

❁ Venus Sophía ❁

Tea Room

&

Vegetarian Eatery



❁ Artisan Menu ❁

# Our Artisan Menu

## Antipasti

*Fun Tapas & Nibbles*

*3 for \$11 or 1 for \$4*

### *Hummus*

*Delicately Smooth Homemade Organic Chickpea Hummus with Tahini, Hint of Garlic & Fresh Squeezed Lemon*

### *Egyptian Style Fava Beans*

*Traditional Style Egyptian Purée Fava Beans with a Touch of Garlic & Cumin*

### *Babaganoush*

*Grilled Purée Eggplant, Tahini, Garlic & Extra-Virgin Tuscan Olive Oil*

### *Marinated Olives & Feta Cheese*

*Four Types of Mediterranean Olives Marinated in Fresh Herbs, Garlic, & Extra-Virgin Olive Oil*

*All Selections come with Mediterranean Pita*

*~ Please Ask for Gluten Free Alternative ~*

## *Salads*

*Hearty, Creative & Delicious*

*Large \$9.75 or Small \$6.50*

### *Green Queen*

*Green Papaya, Shredded Red Cabbage, Spring Greens &  
Toasted Pumpkin Seeds*

### *Chickpea Avocado*

*Chickpeas, Avocado, Baby Spinach & Golden Baked Tempeh*

### *Pink Quinoa*

*Mixed Spring Greens with Pink Quinoa & Mango Slices*

### *Plato's Greek Salad*

*Red & Green Peppers, Red Onion, Cucumber, Kalamata  
Olives, Feta Cheese & Mint with Special Lemon Dressing*

*All Salads come with Homemade Focaccia*

*Your Choice of Extra-Virgin Olive Oil Dressing:*

*Spicy Sweet & Sour, Lemon, Tahini-Garlic, Balsamic*

*~ Please Ask for Gluten Free Alternative ~*

👑 *Homemade Focaccia Panini*

*Freshly Made Daily*

*\$10.50*

*Samurai Veggie Kebab*

*Homemade Baked Organic Seitan (Veggie Gluten Meat) with  
a Mediterranean Organic Tahini Spread*

*Tofu Chicken*

*Golden Baked Organic Tofu Breaded in Special Nutritional  
Yeast & Cornmeal Mix, with Cream Cheese & Organic  
Lettuce*

*Oyster Mushroom "Fish Tails"*

*Oven Grilled Juicy Mushrooms on Mouthwatering Watercress  
with Cream Cheese*

*All Our Panini come with a Side Salad*

*Choice of Extra-Virgin Olive Oil Dressing:*

*Spicy Sweet & Sour, Lemon, Tahini-Garlic, Balsamic*

*~Vegan Alternatives Available ~*

 *Old Time Favorites*

*Delicious, Light & Memorable*  
*\$9.50*

*Tomato Mozzarella Ciabatta*

*Tasty Mozzarella Cheese in Grilled Ciabatta, Topped with  
Tomato, Extra-Virgin Tuscan Olive Oil & Fresh Basil*

*Pear Roquefort Avocado*

*Slices of Avocado Layered on Grilled Ciabatta, along with  
Pears & Melted Roquefort*

*Brie Mango Avocado Quesadilla*

*Grilled Tortilla filled with Melting Brie Cheese, Slices of Ripe  
Mango & Avocado*

*All Our Panini come with a Side Salad*

*Choice of Extra-Virgin Olive Oil Dressing:*

*Spicy Sweet & Sour, Lemon, Tahini-Garlic, Balsamic*

*~ Please Ask for Gluten Free Alternative ~*

## 👑 *Soup of the Day*

*Freshly Made*

*Large Bowl \$6.50 or Small Bowl \$5.00*

*Comes with Organic Whole Wheat Bread and Butter*

*~ Please Ask for Gluten Free Alternative ~*

## 👑 *Lasagna*

*Tricolore Vegetariano*

*\$9.50*

*Three Color Layered Lasagna with Delicious Spinach, Ricotta  
& Tomato Sauce Filling*

## 👑 *Homemade Quiche*

*Spinach with 3 Cheese or Red Pepper Puff Pastry*

*\$9.50*

*Comes with a Side Salad & Your Choice of Dressing*

## 👑 *Steamed Veggies*

*Asian Delight*

*\$6*

*Crunchy & Colorful Fresh Veggies, Seasoned with Sesame Oil,  
Lemon Grass, Ginger, Toasted Black & Gold Sesame Seeds*

 *Kids Mini Menu*

*Fun, Healthy & Yummy*

\$6

*Cream Cheese Whole Grain Sandwich with Delicious  
Apple Slices on the Side*

*Peanut Butter and/or Jam Whole Grain Sandwich  
with Fresh Strawberries on the Side*

*Kids Pasta Special with Tomato Sauce  
Choose Penne or Fusilli*

*Kids Mini Tea*

*Teapot Service for Boys and Girls  
\$2.90*

*Tea Choices (No Caffeine & Organic) :*

*Summer Berry*

*Waterfall Mist*

*Peach Rooibos*

*Fruity Provence*

 *Homemade Dessert*

*Especially Made for You*

*\$5.50*

*Oma's Chocolate Cake*

*Grandma's Delicious Secret Swiss Chocolate Cake Recipe*

*Made from Almond Flour*

*Gluten Free*

*Many items on our menu are Vegan friendly. Please ask our staff.*

*Please let us know if you have any allergies or dietary concerns.*

*~Gratuity and Taxes not Included~*

