



**peacefood**  
a vegan kitchen & bakery

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## uptown lunch specials

served from 11AM – 5PM daily

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### **red bean chili with corn bread \$8.25**

kidney beans, pinot beans, soy crumble,  
diced vegetables and spiced tomato sauce

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### **½ salad + soup \$12.5**

a lunch special combo with choice of daily soup and one half  
portion of salad – fluffy quinoa, asian green or other caesar

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### **\* pumpkin cashew quiche \$12.5 with a side fruit salad**

our gluten free quiche packed with layers of mashed japanese  
pumpkin, home made cashew cheese, kale and tofu

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### **\* beyond “chicken” salad \$12.5**

our chef’s potato salad with cubed beyond “chicken” & apple,  
served with avocado and crisp lettuce

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### **spicy unchicken caesar salad \$12.5**

our famous caesar salad served with spicy  
unchicken plant protein tenders

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### **pfc un-chicken basket \$12.5**

fried breaded plant protein tenders,  
ask for the chipotle sauce for a spicy palate

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### **vegan cheeseburger \$14.95 + fries \$3**

garden protein (soy & wheat) patty served on house made  
focaccia bread with daiya cheese, avocado, garden blend  
sprouts, jalapeno, lettuce, tomato, pickles & caramelized onions

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### **protein packed kale salad \$14.5**

kale leaves, diced seasoned tofu, tempeh bacon, pumpkin  
seeds and raisins tossed with our chef’s secret dressing

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\* gluten free



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✧ **macho nachos** (appetizer) **\$12.5**

Homemade black bean sauce, radish salsa, guacamole topped with black olives, melted daiya vegan cheese & tortilla chips

**vegan cheeseburger** **\$14.95 + fries \$3**

garden protein (soy & wheat) patty served on house made foccacia bread with daiya cheese, avocado, garden blend sprouts, jalapeno, lettuce, tomato, pickles & caramelized onions

**penne un-chicken parmesan** **\$15.5**

our popular breaded plant based protein served with vegetables and melted daiya cheese over penne pasta

✧ **green thai curry** **\$14.5**

tofu and assorted vegetables with curry and coconut milk served with brown rice and jicama salad

✧ **peace bowl** **\$13.5**

choice of 3 daily roasted vegetables served over brown rice with ginger scallion oil

✧ **protein packed kale salad** **\$14.5**

kale leaves, diced seasoned tofu, tempeh bacon, pumpkin seeds and raisins tossed with our chef's secret dressing

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**uptown dinner specials**

served from 5 PM – 10 PM daily

**charlie brown rice** **\$14.5**

our popular red bean chili, salsa, guacamole, lettuce, radish, cilantro & fried tortilla

✧ **roasted seasonal squash** **\$15.5**

topped with roasted cauliflower florets & garlic; wild mushroom gravy and served with mashed potatoes (squash can be substituted with pfc un-chicken cutlets)

**vegan pot pie** **\$15.5**

grain meat and mixed veggies in a creamy sauce, baked in a casserole and topped with puff pastry; side kale salad tossed with brazil nut, parmesan cheese and olive oil

✧ **beyond "chicken" salad** **\$12.5**

our chef's potato salad with cubed beyond "chicken" & apple, served with avocado and crisp lettuce

**vegan crab cakes** **\$15.5**

**served with beet salad**

soy protein, red pepper, red onions, celery, corn bread crumbs, horseradish and sour cream

**pfc un-chicken basket** **\$12.5**

fried breaded plant protein tenders, ask for the chipotle sauce for a spicy palate



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## downtown lunch specials

served from 11AM – 5PM daily

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### wonton soup \$8

classic chinese food staple a la vegan

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### red bean chili with corn bread \$8.25

kidney beans, pinot beans, soy crumble,  
diced vegetables and spiced tomato sauce

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### ½ salad + soup \$12.5

a lunch special combo with choice of daily soup and one half  
portion of salad – fluffy quinoa, asian green or other caesar

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### \* pumpkin cashew quiche \$12.5 with a side fruit salad

our gluten free quiche packed with layers of mashed japanese  
pumpkin, home made cashew cheese, kale and tofu

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### \* beyond “chicken” salad \$12.5

our chef’s potato salad with cubed beyond “chicken” & apple,  
served with avocado and crisp lettuce

