

## 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<br>with sweet & sour dipping sauce - Vegetarian |   |
| <b>CROQUETTES</b>                                                                  | 8 |
| Potato Bacon and Cheddar.<br>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<br>lime agave vinaigrette                 |    |
| <b>FALAFEL SALAD</b>                                                | 12 |
| served with mango cucumber salad                                    |    |
| <b>WARM KALE SALAD W/ GOAT CHEESE</b>                               | 13 |
| with Goat Cheese, cranberries & toasted pumpkin seeds<br>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,<br>Breakfast, lunch, dinner and snack to reset<br>metabolism, balance hormones, boost energy and aid<br>weight loss. |     |

## Entrees

|                                                                                                                                |    |
|--------------------------------------------------------------------------------------------------------------------------------|----|
| <b>CHICKEN AND BROCCOLI STIR FRY</b>                                                                                           | 19 |
| Halal chicken with broccoli - serverd with rice or zucchini noodles - soy<br>free & low-sodium                                 |    |
| <b>CHICKEN SATAY</b>                                                                                                           | 19 |
| Halal chicken with mildly spiced peanut sauce. Served with basmati<br>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<br>gratin                                                |    |
| <b>CHICKEN PARMESAN</b>                                                                                                        | 22 |
| Breaded halal chicken, cheese and low reactive tomato sauce - served<br>with choice of rice or zucchini pasta                  |    |
| <b>CHICKEN PARMESAN - FAMILY STYLE</b>                                                                                         | 45 |
| Breaded halal chicken, cheese and low reactive tomato sauce - served<br>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.<br>Served with choice of potato gratin, bacon-cheddar croquettes, avocado<br>fries. |    |

## Burgers

|                                                                                            |    |
|--------------------------------------------------------------------------------------------|----|
| <b>BURGER &amp; FRIES</b>                                                                  | 16 |
| cheddar cheese, goat cheese, bacon or guacamole +\$2                                       |    |
| <b>LAMB BURGER</b>                                                                         | 19 |
| with potato gratin or french fries<br>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<br>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<br>cheddar cheese |    |
| <b>VEG-ZONE</b>                                                                  | 12 |
| calzone of mixed seasonal vegetables with tomato sauce and<br>manchego cheese    |    |

## Sides

|                            |
|----------------------------|
| Summer Pico de Gallo - \$2 |
| 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<br>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<br>with coffee liquor (+\$1)            |    |

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