LYN-GENET'S KITCHEN

COMFORT FOOD FOR EVERY BODY

Vegan Soups

VEGAN CARROT GINGER SOUP 10

VEGAN CREAM OF BROCCOLI SOUP 10

VEGAN CURRY LENTIL KALE SOUP 10

VEGAN CREAM OF MUSHROOM 11

Small Plates

AVOCADO FRIES 10
panko crusted fried avocado slices
with sweet & sour dipping sauce - Vegatarian

POTATO BACON CHEDDAR CROQUETTES 8
with Herbes de Provence aioli

POTATO & PEA SAMOSAS 10
with coriander coco sauce

CHICKEN POTSTICKERS 10
with ginger coco aminos

Larger Plates

WARM KALE SALAD WITH GOAT CHEESE 14
cranberries & toasted pumpkin seeds
Vegetarian

SEASONAL GREENS WITH GOAT CHEESE FRITTERS 12
lime agave vinaigrette
Vegetarian

ZUCCHINI LASAGNA 14
low reactive tomato sauce, basil, manchego

LENTIL & MUSHROOM PATE 12
with truffle oil - served with sourdough bread
Vegan

GRILLED CHEESE 14
with low-reactive tomato sauce on sourdough

BIG KIDS CHICKEN FINGERS 16
served with french fries

PLT - PORTOBELLO SANDWICH 12
served with french fries & pico de gallo

Entrees

BURGER & FRIES 16
cheddar cheese, bacon or guacamole +$2

LAMB BURGER 18
with potato gratin or french fries
Cheddar cheese, bacon or guacamole +$2

STEAK WITH POTATO LEEK GRATIN 27
NY Strip steak with seasonal greens

CHICKEN AND BROCCOLI STIR FRY 19
with rice or zucchini noodles - soy free & low-sodium

VEGAN THAI RICE CURRY 17
with grilled vegetables and peanuts

VEGAN TANDOORI BURGER 17
served with french fries and salad

WILD FISH OF THE DAY 23
ask your server

SERGIO'S CHICKEN PARMESAN 22
with low reactive tomato sauce, manchego & parmesan

STEAK FAJITAS 24
NY Strip steak with flour tortillas, pico de gallo, guacamole

VEGAN TACOS OF THE DAY 17
3 per order - ask your server

The Cleanse

THE CLEANSE 175
All 3 days of the cleanse- vegan or omnivore,
Breakfast, lunch, dinner and snack to reset metabolism, balance hormones, boost energy and aid weight loss.

Sides

Fries -V- $6
Curried lentils -V- $6
Cajun French fries -V- $7
Grilled vegetables -V- $8
Potato Gratin - $8
Sauteed veg -V- $8
Zucchini noodles -V- $8
Vegetable of the Day - $9
Toasted sourdough -V- $3

Dessert

VEGAN APPLE STREUSEL 9
with coconut whipped cream
wheat free, grain free

SO RICH YOU COULD DIE CHOCOLATE PIE 12
wheat free, grain free

VEGAN COCONUT ICE CREAM 9
with cardamom

VEGAN COCONUT ICE CREAM WITH COFFEE LIQUEUR 10

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Jan 29