

East West Restaurant

Gluten Free Menu

Be sure to ask for the underlined modifications

Appetizers

Hummus	<u>ask for blue corn tortillas</u>	8.00
Baba Ganouj	<u>ask for blue corn tortillas</u>	8.00
Beet Delight	<u>ask for blue corn tortillas</u>	8.00
Side of Six Dolmas		8.00

Salads

Ranch, blue cheese, Caesar, olive oil and vinegar

Thai Tofu Salad (Ask for no sauce on tofu and no citrus dressing) **14.95**

Sautéed tofu on a bed of lettuce and spinach topped with Mandarin oranges, avocado, shredded carrots, shredded beets, red onions and toasted almonds.

California Spinach Salad (Ask for no caramelized walnuts) **14.95**

Baby spinach, seedless red grapes, apples, red onions, avocado, feta cheese, dates, toasted pine nuts and fresh berries.

Garden Salad **9.50**

Green leaf lettuce and organic mix, tomato, cucumbers, shredded carrots, shredded beets, red onions, topped with sunflower seeds, corn and green peas. add tofu for \$3.95 (ask for no sauce on Tofu)

Greek Salad **14.50**

Green leaf lettuce, feta cheese, tomato, cucumbers, red onions, shredded beets and carrots, Greek olives, topped with toasted sesame seeds, pine nuts, sunflower seeds and artichoke hearts.

East West Tofu Salad (Ask for no sauce on tofu and no tahini on rice) **15.50**

Grilled vegetables over a mixed salad and spinach topped with shredded carrots and beets, green peas, corn, toasted almonds, served with brown rice and hummus.

Sandwiches

Ask for our Gluten Free bread

Served with French fries, soup or salad

(Ranch, Blue Cheese, or Caesar)

Sweet potato fries add \$1.50

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| B.L.T | 15.50 |
| Crispy turkey bacon, mayonnaise, lettuce, and tomato. | |
| Garden Wrap (<u>ask for gluten free tortilla and no tahini sauce</u>) | 15.50 |
| Brown rice, hummus, avocado, tomato and steamed vegetables. | |
| Tuna Melt | 15.50 |
| Albacore white tuna, mayonnaise and red onions with choice of cheese. | |
| Beyond Burger (<u>ask for gluten free bread</u>) | 15.50 |
| 100% plant based meat alternative patty with sun-dried tomato aioli, lettuce, tomato and red onions. with cheese add 1.00 | |
| Grilled Cheese Sandwich | 13.50 |
| Swiss, Jack, pepper Jack, or cheddar. | |
| Falafel Wrap (<u>ask for gluten free tortilla and no tahini sauce</u>) | 15.50 |
| Falafel patties, hummus, tomato, avocado and lettuce. | |
| Hummus Avocado Wrap (<u>ask for gluten free tortilla and no tahini sauce</u>) | 13.95 |
| Hummus, avocado, tomato and lettuce. | |

Side Orders

Brown Rice (<u>Ask for no tahini sauce</u>)	6.00
French Fries	6.00
Sweet Potato Fries	7.00
Falafel Patty (<u>Ask for no tahini sauce</u>)	1.50
Fruit Salad	7.50

Entrees

Steamed Vegetable Plate (<u>Ask for no tahini sauce</u>)	15.50
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Fresh vegetables, steamed and served with brown rice, topped with Swiss cheese & toasted almonds. Add tofu \$17.50 (Ask for no sauce)

Gourmet Veggie Burrito	13.95
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Vegetarian oil-free black bean chili, brown rice, hummus, steamed vegetables, Swiss cheese and salsa.

Taco Plate (<u>Ask for no tahini sauce</u>)	16.50
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Blue corn tortillas filled with hummus, vegetarian oil-free black beans, steamed vegetables and Swiss cheese. Served with brown rice and salad.

Macro Plate (<u>Ask for no sauce on tofu</u>)	15.50
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Steamed vegetables, tofu, hummus, brown rice, salsa, and vegetarian oil-free black beans with blue corn tortillas.

Mediterranean Platter	15.95
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(Ask for no tabbouleh, blue corn tortilla instead of pita & no tahini sauce)

Hummus, baba ganoug, beet delite, dolmas, three falafels.

Falafel Plate	15.95
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(Ask for no tabbouleh, blue corn tortilla instead of pita & no tahini sauce)

Hummus, beet delite, five falafels.

Mediterranean Spinach Quesadilla (<u>ask for gluten free tortilla</u>) with Chicken	16.50
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Jack cheese, feta cheese, zaater spice, spinach, toasted pine nuts and basil-walnut sauce. (please allow 10 minutes to prepare)

Since 1991

east west

an aromatic journey
from the east to the west,
using the finest, most natural
ingredients this holy planet has to offer

