

Wraps

Beet Marmalade - One of our signature creations with arugula and goat cheese. (D, F, V, W)

Chickpea of the Sea - Whether you think this creamy filling tastes like tuna salad, egg salad, or hummus is up to you, but the appeal of this vegan delight is undeniable. (S, W, VE)

Baked Falafel - With our grain less tabouli, caramelized "cayenne" onion and crisp romaine (VE, T)

Roasted Veggie Wrap - onion, red pepper, asparagus, carrot & zucchini (VE)

7.25/Wrap with tax

Veggies

Raw Thai Slaw - Our rich Thai almond sauce would taste good on just about anything, but it truly brings this colorful mix of beets, yams, and cabbage to life. (GF, VE, S, F, V, VE)

Asian Greens - Enhanced by ginger, garlic, Braggs aminos and rice vinegar, this dish makes it easy to get your daily greens in. Packed with green goodness which may include kale, collards, spinach, arugula, dandelion, sorrel, Swiss chard. (GF, F, S, V, VE)

Gold Beet Salad - Naturally sweet and earthy, served with signature herbal vinaigrette on the side. (GF, VE)

Sea Veggie Salad - Lightly sautéed arame with red and green cabbage, carrot and scallion in an Asian vinaigrette and garnished with toasted sesame seeds. (GF, S, F, V, VE)

Orange Kale Salad - Raw and dressed in our silky orange-sesame vinaigrette with pepitas. (GF, R, S, VE)

½ pint-\$5.95

Ingredients and utensils used in the preparation of our products may come in contact with tree nuts and other food allergens.

Beans

White Bean Delicata - An Heirloom winter squash with, onion, tomato, with a backdrop of ginger, garlic, sage, and cinnamon (GF, VE, T)

Mexican Lentil Salad - Green lentils tossed with celery, a touch of carrot, red onion with our chipotle-lime vinaigrette that gives this salad its zesty twist. (F, GF, V, VE)

½ pint-\$5.95

Entrees

Latina Stew - Capers, raisins, green olives, and tomatoes create this distinctive stew with this garlic-enhanced baked tempeh. (F, GF, S, T, VE)

Moroccan Tajine - Tempeh baked in a parsley/lemon/cayenne marinade with a stew of seasonal vegetables of yam, squashes, tomato, and garlic with a backdrop of cumin, coriander and caraway. (F, GF, S, T)

Groundnut Stew - A Decadent tempeh stew with an exotically spiced almond butter sauce with onion, yam, parsnip and winter squash.

Three Bean Tempeh Chili - Ground tempeh, pinto & black beans, green lentils, onion, carrot, celery, zucchini with an ancho and chipotle backdrop makes this a favorite even to our meat-eaters (F, GF, S, T, VE) ½ Pint/\$6.50

Raw Vegan Sushi - Rolled with an almond pate, fresh veggies, sprouts, and avocado. We can barely keep these in the shop, they're so popular! (N, R, VE) \$9.85/Package of 7

Black Bean Burgers - Spiced not too hot with onion, chipotle pepper, sherry and served with fresh salsa on the side. (GF, VE, F, T on the side) \$10.75/Package of 2

Entrees

Dragon Platter - A bountiful and well-balanced macrobiotic platter, served with a bean and grain of the day, sautéed greens, and choice of Sea Veggie Salad or Raw Thai slaw. (GF, S, VE) \$11.50

Stuffed Portabella Mushroom - Overflowing with our tofu-walnut pate, made with a touch of onion, carrot, red pepper, Dijon mustard, tamari and a blend of spices. (F, GF, N, S, VE) \$6.50/Medium \$7.95/Large

Healthy Burgers - Lentils, brown rice, sunflower seeds, cashews, and veggies. Unlike most store-bought vegan burgers, ours are wheat & soy-free.

(GF, N, VE [Burgers Only]) \$10.75/Package of 2

Sweet Ginger Tofu - Baked in a marinade of apple juice, garlic, maple syrup and sesame oil. (F, GF, S, VE) \$5.75/Package of 6

Baked Garden Pie - A mouth watering vegetable and cheese entree dense with spinach, mushrooms, zucchini and light on egg and ricotta cheese. (GF, D, Egg) \$16.50/Pie \$4.75/Slice

5-Grain Croquettes - A savory gluten-free biscuit with a hint of ginger & garlic with honey-mustard sauce on the side. Package of 6 /10.75

Key :

D - Contains Dairy

F - is Fermented

GF - Gluten-Free

N - Contains Any Variety of Nuts

R - Raw Food (at least 80% raw ingredients)

S - Contains Soy (tofu, tempeh, tamari, miso, or Bragg's aminos)

T - Contains Tomatoes

V - Made with Vinegar

VE - Vegan, Contains No Animal Products

W - Contains Wheat

our signature "creamy" frostings. Can be made gluten-free upon request. Please see our catering menu for details. (VE)

Fall/Early Winter 2010 Menu

Grains

Lemon Curry Rice Salad-Big on lemon with brown rice, green peas, raisins, cashews, scallions enhanced with vinaigrette made with our own home made "Mellow Curry Powder".(N,GF,VE, S)

Kale Pesto Quinoa-This distinctive vegan pesto is enhanced with roasted red pepper, and onions. (VE, N)

Portabella Quinoa - A sophisticated dish of caramelized onions, Parmesan, fresh basil, parsley, and a pinch of cayenne. (GF, M)

Asian Wild Rice Salad - Tangy and tropical, Napa cabbage, coconut, sliced almonds and sunflower seeds in a sesame vinaigrette all lend Asian flare to this dish. (N, GF)

½ pint \$5.75

Cookies and Desserts-All Vegan

Tara-Laura Chocolate Krispies –A decadent treat you may eat without guilt! (N, GF, VE)

Sesame Raisin Cookies - The ultimate "not too sweet" treat with whole wheat flour and oats! (VE, W)

Ginger Crisps - A spicy and aromatic cookie with a kick of ginger. (VE, W)

All cookies \$1.50 each

Vegan Cakes and Cupcakes - Currently available by special order, our Chocolate Velvet, Coconut, and Carrot Cake with



Sue Cadwell, Chef/Founder

Hours:

Monday-Friday 9am-6:30pm

Saturday 10am-3pm

Closed Sundays

Location:

1891 Post Road

Fairfield CT 06824

203.254.5777

www.HealthinaHurry.net

Exit 21 off I-95

In Colonial Post Complex,

1875-1901 Post Rd. Off street parking behind

Cruise Connection/Associated Podiatrists

VIP Discount Cards

Please ask about our VIP savings card as our prices do not reflect your potential savings of 15-20% with the use of your card.