

8800231

CURDS 'N WHEY



CAFE®

A YOGURTARIAN CAFE®

Curds 'N Whey Cafe was conceived out of a personal desire to present an alternative eating environment for contemporary consumers. We feel it necessary to offer food which will encourage proper nutrition in one's daily diet. Maintaining a lively, friendly atmosphere in which to partake of these wholesome, vegetarian meals on a tight schedule remains our primary concern.

Daily, in our kitchens, we freshly prepare salads, soups, dressings, sandwich fillings, sauces, grains, vegetable and casserole dishes of considerable nutritional value. Our uniqueness hinges on complimenting fresh, wholegrain, all natural ingredients with one of the world's oldest pure foods — yogurt. This product is used in the same manner that high fat, dairy items such as cream and sour cream have been traditionally used in Western European and American kitchens. Yogurt becomes an ingredient in many of our soups, salad dressings, sauces and quiche.

Natural ingredients are an integral part of our food preparation and cooking. We have recognized the food industry's trend towards increased levels of salt, sugar and preservatives in all forms of food. We have adhered to a policy of avoiding such 'additives' to the food we choose to make and serve without compromising flavor, texture or taste. We also refrain from the use of non-dairy animal products and minimize the use of eggs in our menu.

With an emphasis on believing in what we do, and enjoying the people and setting in which we do it, we extend our invitation for you to enjoy dining at Curds 'N Whey Cafe.

SOUPS

Choice of fresh homemade soups available daily

cup — 1.25

bowl — 1.90

SALADS

SALAD PLATES — freshly prepared and served with carrots, sprouts, choice of daily dressings and whole grain bread

{	Cottage Cheese Chomper	Spinach	{	4.25
	Chef's Choice (listed daily)	Tuna Topper		

Tossed Green . . . 3.75

SALAD SHORTS

Bean Bowl — 2.50

Fresh Fruit Salad Bowl — 2.50

HOT CHOICES

YOGURT QUICHE — a very special thick pie wedge baked with yogurt, eggs, cheese and stuffed with a choice of vegetable stuffings 2.85

SAUTEED VEGETABLES — a variety of vegetables lightly sauteed, served over a cooked grain and topped with the chef's natural sauce 3.35

CASSEROLES — whole grain and vegetable casseroles — the chef's choice taken from the following: 4.50- 5.50

Winter

Eggplant parmesan
Vegetarian mousaka
Macaroni and cheese
Vegetable strudel
Meatless lasagna
Stuffed eggplant
Stuffed squash

Summer

Crepe almondine
Tofu eggroll
Vol au vent
Corn stuffed burrito
Chutney vine leaves
Dijon nut loaf
Filo spinach squares

Store Hours

43rd at 3rd

MON. - FRI. 7:30 AM
7:00 PM



Catering

OFFICE PARTIES
ORGANIZATIONAL FUNCTIONS
BROCHURE UPON REQUEST



Delivery

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cup — 1.25 bowl — 1.90

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154 East 43 St. at 3 Ave. 687-0078

A'WHEY WITH CURDS

Frozen yogurt dishes in four daily flavors

PLAIN — 1.10 1.70 TOPPED — 1.60 2.35

TOPPINGS

FRESH FRUIT (choice of any 2) **GARNISHES**
(seasonal)

blueberries	pineapple	granola	raisins
strawberries	peaches	honey	graham crackers
raspberries	apples	nuts	wheat-germ
bananas	melon	coconut	carob crunch

FRUIT BOWL — choice of half melon or whole banana topped with frozen yogurt and granola 2.85

ALPINE TRUFFLE — frozen yogurt, milk and apples swirled with granola and honey 2.85

ALL SHOOK UP

THE FROZEN YOGURT SHAKES 2.25

Banana-Fana — bananas, milk and yogurt

Orangatang — orange juice and yogurt

Berry-Berry — choice of berry, milk and yogurt

Mocha-Yoga — ice coffee and chocolate yogurt

THE YO-GOAT FLOAT — choice of a fresh fruit blended with milk and yogurt, topped with frozen yogurt 2.50

SANDWICHES

PITAPATTERS — whole wheat or unbleached "near eastern bread" stuffed with carrots, sprouts, lettuce and choice of daily spreads or vegetable burgers 2.75- 3.75

SOMETHING MORE TO EAT

SOUP'N SALAD — cup of soup and choice of salad plate 5.25

SOUP 'N PITA — cup of soup and pita sandwich 3.75- 4.75

SOUP'N QUICHE — cup of soup and choice of quiche 3.85

QUICHE AND SALAD — choice of vegetable quiche with side of green salad 5.00

FRESHLY BAKED MUFFETS

MUFFINS — whole grain and all baked with yogurt, different varieties available daily 55

BREADS — pitabread 35
honey whole wheat bread 35
stoneground bagels 45
whole wheat english muffins 45

CAKES — banana yogurt bread 1.05
carrot/raisin yogurt bread 1.05

NATURAL SPECIALTY BAKED GOODS — CONSTANTLY CHANGING

WHEY STATION

JUICE — apple, grapefruit 75, 1.10
freshly prepared Orange/orange, banana . . . 95, 1.35
carrot 1.10, 1.65

Perrier — 1.10 Milk — .65 Sanka — .60 Coffee — .50

TEA — Orange pekoe 45
Camomile, Mint 55

ICE COFFEE or **TEA** (seasonal) 75

HOT APPLE CIDER (seasonal) 85