

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