



731-336-7856

<http://www.takeout2unow.com>

Living Well Vegetarian Hunting

Appetizers

Tofu Balls	\$4.33
<i>Crushed tofu shredded carrots, ground sunflower seeds and spices rolled into bite sized balls.</i>	
Garlic Bread	\$2.79
<i>Dairy free garlic butter with olive oil spread on homemade whole wheat pieces of toast.</i>	
Sping Roll	\$3.40
<i>Stripped tofu and cucumbers with a fresh cilantro salsa inside a gluten free rice wrap.</i>	
Mini Quiche	\$3.71
<i>Spinach and tofu filling stuffed in a whole wheat pastry crust and topped with cheese.</i>	
Curry Pocket	\$3.71
<i>Curry potatoes in a whole wheat curry crust. (Yes. Curry is even in the crust. We really like curry)</i>	

Salads

Fresh and Raw Salad	\$6.19
<i>Romaine lettuce, bell peppers, carrots, tomatoes, cucumber. All prepared FRESH after you order it! Dressings and french and sunflower.</i>	

Entrees

Vegetables Lasagna Meal	\$12.69
<i>Made with whole wheat noodles. A lovely lasagna filled with tofu, spinach, carrots, cheese, cabbage and tomato sauce plus the Fresh and Raw Salad with a side of garlic bread.</i>	
Roti	\$11.14
<i>Think of sweet and sour Kung Pao chicken... just with tofu, not sour, more vegetables and it comes with a bed of brown rice. Oh, and no chicken of course.</i>	
Tofu Vegetable Stir Fry	\$11.14
<i>Think of sweet and sour Kung Pao chicken... just with tofu, not sour, more vegetables and it comes with a bed of brown rice. Oh, and no chicken of course.</i>	
Rice and Beans	\$10.52
<i>Feel like keeping it simple? Brown rice and pinto beans with a taste that is far from simple.</i>	
Spaghetti and "Meat Balls"	\$10.83
<i>Savory tomato sauce on a bed of whole wheat spaghetti and meat free balls that will help lower cholesterol, not raise it. Oops..</i>	
Pizza	\$4.95
<i>Per slice. Whole wheat pizza crust topped with curry tofu, olives, onions, tomatoes, bell peppers and cheese</i>	
Oat Burger	\$7.43
<i>Sounds weird? Tastes terrific. Whole wheat bun, oat patty, lettuce, tomatoes and cheese sauce.</i>	
Mock Tuna Sandwich	\$7.43
<i>Lettuce, tomatoes, olives and</i>	

Side Orders

Cornbread Muffin	\$1.86
<i>Try one of these bad boys with a soup!</i>	
Meat Substitutes	\$6.19
<i>Choose from our 5 mouthwatering options. Curry tofu, veggie beef, soy curls, BBQ soy curls and BBQ tofu.</i>	
Steamed Vegetables	\$5.88
<i>Broccoli, cauliflower, carrots, onions, bell peppers and celery lightly steamed and seasoned.</i>	
Macaroni and Cheese	\$5.57
<i>Whole wheat macaroni pasta and cheese.</i>	

Soups

Lentil Soup	\$6.19
<i>Pretty hearty. With lentils, chunky tomatoes, spinach and barley. (Hey, that Rhymed.)</i>	
White Bean Soup	\$6.19
<i>Great northern beans with tomatoes, herbs, diced carrots and celery.</i>	
East Indian Dahl Soup	\$6.50
<i>A creamy yellow split pea soup that is more than delicious. Also has tomatoes, mustard seeds and herbs.</i>	
Vegetable Soup	\$6.81
<i>Here's a very chunky one. Potatoes, tomatoes, kale, carrots, sweet peas, celery and herbs.</i>	

Desserts

Cinnamon Roll	\$3.71
Currant Roll	\$3.10
<i>A pastry made with berries almost like raisins called blackcurrants.</i>	
Coconut Spice Bread	\$4.33
<i>Sweet bread with cinnamon, nutmeg, allspice, ginger, clove, cardamom, raisins and coconut.</i>	
Carob Brownie	\$5.57
<i>Crumbly nut brownie made with Carob, a delicious alternative to chocolate.</i>	
Carob Pie	\$5.88
<i>A smooth and creamy carob filling in a nutty oat crust with dates.</i>	
Carrot Cake	\$4.95
<i>Eating vegetables with dessert... cheating but a very good one. It also has walnuts, raisins and spices.</i>	
Banana Bread	\$4.95
<i>You can skip a serving of fruit after this. You are welcome!</i>	
Vanilla Lemon Cake	\$5.26
<i>Ridiculously spongy but dairy/egg free? How can it be?</i>	
Vanilla Ice Cream	\$5.57
<i>You won't believe it is made from cashews.</i>	
Vegan Carob Cookie	\$1.86
<i>What is ice cream without a cookie? A cookie that is as healthy as it tastes.</i>	

Beverages

Red Raspberry Tea (Iced)	\$4.33
<i>Our bestselling drink!</i>	
Pineapple Lemonade	\$3.71
<i>Because plain old lemonade is too common.</i>	
Sorrel	\$5.88
<i>A caribbean drink made from dried sepals and calyces of the Roselle plant, with a hint of ginger.</i>	
Fruit Smoothie	\$5.88
<i>Choose from 4 flavors! Strawberry, Strawberry banana, Blueberry and mixed fruit.</i>	
Irish Moss	\$6.81
<i>A species of red algae which, when boiled, forms a jelly that is used to make a creamy</i>	

onion with the mock tuna spread on 2 slices of whole wheat bread. Unlike the Oat Burger, this sandwich is put together for you and cut in half.