

~ STARTERS ~

Edamame* 4.00

Seasoned soy beans in its pod

Happy Dumplings (6pcs) 5.00

Hand-made mixed vegetable steamed dumplings

Loving Hut Chips* 4.00

Crispy salted organic corn chips with house salsa

Health Vegetables* 6.00

Steamed mixed vegetables with Shallot dressing

Sautéed Spinach* 6.00

Spinach sautéed in garlic and olive oil

Sautéed Broccoli* 6.00

Broccoli sautéed in garlic and olive oil

Loving Hut Sandwich (half size) 4.00

Soy pepper steak, tomatoes, cucumbers and mixed greens with either Tarragon, Basil or Chipotle Mayo

Udon Soup (sm) 4.50

Thick wheat flour noodles with bean curd, seaweed, scallion and carrot/ginger in vegetable broth

Today's Soup(s) 4.50

~ SALADS ~

The fresh mesclun salads include choice of Carrot Ginger (House), Shallot*, Raspberry*, Lemon* or Balsamic* Vinaigrette; extra dressing .50; Add crispy patty \$4

House Salad* 8.00

Tomatoes, walnuts, olives, carrots, cucumber, peas & corn

Avocado Salad* 9.00

Avocado, cucumber, tomatoes, olives and walnuts

Protein Salad** 9.00

Soy protein, barley, sundried tomatoes and walnuts

Tofu Salad* 8.50

Carrots, walnuts, tomatoes, olives, peppers, soft basil tofu

Wakame Seaweed** 6.00

Fresh cucumber slices, spinach and Wakame seaweed with sesame seeds and Sesame seed dressing

Organic when available

~ COLD HEROES ~

Cowboy Hero 6.50

Soy pepper steak, tomatoes, pickled cucumbers, mixed greens and tapioca cheese with chipotle sauce

Protein Hero 6.50 (add cheese \$2)

Soy protein, roasted tomatoes, guacamole, pickled cucumbers, mixed greens, barley with chipotle sauce

Feel free to ask about our daily specials

*Gluten Free Items

**Can be Gluten Free

Menu items & prices are subject to change without notice

~ ENTREES ~

Add extra vegetable(s) \$2; stew/soy protein \$2; tofu \$1.50; extra avocado \$2; extra cheese \$2; extra sauce \$.50

The following dishes are served on steamed five grain rice:

Vegan Joy** 9.50

Soy protein and mixed vegetables in teriyaki sauce

Vegan Delight** 9.50

Stew protein, sweet peppers, scallion and cabbage in sweet and spicy barbecue sauce

Sautéed Mushroom* 9.50

Mushrooms, soy protein, peas & corn in tomato Chile Pasilla

Fried Tofu** 9.50

Bean curd and mixed vegetables in mildly spicy teriyaki sauce

Stir Fry Teriyaki** 9.50

Stew protein, sweet peppers and sautéed onions in teriyaki sauce

Vegetable Fried Rice** 7.50 (add soy/stew protein \$2)

Mixed vegetables stir fried with five grain rice and teriyaki sauce

Thai Curry* 9.50

Mixed vegetables and bean curd in mildly spicy yellow Thai curry

The following dishes are served with thick wheat flour noodles:

Sautéed Udon 9.50

Mixed vegetables and bean curd stir fried with teriyaki sauce

Udon Soup 9.50

Bean curd, seaweed, scallion, carrot/ginger in vegetable broth

Udon Thai Curry 9.50

Mixed vegetables and bean curd in mildly spicy yellow Thai curry

Veggie Burrito 8.50

Spinach, onion, sweet peppers, five grain rice and beans in a wrap (comes with salsa Verde and side of mixed greens salad)

Protein Burrito 9.50

Veggie burrito with stew or soy protein

~ MAC N CHEESE ~

All are made with tapioca cheese and topped with bread crumbs

Primavera Mac 9.50

Broccoli, sundried tomatoes, peas, corn, cauliflower

Spicy Mac 9.50

Soy protein with sautéed onions

Creamy Spinach Mac 9.50

Spinach and stew protein in creamy cilantro paste

French Onion Mac 8.50

Mildly sweet with caramelized onions

Mac N Cheese with Mushrooms 9.50

Chipotle Mac 9.50

Soy protein and beans (mildly spicy)

Mac N Cheese Burger 9.50

Stew protein with sautéed onions and roasted tomatoes

Small Mac N Cheese 5.50

~ SANDWICHES & BURGERS ~

Includes a side of corn chips or mixed greens with dressing. Using whole wheat bread for all. Add extra cheese \$2.

BBQ Soy Sandwich 8.50

Peppers, onions, soy chicken, tapioca cheese and bbq sauce

Roasted Soy Sandwich 8.00

Chopped veggie soy links, roasted onions and sweet bell peppers with either Tarragon, Basil or Chipotle Mayo

Loving Hut Sandwich 8.00

Soy pepper steak, tomatoes, cucumbers and mixed greens with either Tarragon, Basil or Chipotle Mayo

Crispy Vegan Burger 8.50 (add cheese \$2)

Tomatoes, pickled cucumbers, guacamole, romaine lettuce, onion, oatmeal/vegetable patty with to-mayo sauce

Curry Burger 8.50 (add cheese \$2)

Tomatoes, pickled cucumbers, guacamole, romaine lettuce, onion, curry oatmeal/vegetable patty with to-mayo sauce

Loving Hut Burger 6.00 (no sides)

Stew protein patty, onions, pickled cucumbers, tomatoes and lettuce with to-mayo sauce

