

VITA

VEGAN PARADISE

158 8th Avenue
(212) 691-2044

attendant_chelsea@vitaparadise.com

LUNCH MENU

SOUPS

Cauliflower Coconut \$11
Creamy cauliflower soup with spicy tamatar shorba, charred corn and tomatillos, and fresh herbs

SALADS

Frida \$10
Spinach, oven roasted tomatoes, avocado, sweet bell pepper, alfalfa sprouts, and crispy fried tortilla strips with lime vinaigrette

Nuts & Bolts \$10
Romaine, toasted walnuts, blanched carrots and green beans, roasted mushrooms, pea shoots, and creamy cashew dressing

Peace \$11
Arugula, lightly roasted pears, farro, fresh mushrooms, quinoa, smoked almond cheese with apple cider dressing

SANDWICHES

Served with potato fries or house salad

Smoky Eggplant BLT \$11
Smoky oven roasted eggplant, juicy tomatoes, crispy romaine, red onion, and vegan mayonnaise

Green Muse \$11
Seeded whole wheat bread, marinated tofu, avocado, lettuce, tomato, alfalfa sprouts, herb mayonnaise

Chorizo Dawg \$12
House-made seitan chorizo in a bun with spicy brown mustard, red cabbage slaw, and fresh tomatillo relish

SIDES

Rosemary Lemon French Fries \$5
Hand cut French fries with crispy rosemary and lemon

House Salad with Apple Cider Vinaigrette- *Mixed Greens, shredded carrot, pea shoot sprouts with apple cider Vinaigrette*

DESSERTS

Blueberry Lemon Cake \$8
Blueberry vanilla cake layered with lemon buttercream

Tiramisu \$8
Vanilla "lady fingers" soaked in coffee and layered with cashew mascarpone cream

Chocolate Mousse Cake \$7
Chocolate cashew "mousse" atop chocolate sponge cake

Lemon Mousse Cake \$7
Lemon cashew "mousse" atop Vanilla sponge cake

Cheese Cake with Raspberries \$7
Vanilla cashew cheesecake atop vanilla sponge cake

Pancakes \$9
*Served with maple syrup.
Add fresh blueberries and homemade strawberry jam.*

JUICES

Orange \$6
Big Apple Juice \$6
Green Apple Juice \$6
Watermelon Coconut Aloe \$7
Cucumber Honeydew Cooler \$7

SMOOTHIES

Power Ranger- *Banana, Cacao & Cashew Milk*
Strawberry Fields- *Strawberry, Banana, Pear & Cashew Milk*
Piña Colada- *Pineapple & Coconut Milk*
Sun Palace- *Is anything Kiwi, Orange & Banana*

LEMONADES

Lemonade with Mint \$5
Blueberry & Rosemary Infused Lemonade

ORGANIC COFFEE

\$4
Organic coffee: aromatic, with sweet taste of chocolate, from south Colombia
Try it with homemade Cashew milk or Almond Milk!

ORGANIC TEA

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The finest quality of organic, flavorful tea
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DINNER MENU

APPETIZERS

- Fried Brussels** \$10
Fried Brussels with Maple Mustard Sauce, Savory Sev Granola

SALADS

- Super Seed Apple Crunch** \$14
Baby Spinach, Crispy Apples, Dried Fruit, Pepitas, Hemp, Sunflower Seeds, and Pomegranate Seeds with apple date dressing
- Mother of Pearl Barley** \$12
Pearl Barley, Crispy Shitakes, Glazed Shallots, Zatar, Ume Vinegar
- Wild @ Heart** \$13
Curly kale, roasted beets, orange supreme, shaved fennel, toasted coconut, in orange vinaigrette

SOUPS

- Cauliflower Coconut** \$11
Creamy cauliflower soup with spicy tamatar shorba, charred corn and tomatillos, and fresh herbs

ENTREES

- Braised Carrots & Pearl Onions w/ Polenta** \$13
Slow roasted carrots, pearl onions, and mushrooms, over polenta with persillade
- Hoisin Glazed Walnuts w/ Chives & Sesame Black Rice** \$15
Hoisin glazed walnuts, garlic sauteed chives, sesame stir-fried black rice
- Soba w/kale & butternut squash in mushroom dashi** \$14
Roasted Butternut squash, garlic sautéed kale and shitakes, in mushroom dashi with soba noodles
- Veggie Paella w/ Chorizo** \$14
Saffron and tomato infused rice with artichokes, sweet peppers, onions, mushrooms, peas and house-made seitan chorizo

DESSERTS

- Blueberry Lemon Cake** \$8
Blueberry vanilla cake layered with lemon buttercream
- Tiramisu** \$8
Vanilla "lady fingers" soaked in coffee and layered with cashew mascarpone cream
- Chocolate Mousse Cake** \$7
Chocolate cashew "mousse" atop chocolate sponge cake
- Lemon Mousse Cake** \$7
Lemon cashew "mousse" atop Vanilla sponge cake
- Cheese Cake with Raspberries** \$7
Vanilla cashew cheesecake atop vanilla sponge cake
- Pancakes** \$9
*Served with maple syrup.
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