

❁ Venus Sophía ❁

Tea Room

&

Vegetarian Eatery



❁ Breakfast & Lunch ❁

Our Menu

Antipasti

Fun Tapas & Nibbles

3 for \$11 or 1 for \$4

Hummus v g

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

Egyptian Style Fava Beans v g

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

Babaganoush v g

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

Marinated Olives & Feta Cheese g

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

All Selections come with Mediterranean Pita

v = Vegan

g = Gluten Free Available

Salads

Hearty, Creative & Delicious

Large \$9.75 or Small \$7.50

Green Queen v g

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

Chickpea Avocado v g

Chickpeas, Avocado, Baby Spinach & Golden Baked Tempeh

Pink Quinoa v g

Mixed Spring Greens with Pink Quinoa & Mango Slices

Plato's Greek Salad v g

*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, or Balsamic

v = Vegan

g = Gluten Free Available

👑 *Homemade Focaccia Panini*

Freshly Made Daily

\$10.50

Samurai Veggie Kebab v

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

Tofu Chicken v

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

Oyster Mushroom "Fish Tails" v

*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, or Balsamic

v = Vegan Alternative Available

 *Delicate Cheese Sandwiches*

Delicious, Delicate & Memorable

\$9.50

Tomato Mozzarella Ciabatta g

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

Pear Roquefort Avocado g

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

Brie Mango Avocado Quesadilla g

*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, or Balsamic

g = Gluten Free Available

👑 *Soup of the Day* v g

Freshly Made

Large Bowl \$7.50 or Small Bowl \$6.00

Comes with Organic Whole Wheat Bread and Butter

v = Vegan (remove butter)

g = Gluten Free Available

👑 *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* v g

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) :

Sweet Summer Berry

Misty Mountain

Peachy Rooibos

Fruity Provence

Homemade Dessert

Especially Made for You

Oma's Chocolate Cake \$5.50

Grandma's Delicious Secret Swiss Chocolate Cake Recipe.

Made from Almond Flour. Gluten Free.

Swiss Apple Pie \$5.25

Another Swiss Recipe that will fill your mouth with delight.

Served warm, with whip cream and icing sugar topping.

Alain's Cheesecake \$5.50

Alain's Special Italian Style Cheesecake Made with Ricotta

Cheese. Light and Fluffy.

Sallie's Vegan Brownies \$3.50

Tasty Dark Chocolate Brownie Squares made completely free

of dairy or eggs. Has Mixed Nuts.

Venus Sophia Famous Scones \$.3.75

Fluffy Golden Baked English Style Raisin Scones. Served with

Whip Cream or Butter, & Jam.

Many items on our menu are Organic. We are dedicated to preparing and delivering homemade, wholesome, and fresh food.

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

~ Tax & Gratuity not Included ~