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### spicy unchicken caesar salad \$12.5

our famous caesar salad served with spicy  
unchicken plant protein tenders

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### pfc un-chicken basket \$12.5

fried breaded plant protein tenders,  
ask for the chipotle sauce for a spicy palate

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### golden beet salad \$13.5

roasted cubes of golden beet with toasted walnuts,  
arugula and cashew goat cheese

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### protein packed kale salad \$14.5

kale leaves, diced seasoned tofu, tempeh bacon, pumpkin  
seeds and raisins tossed with our chef’s secret dressing

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\* gluten free



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✧ **macho nachos** (appetizer) **\$12.5**

Homemade black bean sauce, radish salsa, guacamole topped with black olives, melted daiya vegan cheese & tortilla chips

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**pfc un-chicken basket** **\$12.5**

fried breaded plant protein tenders, ask for the chipotle sauce for a spicy palate

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**vegan crab cakes** **\$15.5**  
served with beet salad

soy protein, red pepper, red onions, celery, corn bread crumbs, horseradish and sour cream

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✧ **green thai curry** **\$14.5**

tofu and assorted vegetables with curry and coconut milk served with brown rice and jicama salad

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✧ **peace bowl** **\$13.5**

choice of 3 daily roasted vegetables served over brown rice with ginger scallion oil

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**vegan cheeseburger** **\$14.95 + fries \$3**

garden protein (soy & wheat) patty served on house made foccacia bread with daiya cheese, avocado, garden blend sprouts, jalapeno, lettuce, tomato, pickles & caramelized onions

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**protein packed kale salad** **\$14.5**

kale leaves, diced seasoned tofu, tempeh bacon, pumpkin seeds and raisins tossed with our chef's secret dressing

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✧ **roasted seasonal squash** **\$15.5**

topped with roasted cauliflower florets & garlic; wild mushroom gravy and served with mashed potatoes (squash can be substituted with pfc un-chicken cutlets)

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**vegan wonton soup** **\$8**

classic chinese food staple a la vegan

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## downtown dinner specials

served from 5 PM – 10 PM daily

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**charlie brown rice** **\$14.5**

our popular red bean chili, salsa, guacamole, lettuce, radish, cilantro & fried tortilla

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✧ **golden beet salad** **\$13.5**

roasted cubes of golden beet with toasted walnuts, arugula and cashew goat cheese

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**pan-seared un-chicken filet** **\$15.5**  
with fava beans

our staple un-chicken filet marinated, pan-seared and served over bed of mashed fava beans, sautéed swiss chard, caramelized onions and balsamic reduction

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**linguine with vegan "clam sauce"** **\$15.5**

sautéed diced french horn mushrooms, kale, roasted garlic, linguine in a light creamy broth topped with brazil nut cheese

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**penne un-chicken parmesan** **\$15.5**

our popular breaded plant based protein served with vegetables and melted daiya cheese over penne pasta

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✧ **grilled oyster mushrooms** **\$15.5**

our delicious horseradish parsnip puree topped with grilled oyster mushrooms, sautéed kale, fried lotus roots, garnished with basil oil and spiced chickpeas

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✧ **beyond "chicken" salad** **\$12.5**

our chef's potato salad with cubed beyond "chicken" & apple, served with avocado and crisp lettuce

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**vegan pot pie** **\$15.5**

grain meat and mixed veggies in a creamy sauce, baked in a casserole and topped with puff pastry; side kale salad tossed with brazil nut, parmesan cheese and olive oil

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✧ **gluten free** ✧ **almost gluten free** please inquire for details



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**downtown weekend  
brunch special**

**sat / sun 11AM – 4PM**

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**daily soup platter \$10.5**

delicious homemade soup served with avocado spelt rye toast

**homemade granola \$6.5**

with choice of rice, almond or soy milk & sliced banana

**french toast granola \$13.5**

with vegan cream cheese

**extra maple syrup, add \$2**

**holy mole tofu scramble \$14.5**

with vegan chorizo, roasted potatoes & pinto beans

**vegan omelette \$13.5**

tomato / cashew cheese or mushroom, onions / daiya cheese

**waffle with pfc unchicken \$16**

our vegan version of “soul food” is one of the more popular favorites

**\*pumpkin cashew quiche \$12.5**

gluten-free quiche layered with kale, tofu,  
mashed japanese pumpkin, & home made cashew cheese  
served with a side fruit salad