~ QUESADILLAS ~

Add extra vegetable(s) \$2; stew/soy protein \$2; cheese \$2 Choice of wheat or sesame tortilla. Includes a side of guacamole and mixed greens salad w/house dressing

Mushroom Quesadilla 8.50

Mushrooms, peas, corn, Daiya cheese, Chile Pasilla sauce

Spinach Quesadilla 8.50

Spinach, sweet peppers, Daiya cheese, Chile Pasilla sauce

Protein Quesadilla 9.50

Soy protein, sweet peppers, Daiya cheese and Chile Pasilla

Stew Protein Quesadilla 9.50

Stew protein, onions, peppers, Daiya cheese, Chile Pasilla

~ DESSERTS ~

Tapioca Pudding w/Fruit* 5.00

Cake (Vegan Treats) 5.50

Check for Cakes, Snacks & Cookies in Today's Specials

~ SIDES ~

Five Grain Rice*..... 2.00

Side Salad*..... 4.00

Guacamole* (2 oz.)..... 2.00

Salsa* (2 oz.)..... 1.00

Health Vegetables*..... 3.50

Extra Sauce/Dressing**..... .50

Hot Sauce*..... .50

All sauces and dressings are made in-house

~ **BREAKFAST** ~

Breakfast is available Mon – Sun from 9am to 11am.

Bagel 1.00

- w/Vegan Butter 1.50
- w/Tofutti Cream Cheese 2.00
- w/Tofutti & Tomatoes 2.50
- w/Tofutti, Walnuts and Raisins 3.50
- w/Scallion, Tofutti and Black Olives 3.50

Sandwiches 5.00

- BLT with Tapioca Cheese
- Veggie Ham and Tapioca Cheese
- Roasted Links w/Onions and Sweet Peppers

Platters**

(Served w/home fries and baked cheese tortilla)

- Scrambled Tofu Platter 6.50
- Scrambled Tofu w/Spinach Platter 7.00
- Scrambled Tofu w/Mushrooms Platter 7.00
- Scrambled Tofu w/Veggie Ham Platter 7.50
- Scrambled Tofu w/Soy Protein Platter 7.50
- Scrambled Tofu w/Veggie Bacon Platter 7.50
- Scrambled Tofu w/Soy Links Platter 7.50

Add extra vegan protein \$2; extra tofu \$1.50

Add extra vegetable \$2; extra cheese \$2

Oatmeal* 3.50

Add walnuts, raisins or banana \$.50

Baked Cheese Tortilla 3.50

Home Fries* 3.50

Tortilla 2.00

Tofu Wrap 5.00

*Gluten Free Items

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~ **BEVERAGES** ~

Ask us for our selection of cold bottled beverages and fresh fruit smoothies

- Bottled Water.....1.50
- Hot Tea.....2.00
- Bubble Tea.....3.50
- Guayaki Organic Yerba Mate.....2.50
- Assorted Natural Soda.....2.50

100% Dairy/Egg Free & Meat Free Ingredients
VEGAN - NO MSG - KOSHER - NON GMO SOY

**In Balance with Nature - Let's Save the Planet,
 One Vegan Meal at a Time**

Which do you think is more responsible for global warming: a gas-guzzling SUV, or a hamburger?

Surprise! It's the burger

Hard to believe? A recent United Nations report, "Livestock's Long Shadow," demonstrated that raising animals for food generates more greenhouse gases than all the cars, trucks, trains, planes and ships in the world combined. In fact, reducing one's meat consumption by only 20% would be equivalent to switching from a Camry to a Hybrid Prius. Think about that!

With simple changes to our everyday food choices, we can actually make more of a difference than the guy who just purchased a hybrid car - easily.

We CAN make big differences!

About 2,000 pounds of grains must be supplied to livestock in order to produce enough meat and other livestock products to support a person for a year, whereas 400 pounds of grain eaten directly will support a person for a year. Thus, a given quantity of grain eaten directly will feed 5 times as many people as it will if it is eaten indirectly by humans in the form of livestock products....

- M.E. Ensminger, PhD

"The beef industry has contributed to more American deaths than all the wars of this century, all natural disasters, and all automobile accidents combined. If beef is your idea of 'real food for real people,' you'd better live real close to a real good hospital."

- Neal D. Barnard, M.D., President, Physicians Committee for Responsible Medicine

"Vegetarian food leaves a deep impression on our nature. If the whole world adopts vegetarianism, it can change the destiny of humankind."

- Albert Einstein

Loving Hut is created with a vision that all beings could live in peace, love and harmony with each other and the planet. Loving Hut nonprofit restaurants are newly opening around the world. It is an invitation to gourmet cuisine made with wholesome vegan ingredients, offering an accessible starting point for those making the noble transition to a plant-based diet. As more and more people around the world adopt a plant based diet, Loving Hut is a beacon of light for an alternative way of living. It's healthier, it's compassionate, it's peaceful and it's the only way to a sustainable planet.

www.Suprememastertv.com

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www.lovinghut.com



Loving Hut
 vegan cuisine

UPDATE! NOW OPEN 7 DAYS

348 7th Avenue (29th/30th St.)

New York, NY 10001

212.760.1900

Mon-Sat: 9am-10pm

Sun: 9am -9pm

Kosher Certified

*Gluten Free



Dine In, Pick Up, Catering & Delivery***

Major credit / debit cards accepted

Breakfast 9am to 11am Mon-Sun

Entire menu available at 9am

***Delivery min. \$10 and over