

## Small Plates

<b>VEGAN SUNFLOWER TAHINI &amp; CHIPS</b>	7
Vegan sunflower tahini with homemade corn tortilla chips	
<b>AVOCADO FRIES</b>	8
panko crusted fried avocado slices with sweet & sour dipping sauce - Vegetarian	
<b>CROQUETTES</b>	8
Potato Bacon and Cheddar. Served with Herbes de Provence aioli	
<b>MOZZARELLA STICKS</b>	8
with low-reactive tomato sauce	

## Larger Plates

<b>QUESADILLA</b>	9
with guacamole & pico de gallo	
<b>WINGS</b>	9
spicy or mild	
<b>CHICKEN QUESADILLA</b>	10
with guacamole & pico de gallo	
<b>SEASONAL GREENS W/ GOAT CHEESE</b>	12
with Goat cheese fritters lime agave vinaigrette	
<b>WARM KALE SALAD W/ GOAT CHEESE</b>	13
with Goat Cheese, cranberries & toasted pumpkin seeds Vegetarian	
<b>VEGAN SAMOSAS &amp; SALAD</b>	9
with coriander coco sauce	
<b>VEGETARIAN SPRING ROLLS &amp; SALAD</b>	9
with sweet & sour dipping sauce	
<b>CHICKEN POTSTICKERS WITH SALAD</b>	11
with ginger coco aminos	

## Vegan Soups (16oz)

<b>VEGAN CARROT GINGER SOUP</b>	8
<b>VEGAN CREAM OF BROCCOLI SOUP</b>	8
<b>VEGAN CURRY LENTIL KALE SOUP</b>	8

## The Cleanse

<b>THE CLEANSE</b>	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.	

## Entrees

<b>CHICKEN AND BROCCOLI STIR FRY</b>	19
Halal chicken with broccoli - serverd with rice or zucchini noodles - soy free & low-sodium	
<b>CHICKEN SATAY</b>	19
Halal chicken with mildly spiced peanut sauce. Served with basmati rice and grilled vegetables	
<b>VEGAN TACOS OF THE DAY</b>	18
3 per order - ask your server	
<b>VEGAN THAI RICE CURRY</b>	17
with grilled vegetables and peanuts	
<b>WILD FISH OF THE DAY</b>	25
ask your server	
<b>BRAYDEN'S CHICKEN</b>	20
bacon wrapped halal chicken thighs served with french fries or potato gratin	
<b>CHICKEN PARMESAN</b>	22
Breaded halal chicken, cheese and low reactive tomato sauce - served with choice of rice or zucchini pasta	
<b>CHICKEN PARMESAN - FAMILY STYLE</b>	45
Breaded halal chicken, cheese and low reactive tomato sauce - served with choice of rice or zucchini pasta - serves 4-5	
<b>STEAK WITH SEASONAL GREENS</b>	26
12 oz NY Strip Steak with seasonal greens. Served with choice of potato gratin, bacon-cheddar croquettes, avocado fries.	

## Burgers

<b>BURGER &amp; FRIES</b>	16
cheddar cheese, goat cheese, bacon or guacamole +\$2	
<b>LAMB BURGER</b>	19
with picked beets, potato gratin or french fries Cheddar cheese, goat cheese, bacon or guacamole +\$2	
<b>BISON BURGER &amp; FRIES</b>	19
cheddar cheese, goat cheese, bacon or guacamole +\$2	
<b>VEGAN TANDOORI BURGER</b>	18
served with french fries and salad	
<b>PORTOBELLO BURGER</b>	14
served with french fries & pico de gallo add cheddar, goat cheese +\$2	

## Calzones

<b>"KALEZONE" WITH SALAD</b>	14
Sausage calzone with caramelized onions, kale and manchego	
<b>J-ZONE</b>	13
Halal chicken and broccoli calzone with light tomato sauce and cheddar cheese	
<b>VEG-ZONE</b>	12
calzone of mixed seasonal vegetables with tomato sauce and manchego cheese	

## Sides

Fries -V-	\$6
Curried lentils -V-	\$6
Cajun French fries -V-	\$7
Truffle Fries - V -	\$8
Sauteed veg -V-	\$8
Potato Gratin -	\$8

## Dessert

<b>VEGAN APPLE STREUSEL</b>	8
optional with whipped cream wheat free, grain free	
<b>SO RICH YOU COULD DIE CHOCOLATE PIE</b>	10
wheat free, grain free	
<b>VEGAN COCONUT ICE CREAM</b>	8
with cardamom with coffee liquor (+\$1)	

## LYN-GENET'S KITCHEN

COMFORT FOOD FOR EVERY BODY

3473 Broadway  
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lyngenetskitchen.com

Open Wed - Fri 4PM - 12AM  
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Closed Mon, Tues

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We care about your safety - all of our  
staff wears protective masks and gloves.