**vegan cheeseburger \$14.95**

garden protein patty (soy & wheat), daiya cheese, avocado,  
caramelized onions, garden blend sprouts, jalapeno, tomato,  
lettuce, pickles & served on house made focaccia bread

**side of fries add \$3**

**\*beyond “chicken” salad \$12.5**

our chef’s potato salad with cubed beyond chicken  
& apple, served with avocado and crisp lettuce

**extra maple syrup, add \$2**



www.peacefoodcafe.com

## uptown

460 amsterdam ave @ 82 st

☎ 212.362.2266

## downtown

41 east 11 st @ university place

☎ 212.979.2288

enjoy the convenience of online ordering via [peacefood mobile app](#)



We strive to be an innovative and exceptional vegan cafe. Our cuisine is transformational, healthy and delicious; prepared and served with mindfulness, gratitude and the intention to nurture. We offer the highest quality seasonal ingredients, selecting those that are locally grown whenever possible endeavoring to ensure that your eating experience at **peacefood cafe** is joyful and memorable.

## evening specials served from 5-10pm daily

We offer an exciting & extensive selection of gourmet vegan & raw food cuisine. Please ask about our specials or read them online at [www.peacefoodcafe.com](#)

Please inform your server of any food allergy. i.e. gluten, nuts, etc. 20% gratuity will be added to parties of 6 or more.

Please refrain from use of wi-fi internet during peak hours & weekends.

## hot drinks

ginger soy latte \$4.5  
brazilian nut chai \$4.5  
orange apple cider \$4  
hot chocolate \$4.5  
bag tea \$3  
kettle of formosa tea \$10  
coffee (no refills) \$2.5  
soy latte \$4.5  
espresso \$2.5

double espresso \$3.5  
americano \$3.5  
macchiato \$3  
cappuccino \$4.5  
cafe au lait \$3.5

## juices 12oz / 16oz

wake up \$6/\$7  
grapefruit, orange, lemon  
energize \$7/\$8  
beet, carrot, spinach, cucumber  
hangover cure \$7/\$8  
apple, orange, carrot, celery, ginger root  
asian roots \$7/\$8  
green daikon, sweet potato, apple, ginger root

green lemonade \$7/\$8  
mixed greens, apple, lemon, ginger root  
pineapple beet lime \$7/\$8  
pineapple, beet, lime, cucumber

## smoothies 12oz / 16oz

mocha breakfast \$7/\$8  
banana, cocoa, espresso, soy milk, agave (optional)  
acai fat-burner \$7/\$8  
acai, mixed berries, apple juice  
green power \$7/\$8  
banana, strawberries, orange juice, leaf vegetables, date, spirulina  
bombay delight \$7/\$8  
coconut, banana, date, cardamom, nut-milk

raw passion \$7/\$8  
passion fruit, berries, banana, soy milk, agave  
mango lassi \$7/\$8  
mango, soy milk, cardamom, agave  
summer cooler (seasonal) \$7/\$8  
watermelon, mint, agave, ice  
add spirulina \$2

## cold drinks

non-alcoholic beer \$5  
ice black tea \$3  
iced peppermint tea \$3  
iced coffee \$3

fresh squeezed gingerade \$4  
soy/almond/rice milk \$3.5  
pellegrino \$5

## salads

### the other caesar \$11.95

crisp romaine lettuce, tomatoes, smoked tempeh, red onions, and crostini with our secret winning dressing

### \* fluffy quinoa \$11.95

baby greens & sprouts of the day, avocado, sweet peppers, corn & onions tossed with creamy lime mustard vinaigrette

### ◇ asian greens \$11.95

seasonal baby Asian vegetables, mixed sprouts, shredded carrots, tomatoes, marinated & baked tempeh, in a garlic, ginger, cilantro, ponzu & peanut, sesame dressing

## sandwiches

**healthy & whole:** served with toasted whole spelt rye sourdough, these recipes are adapted from urban spring café, and are best sandwich winners in the 2010 NYC vegan guide

### tempeh avocado \$10.75

baked marinated tempeh, creamy avocado, pickled radishes, shredded carrots and cilantro

### miso tahini sprouts \$10.75

mixed sprouts, creamy avocado, cucumber, onions, shredded carrots and our miso tahini with poppy seeds spread

