, tomato, fried zucchini, and pesto mayo in a tortilla wrap. Served with a pickle and potato chips.
- Fish "sandwich" Wrap \$14.45
Tempora style cod with spanish style slaw, Vermont cheddar and sriracha aioli in tortilla wrap w/ french fries
- Vegetables & Lentil Burger \$12.45
Served w/ field greens, tomato, and horseradish mayo w/ melted Vermont cheddar in a tortilla wrap
- Greek Wrap \$12.45
Romaine feta, balsamic onions, tomato, kalamata olives. chickpeas and cucumber with a lemon parmesan dressing in a whole wheat tortilla wrap.

Beverages

- Saratoga Spring sparkling Water
- Natural Fruit Juice \$3.15
In Season Juices
- Spindrift Seltzers \$3.15
- Harmony Springs Soda \$3.15

Salads

- Served with your choice of our house dressings, all prepared in our own kitchens: **Sesame Tahini, Mustard Vinaigrette, Creamy Garlic, Gorgonzola Caesar, and Honey Miso.**
- Garden Salad \$7.75
Tossed mixed field greens, carrots, red and green cabbage, and chick peas.

Appetizers

- Vegetable Tempura Appetizer \$10.35
W/ a sesame ginger sauce
- Vegetable & Herb Risotto Cakes \$10.35
With lemon aioli.
- Ravioli Appetizer \$9.35
Pierogi Ravioli (contains wheat, eggs, shellfish, milk)
- Hummus & Falafel \$10.35
Housemade hummus and falafel. Served with sliced pita and tzatziki sauce.
- Vegetarian Platter \$17.65
- Onion Rings \$6.15

Seafood

Fresh fish served with garden salad and baked brown rice.

- Market Cod Dinner \$26.85
Scampi Style or Tamari Lemon Oil. A New England favorite served with our very own tartar sauce, brown rice, and a garden salad.
- Faroe Island Salmon \$28.95
choice of roasted garlic herb olive oil (gf), garlic herb butter (gf) or parmesan encrusted. server with long grain brown rice and a garden salad
- Day Boat Sea Scallops \$31.00
Scallops broiled in a sweet honey-ginger marinade in the traditional Japanese style. Garnished with sweet pea shoots.
- Cajun Sampler \$26.85
Shrimp, scallops, and cod with spicy etoufee sauce on a bed of rice.

Tempura

Fresh Vegetables or Fish lightly batter fried and served with a side salad

- Fish & Chips \$20.00
A New England favorite- fresh scrod tempura served with french fries, Sweet Potato Fries or Onion Rings and with tartar sauce, and salad.
- Shrimp Tempura \$21.75
Served with tempura vegetables, tamari ginger, and orange ginger dipping sauce.

Side Orders

- Baked Organic Brown Rice \$6.45
- Steamed Mixed Vegetables \$6.24
- Sauteed Greens \$7.25
- Side of Shrimp \$9.30
- Sweet Potato Fries \$6.25
- Rice Croquettes \$6.25
- Polenta Croutons \$4.15
- Deep Fried Tofu \$5.20
- Steamed Tofu \$5.20
- Marinated Tofu \$5.20
- A la carte Salmon \$12.45

Soup and Bread

Soups are prepared daily using only fresh ingredients. Breads are baked fresh daily using only whole grain flour and natural sweeteners.

- Bean Soup Cup \$4.70
- Bean Soup Quart \$16.65
- Bean Soup-Bowl \$6.25
- Fish Chowder Bowl \$6.25
- Fish Chowder Cup \$4.70
- Vegetable Soup-Quart \$16.65
- Fish Chowder-Quart \$16.65
- Vegetable Soup Cup \$4.70
- Vegetable Soup-Bowl \$6.55
- Whole Wheat Roll \$1.05

Considered a favorite by many of our patrons for it's balance of texture, flavor, and size.

