

Lunch at Veya

all of our menu items are vegetarian and most are vegan but

Craving some meat or fish? Just let us know and we'll take care of it.

Soups

\$8 cup / \$12 bowl

Indian Spiced Yellow Lentil Soup with Coconut & Lime v, gf

Tom Kha Gai with Mushrooms, Tofu & Lemongrass v, gf

Pumpkin-Ginger Bisque v, gf

Salads

\$9 small / \$14 large

Vegan Caesar with Croutons and Cashew "Parmesan" Cheese vg, n

Burmese Tea Leaf Salad with Sunflower Seeds & Peanuts v, n, gf

Southwestern Cous Cous Salad with Black Beans and Roasted Corn v

Chick Pea Tabbouleh Salad with Parsley, Tomato and Cucumber v

Cold Sesame Noodles with Fresh Vegetables vg, n

Garden Salad-Lettuce and tons of veggies with your choice of: v, gf

White Balsamic, Green Goddess, Toasted Sesame or Vegan Caesar (n) Dressings

v = vegan, vg = vegetarian, gf = gluten free, n = contains nuts

Sandwiches \$14

All sandwiches are served with our Potato Wedges

Vegetable Banh Mi with Tofu, Fresh herbs, loads of crunchy, pickled vegetables and a Vietnamese Dressing (On fresh baked baguette) vg

Mock "Chicken" Salad on Multi Grain Bread with Dijon, Lettuce and Tomato vg

Our Housemade Veggie Burger-Quinoa and Black Bean-served on a Brioche Bun with BBQ Sauce, Lettuce, Red Onion and Guacamole vg

Entrees \$18

Black Bean & Sweet Potato Enchiladas in a Mild Red Chili Sauce-served with Avocado, Sour Cream and Red Onion vg, v (no sour cream)

Korean Glazed Tofu with Kim Chi Cole Slaw, Brown Rice and Steamed Vegetables vg

Pad Thai with Tofu-classic Thai noodle dish with peanut and lime vg

Desserts \$7

Chocolate Mousse v, gf

Key Lime Pie in a Jar vg

Coconut-Rice Pudding with Mango v, gf

Extras \$4

Potato Wedges

Coconut Rice

Steamed Brown Rice

Basket of Johnny Cakes

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In a hurry, call 498-8392 and we'll have your juice or lunch ready to go