### roasted japanese pumpkin \$10.75

mashed and seasoned, topped with caramelized onions, ground walnuts, cashew cheese and greens

## daily soups \$6.75

## vegetables

**roasted:** japanese pumpkin, chinese eggplant, zucchini, cauliflower, brussel sprouts

**sautéed:** broccoli, kale, baby bok choy heart

### \* large (choice of four) \$13.95

### \* small (choice of two) \$7.95

### choice of two + soup \$12.95

## focaccia

### pan-seared french horn mushrooms \$12.95

with sun-dried tomatoes, arugula, artichoke aioli, mint & basil pesto

### pfc seitan medallion \$13.95

with cashew cheese, arugula, tomatoes and pesto or substitute pfc unchicken cutlet for seitan

### vegan cheese burger \$14.95

garden protein (soy & wheat) patty with daiya cheese, avocado, garden blend sprouts, jalapeno, lettuce, pickles & caramelized onions

### add fries \$3

## raw

### ◇ sushi roll \$14.95

walnut pate & seasonal julienne vegetables sushi roll, served with a jicama-carrot medley, topped with avocado

### \* lasagna \$18

zucchini, mushrooms, cashew cheese spinach basil mix & tomato sauce with your choice of a ½ salad

### \* pizza \$18

buckwheat, sweet potato, flaxseed crust, topped with red bell peppers, olives, onions, basil, choice of marinara sauce or pesto

## pizzas

### mushroom duxelle \$12.95

with roasted sweet peppers, onions and zucchini

### roasted seasonal vegetables \$12.95

with chunky tomato sauce

### roasted potatoes \$12.95

with sautéed mushrooms, arugula, oil cured black olives and pesto

### add vegan cheese \$3.5

daiya vegan cheese is made with tapioca & arrow root flours

\* gluten free ◇ almost gluten free please inquire for details

## side dishes

### baked soy nuggets \$7

with fresh herbed vegan mayo (contain sesame)

### \* chef's potato salad \$7.5

chunky potatoes mixed with celery, capers, a touch of onion juice & vegan mayo

### ◇ chickpea fries \$9.5

an award winning recipe with a hint of indian spices, served with our house dipping sauce

### vegetable tempura \$10

served with minced daikon, ginger & soy sauce

### pan-seared shanghai-style dumplings \$9.5

homemade dumplings filled with chinese chives, shitake & wood ear mushrooms, marinated tofu and vegetarian protein, served with a ginger balsamic dipping sauce

### \* vegetable tamale \$8

served with diced tomatoes cilantro oil

## extras

side of sauce \$1

fruit spread \$1.5

avocado \$2

aioli \$3

brown rice \$3

seitan \$4

vegan cheese \$3.5

cashew cheese \$3.5

pfc unchicken cutlet \$3.5

guacamole \$4.75

vegan butter \$1

crostini \$2

pesto \$3

tempeh \$3

quinoa \$3.5

tofu \$4

## desserts & bakery

pastry chef kristin kolnacki

freshly prepared & baked in our in-house kitchen all our recipes are **egg & dairy free**

### cookies

chocolate chip \$2

magic cookie \$2.5

\* gluten free oatmeal cranberry cookie \$2.5

\* gluten free double chocolate cookie \$2.5

\* gluten free chocolate chip cookie \$2.5

### chocolate chip cookie sandwich \$5.5

with chocolate filling

### mini brownies \$1.5

### \* grasshopper cookie sandwich \$6.25

double chocolate cookie with mint filling

### \* macaroons

plain \$1.75 chocolate-dipped \$2.25

### strawberry shortcake \$7

### \* cheesecakes

strawberry \$6.5 peanut butter \$7

### tiramisu \$8

### banana bread \$4

### raspberry jam spelt crumb bar \$5

### cakes

carrot cake \$7.95 vanilla \$6.95

cupcakes \$2.95

chocolate ganache \$6.95

### \* raw: keylime pie \$8

young coconut, cashew, avocado agave lime filling in an almond brazil nut crust

### \* raw: cacao mousse pie \$8

cacao, date, avocado mousse in a walnut coconut date crust

### \* raw: cashew cream cheesecake \$8

cashews, lemon juice, coconut oil, agave on almond hazelnut crust

\* gluten free ◇ almost gluten free please inquire for details