

Small Plates

VEGAN SUNFLOWER TAHINI & CHIPS	7
Kale and sunflower "hummus" with homemade corn tortilla chips. Add GF carrot chia crackers (+\$2)	
POTATO BACON CHEDDAR CROQUETTES	8
Served with Herbes de Provence aioli	
MOZZARELLA STICKS	8
with low-reactive tomato sauce	
AVOCADO FRIES	8
panko crusted fried avocado slices with sweet & sour dipping sauce - Vegetarian	
VEGAN SAMOSAS	9
Potato and pea samosas with spiced coriander sauce	
VEGAN DUMPLINGS	8
Napa cabbage, portobello & carrot with ginger coconut aminos	

Larger Plates

QUESADILLA	10
with guacamole & pico de gallo add chicken +\$2	
WARM KALE SALAD WITH GOAT CHEESE	12
cranberries & toasted pumpkin seeds add chicken +\$4	
COD CHOWDER (DF) 24 oz	14
Dairy-free cod chowder with potato and kale	

Vegan Soups (24 oz)

VEGAN CREAM OF BROCCOLI SOUP	10
VEGAN CURRY LENTIL KALE SOUP	10
VEGAN CARROT GINGER SOUP	10

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.	

Entrees

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

Burgers

BURGER & FRIES	16
cheddar cheese, goat cheese, bacon or guacamole +\$2	
LAMB BURGER	19
with choice of french fries or bacon-cheddar croquettes. Cheddar cheese, goat cheese, bacon or guacamole +\$2	
BISON BURGER & FRIES	20
cheddar cheese, goat cheese, bacon or guacamole +\$2	
PORTOBELLO BURGER	15
served with french fries & pico de gallo add cheddar, goat cheese +\$2	
VEGETARIAN TANDOORI BURGER	17
served with french fries	

Calzones

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

Sides

Fries -V-	\$6
Curried lentils -V-	\$8
Cajun French fries -V-	\$7
Truffle Fries	\$8
Sauteed Veg -V-	\$8
Grilled Veg - V -	\$8
Basmati Rice - V -	\$3

Dessert

GF VEGAN APPLE STREUSEL	8
optional with whipped cream	
GF SO RICH YOU COULD DIE CHOCOLATE PIE	10
GF VEGAN COCONUT ICE CREAM	8
with cardamom with coffee liquor (+\$1)	

LYN-GENET'S KITCHEN
COMFORT FOOD FOR EVERY BODY

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In person dining beginning 02/13/21

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