

Pan-seared dumplings, above, and roasted potato pizza, below

LUNCHBOX | Peacefood Café

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Upper West Side Vegan

Eating a meal at the vegan Peacefood Café says something important about you. It says that you love delicious food. Oh—and that you believe it should be thoughtfully prepared and healthier for the planet and its people.

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"Peace starts with the food that we eat, with what we put on our plate," said co-owner Eric Yu. "If we go out and kill for our food, that disturbs nature, the law of the universe. That's not peaceful."

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The standout pan-seared dumplings, filled with chives, shiitake and tofu (\$7) will boost you past any preconception that vegan fare might be less than satisfying. The French horn mushroom panini (\$11) is a hearty meal with chickpea fries (\$7).

The roasted potato pizza with mushrooms, arugula, pesto and truffle oil (\$11) can be topped with rich vegan cheese (\$3.50) made of tapioca and



arrow root.

Peacefood Café showcases its baked goods, including many gluten-free choices, at the front door. Raw cheesecake (\$7) and pumpkin-spice tea cake (\$3.50) beat many rich desserts sold elsewhere and are not larded with dairy, eggs and refined sugar.

-Demetria Gallegos

Peacefood Café, 460 Amsterdam Ave. at 82nd Street, serves lunch 11 to 5 p.m. daily, 212-362-2266