



peacefood cafe
a vegan kitchen & bakery

come join us for a compassionate thanksgiving holiday

thanksgiving day menu
downtown only
november 28 1PM – 10PM

starters

chestnut apple bisque \$9
with coconut whipped cream

vegan crab cake & beet salad \$12
soy protein & spice; **salad** with
roasted yellow beets, arugula, goat cheese

raw

raw lasagna served with kale salad \$25
zucchini, mushrooms, walnut cheese,
spinach basil mix & tomato sauce; **salad** with kale
squash, extra virgin olive oil, brazil nut parmesan cheese

entrees

pan-seared unturkey cutlet \$28

peace loving lentil loaf \$28

roasted seasonal squash \$28
with grilled vegetables

all entrees are served with the following

homemade stuffing

cranberry, carrot, celery, apple, mushroom, bread

porcini mushroom gravy

mashed creamy asian purple potato

sauteed kale with lemon

please ask for special holiday dessert

please make your thanksgiving dinner reservation at
peacefood cafe downtown 212.979.8878

peacefood cafe uptown will only be open from
10AM – 3PM on thanksgiving day (regular daily menu only)



peacefood cafe
a vegan kitchen & bakery

special menu

served from 5PM til 10PM daily

macho nachos (appetizer) \$11.5

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

pfc un-chicken basket \$12.5

(please ask for chipotle sauce for a spicy palate)

penne un-chicken parmesan \$14.5

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

green thai curry \$13.5

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

peace bowl \$11.95

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

protein packed kale salad \$13.5

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

**pan seared tofu, sauteed kale
& bean stew \$12.5**

charlie brown rice \$13.5

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

roasted seasonal squash \$14.5

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



peacefood cafe
a vegan kitchen & bakery

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)

uptown

460 amsterdam ave @ 82 st

☎ 212.362.2266

downtown

41 east 11 st @ University Place

☎ 212.979.2288

www.peacefoodcafe.com

peacefood cafe

a vegan kitchen & bakery



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.

20% gratuity will be added to parties of 6 or more.

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

hot drinks

apple ginger soy \$4
brazilian nut chai \$4.5
orange apple cider \$4
hot chocolate \$4
bag tea \$2.75
kettle of formosa tea \$8
organic fairtrade coffee
(no refills) \$2.25
soy latte \$4.5

espresso \$2.5
double espresso \$3.5
americano \$3
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, strawberries, apple juice
green power \$7 / \$8
banana, mixed berries, orange juice,
leaf vegetables, date, spirulina
bombay delight \$7 / \$8
coconut, banana, date, cardamom, nut-milk

mango lassi \$7 / \$8
mango, soy yogurt, soy milk,
cardamom, agave
summer cooler (seasonal) \$7 / \$8
watermelon, mint, agave, ice

cold drinks

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

fresh squeezed gingerade \$4
soy milk \$3
pellegrino \$5

salads

the other caesar \$9.95

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

* fluffy quinoa \$9.95

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

asian greens \$9.95

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

sandwiches

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

tempeh avocado \$9.75

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

tahini sprouts \$9.75

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

roasted japanese pumpkin \$9.75

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

daily soups \$5.95

vegetables

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

sautéed: broccoli, choyote squash, kale, baby bok choy heart

* large (choice of four) \$11.95

* small (choice of two) \$6.95

choice of two + soup \$11.95

additional vegetable \$3.5

panini

served on our homemade focaccia

pan-seared french horn mushrooms \$11.95

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

mediterranean oven-dried seasonal vegetables \$11.95

with cashew cheese, basil spinach pesto

fried seitan medallion \$12.95

with cashew cheese, arugula, tomatoes and pesto

raw

sushi roll \$13.95

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

* lasagna \$17

zucchini, mushrooms, walnut cheese, spinach basil mix & tomato sauce with your choice of 1/2 salad

* pizza \$17

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 daiya vegan cheese \$3.5

daiya vegan cheese is made with tapioca & arrow root flours

side dishes

baked soy nuggets \$7

served with fresh herbed vegan mayo

* chef's potato salad \$6.5

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

* chickpea fries \$7.95

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

vegetable tempura \$8.95

served with minced daikon, ginger & soy sauce

pan-seared shanghai-style dumplings \$7.95

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

* vegetable tamale \$7

served with diced tomatoes cilantro oil

extras

crostini \$2

pesto \$3

tempeh \$3

seitan \$3

quinoa \$3.5

vegan butter \$1

fruit spread \$1.5

cashew cheese \$3

side of sauce \$1.5

daiya vegan cheese \$3.5

avocado \$2

aioli/pesto \$3

brown rice \$3

tofu \$3

desserts & bakery

all desserts are baked in our kitchen. no dairy, egg, or refined sugar is used in our recipes

pastry chef: kristin kolnacki

cookies made with spelt flour

chocolate chip \$1.35

oatmeal raisin \$1.35

magic cookie \$1.95

* gluten free double chocolate cookie \$1.95

* gluten free chocolate chip cookie \$ 1.95

chocolate chip cookie sandwich \$3.5

with chocolate filling

mini brownies \$1.35

* grasshopper cookie sandwich \$4.5

double chocolate cookie with mint filling

* macaroons

plain \$1.5 chocolate-dipped \$1.95

strawberry shortcake (seasonal) \$5.95

* cheesecakes

plain \$5 peanut butter \$6

tiramisu \$7

banana bread \$3.5

raspberry jam spelt crumb bar \$4

cakes

carrot cake \$6.5 vanilla \$5.75

cupcakes \$2.95 chocolate ganache \$5.75

* raw: keylime pie \$7

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

* raw: cocoa mousse pie \$7

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

* raw: cashew cream cheesecake \$7

cashews, lemon juice, coconut oil, agave on raisin walnut crust

* gluten free