peacefood cafe

a vegan kitchen & bakery

special menu

served from 5 PM til 10 PM daily

✧ macho nachos (appetizer) $12.5

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

pfc un-chicken basket $12.5

(please ask for chipotle sauce for a spicy palate)

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

vegan cheeseburger $14.5

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

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)

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

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breakfast menu

served from 10 am til sold out

homemade granola $6.5

served with choice of soy, almond or rice milk

scrambled tofu with home fries $6.5

quinoa porridge $4.5

daily breakfast pastries (price varies)

breakfast drinks & smoothies

coffee $2.25

bag tea $2.75

hot chocolate $4

brazil nut chai $4.5

wake up $6 / $7

grapefruit, orange & lemon

mocha breakfast $7 / $8

banana, cocoa, espresso, soy milk, agave (optional)

peacefood
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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

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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 12 oz / 16 oz

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 12 oz / 16 oz

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, ponsu & peanut, sesame dressing

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

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

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

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

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
cocao, 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