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

\[
\begin{align*}
\text{Cottage Cheese} & \quad \text{Spinach} \\
\text{Chef’s Choice} & \quad \text{Tuna Topper} \\
& \quad \text{Tossed Green} \ldots 3.75
\end{align*}
\]

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 \ldots \ldots \ldots \ldots 2.85

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

CASSEROLES — whole grain and vegetable casserolesthe chef’s choice taken from the following: \ldots \ldots \ldots 4.50 - 5.50

Winter
- Eggplant parmesean
- Vegetarian moussaka
- 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
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
- Chef’s Choice (listed daily)
- Tuna Topper
- Tossed Green...

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...
SAUTEED VEGETABLES — a variety of vegetables lightly sautéed, served over a cooked grain and topped with the chef’s natural sauce...
CASSEROLES — whole grain and vegetable casseroles — the chef’s choice taken from the following: Winter, Summer
- Eggplant parmesan
- Crepe almonndine
- Vegetarian moussaka
- Tofu eggroll
- Macaroni and cheese
- Vol au vent
- Vegetable strudel
- Corn stuffed burrito
- Meatless lasagna
- Chutney vine leaves
- Stuffed eggplant
- Dijon nut loaf
- Stuffed squash
- Pesto spinach squares

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

AWHEY WITH CURDS
Frozen yogurt dishes in four daily flavors
PLAIN — 1.10 TOPPED — 1.60 2.35

Toppings
Fresh Fruit (choice of any 2)
- blueberries
- strawberries
- raspberries
- bananas
- peaches
- apples
- melon
- pineapples
- honey
- nuts
- coconut
- granola
- raisins
- graham crackers
- wheat germ
- carob crunchy

FRUIT BOWL — choice of half melon or whole banana topped with frozen yogurt and granola
ALPINE TRUFFLE — frozen yogurt, milk and apples swirled with granola and honey

ALL SHOOK UP
THE FROZEN YOGURT SHAKES
- Banana-Fana — bananas, milk and yogurt
- Orangeatang — 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...

SANDWICHES
PITAPATTERS — whole wheat or unbleached “near eastern bread” stuffed with carrots, sprouts, lettuce and choice of daily spreads or vegetable burgers

SOMETHING MORE TO EAT
SOUP’N SALAD — cup of soup and choice of salad plate
SOUP’N PITTA — cup of soup and pita sandwich
SOUP’N QUICHE — cup of soup and choice of quiche
QUICHE AND SALAD — choice of vegetable quiche with side of green salad

FRESHLY BAKED MUFFETS
MUFFINS — whole grain and all baked with yogurt, different varieties available daily...
BREADS — pitabread...
- honey whole wheat bread...
- stoneground bagels...
- whole wheat english muffins...
CAKES — banana yogurt bread...
- carrot/raisin yogurt bread...

NATURAL SPECIALTY BAKED GOODS — CONSTANTLY CHANGING

WHEY STATION
JUICE — apple, grapefruit...
- freshly prepared Orange/orange, banana...
- carrot...
Perrier — 1.10 Milk...
- Sanka...
- Coffee...
TEA — Orange pekoe...
- Camomile, Mint...
ICE COFFEE or TEA (seasonal)...
HOT APPLE CIDER (seasonal)...

2.85

2.50