Noodles, Rice Veggies

- Organic Pasta of the Day \$17.65
- Sfoglioni Pasta Co
Organic reginetti pasta with roasted asparagus, broccoli, spinach, red onion, brie, black olives and capers in a garlic herb butter; served with a garden salad.
- Pan Fried Noodles with Shrimp \$19.76
- Pan Fried Noodles with Tofu \$17.68
- Organic Pan Fried Noodles & Vegetables \$15.50
Stir-fry vegetables sauteed together with noodles in garlic-ginger oil and tamari with scallion garnish.
- Pan Fried Noodles & Vegetables \$15.75
- Noodles in Broth with Vegetables \$15.50
These noodle dishes are served in a ginger-garlic tamari broth with mixed vegetables. Scallion garnish.
- Vegetable platter of the day \$17.15
Changes weekly

Vegetarian House Specialties

- Broccoli Saute \$13.45
With roasted garlic and ginger sauce, served with rice.
- Grilled Tofu Kebabs \$16.64
Marinated and broiled tofu and vegetables on a skewer, served on a bed of brown rice with a garden salad.
- Thai-Style Seitan & Udon \$18.75
- Noodle Saute
Homemade seitan with udon noodles and snow peas, onions, carrots, and cilantro with a crushed peanut garnish.
- Vegetable Fried Rice \$12.45
Pan-fried vegetables and brown rice with garlic ginger oil and tamari.
- Vegetable Fried Rice with \$15.50

Double Garden Salad	\$14.45
<i>Paul and Elizabeth's Garden Salad, tossed with red peppers, cucumber, and red onion.</i>	
Sea Vegetable & Tofu Salad	\$14.95
<i>Arame sea vegetable and marinated tofu (not gf) tossed with field greens, kale, cucumbers, carrots & sesame seeds with our honey miso vinaigrette.</i>	
Chop Chop Salad	\$14.95
<i>Romaine, mushrooms, cucumber, black olives, chickpeas, feta cheese, red onions, and tomatoes with a red wine vinaigrette.</i>	
Hummus Salad	\$14.95
<i>A meal sized platter of salad, hummus, and a whole wheat roll.</i>	
The Kale Caesar Salad	\$14.95
<i>Kale, polenta croutons, smoked salmon, capers, roasted red peppers, and balsamic onions tossed with lemon parmesan dressing.</i>	

Children's Menu

Noodles in Broth (Kid's)	\$6.25
Organic Pasta with Butter (Kid's)	\$6.25
Fish and Chips with Tartar sauce (Kid's)	\$10.40
Soup of the Day (Kid's cup)	\$3.15
Fish Chowder (Kid's cup)	\$3.65
Fresh-Cut French Fries (Kid's)	\$3.15
Organic Brown Rice (Kid's)	\$3.05
Steamed Broccoli (Kid's)	\$3.00
Steamed Tofu (Kid's)	\$3.15
Scoop of Egg Salad (Kid's)	\$2.60
Sliced Cheddar Cheese (Kid's)	\$2.00

16oz Hummus	\$8.35
Sesame Ginger Sauce	\$1.05
Hand Cut French Fries	\$6.15
Onion Rings	\$6.15
Steamed Broccoli	\$6.24

Dressings & Sauces

Bring a 16 oz container home with you

Creamy Garlic Dressing	\$8.35
Gorgonzola Caesar Dressing	\$8.35
Honey Miso Dressing	\$8.35
Mustard Vinaigrette Dressing	\$8.35
Lemon parmesan	\$8.35
Sesame Tahini Dressing	\$8.35
Balsamic Vigrette	\$8.35
Hummus - 16oz	\$8.35
Sesame Ginger Sauce	\$10.40

Organic Tofu
<i>Pan-fried tofu with sauteed vegetables and brown rice.</i>

Desserts

Apple Pie	\$7.25
Vegan Chocolate Mousse Cake (GF)	\$7.25
Coconut Carrot Cake	\$7.25
<i>With maple cream cheese frosting.</i>	
Cream Pie of the Day	\$7.25
Indian Pudding (seasonal)	\$5.20
<i>warm cornmeal pudding sweetened w/ maple syrup and molasses topped w/ whipped cream</i>	