

## beverages

ORGANIC FAIR TRADE COFFEE & ESPRESSO, hot or iced, \$2.00 - \$4.00  
SIMPLICITEA TEAS & HOUSEMADE CHAI, hot or iced, \$2.25 - \$3.50  
HOUSEMADE ORGANIC LEMONADE, \$3.00  
THE SIMPLE KITCHEN ORGANIC SPARKLING BEVERAGES, pink grapefruit, lemon & mint, \$2.25

## oatmeal, fruit & yogurt

STEEL CUT OATS, fruit compote, \$4.50  
DAILY YOGURT LASSI, \$3.50  
GRANOLA, \$3.50, add milk \$1.50, add greek yogurt \$2.50

## soups

WHITE BEAN & GREEN SOUP, \$6.00  
MULLIGATAWNY, \$6.00  
TURKEY CHILI, \$8.00

## salads

*For \$3.50, add baked tofu. For \$4, add halloumi cheese  
For \$4.50, add poached /grilled chicken  
For \$6.50, add grilled grass-fed beef*

WILD BABY ARUGULA, celery root, lemon zest, dried cranberries, dijon vinaigrette, \$6.50

CAESAR, parmesan, croutons, caesar dressing, \$7.50

POACHED CHICKEN SALAD, tarragon, dried cranberries, celery root, fennel, dijon vinaigrette, \$11.00

SHAVED CABBAGE SALAD, grilled broccoli, sweet peppers, carrots, mint, peanuts, peanut sauce with baked tofu, \$10.00  
with grilled grass-fed beef, \$13.00

GREEK SALAD, seared halloumi cheese, sweet peppers, red onion, cucumber, kalamata olives, mint, oregano vinaigrette, \$10.50

AUTUMN GOAT CHEESE SALAD, caramelized walnuts, dried apricot, celery root, baked apple vinaigrette, \$12.50

SCARLET QUINOA SALAD, baby spinach, roasted beets, fennel, lemon-dill vinaigrette, \$10.50

## sandwiches (served hot/cold)

**GET A CUP OF SOUP FOR \$2 WITH PURCHASE OF ANY SANDWICH**

TURKEY MEATBALL ON ROSEMARY FOCACCIA, mozzarella, marinara, \$11.00  
*substitute housemade vegetarian seitan balls*

OVEN ROASTED TURKEY ON PRETZEL ROLL, swiss, arugula, honey dijon, \$8.50

GRILLED APPLE & CHEDDAR CHEESE ON WHOLE WHEAT, honey dijon, \$8.50

CHICKPEA HUMMUS WRAP, lettuce, shredded carrots, cucumber, \$8.50

POACHED CHICKEN WRAP, tarragon, dried cranberries, celery root, fennel, lettuce, dijon vinaigrette, \$10.50

BLACK FOREST HAM, swiss, roasted red onion, dijon mustard, \$11.00

GRILLED GRASS-FED STEAK & CHEESE, grilled peppers & onions, \$12.00

## entrees

SOBA NOODLES, grilled broccoli, sweet peppers, carrots, mint, peanuts, peanut sauce with baked tofu, \$11.00  
with grilled grass-fed beef, \$14.00

RICE FETTUCINI ARRABIATA, basil, parmesan, mushrooms, \$11.00  
with turkey meatballs, \$14.00  
with housemade vegetarian seitan balls, \$14.00

GRILLED CHICKEN KABOBS, mushroom basmati rice, roasted carrots & cauliflower, chermoula, \$14.00

THE SIMPLE KITCHEN VEGETABLE CURRY over brown basmati rice, \$11.00  
with poached chicken, \$13.50

BASIL PESTO WHOLE WHEAT PASTA, green beans, grilled chicken, \$12.00

DAILY HOUSEMADE QUICHE, \$5.50  
with greens & dijon vinaigrette, \$9.50

CHICKEN BROCCOLI MAC-N-CHEESE, \$12.00

## sides

BROWN BASMATI RICE, \$3.50  
BAKED TOFU, \$3.50  
SEARED HALLOUMI CHEESE, \$4.00  
MUSHROOM BROWN BASMATI RICE, \$4.50  
POACHED OR GRILLED CHICKEN, \$4.50  
SPICED ROASTED APPLES, \$5.50  
BROCCOLI MAC-N-CHEESE, \$5.50  
SCARLET QUINOA, \$5.50  
ROASTED CARROTS & CAULIFLOWER WITH CHERMOULA, \$6.00  
BASIL PESTO WHOLE WHEAT PASTA, \$6.00  
GRILLED BROCCOLI WITH SESAME OIL, \$6.00  
CHICKPEA HUMMUS WITH PITA, \$6.50  
SAUTEED SWISS CHARD WITH MUSHROOMS & NAVY BEANS, \$6.50  
ROASTED BEET, GREEN BEAN & WALNUT, \$6.50  
TURKEY MEATBALLS WITH MARINARA, \$8.50  
VEGETARIAN SEITAN MEATBALLS WITH MARINARA, \$8.50

## baked goods & sweets

ZATAAR SPICED PITA CHIPS, \$1.25  
BREAD PUDDING MUFFIN, \$4.00  
BLUEBERRY MUFFIN, \$3.25  
CHOCOLATE CHIP COOKIE, \$1.75  
VEGAN CRANBERRY OATMEAL COOKIE, \$2.25  
VEGAN JAM DOT COOKIE, \$3.00  
ICE CREAM COOKIE SANDWICH, \$5.50  
BROWNIE BITE, \$1.00  
FRUIT & NUT OATMEAL BAR, \$3.25  
VEGAN FIG BAR, \$2.50/\$5.00 (small/large)  
CARROT CAKE, \$6.50

## weekend brunch served until 3PM

ONE EGG SANDWICH, cheddar cheese, \$5.00\*  
TWO EGG OMELETTE, cheddar cheese, \$6.50\*  
\* add additional egg, turkey bacon, veggies, \$0.50 each  
substitute egg whites, \$1.00  
SIDE OF TURKEY SAUSAGE OR BACON, \$3.00  
COMBO, two egg omelette with everything, side of turkey sausage or bacon, small coffee, \$11.00

ORGANIC MARKET  
THE SIMPLE KITCHEN  
~ CAFÉ ~

## Food Minus The Mileage

We are proud to be a sponsor restaurant for the 1st Annual NY State Locavore Challenge.

The Locavore Challenge is a personal challenge for individuals to make a commitment to eat only locally and sustainably produced food during the month of September. We will feature at least one 100% local entree, and all Simple Kitchen employees are participating in a day challenge. <http://nylocavorechallenge.com>

### HAPPY HOUR: 4-7PM

\$1 off 12-oz beers & espresso drinks, \$2 off any glass of wine, Monday - Friday

### Catering Available

361 W. 17th Street  
212.924.0600  
[www.simplekitchencafe.com](http://www.simplekitchencafe.com)

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### About our food:

WE USE NATURAL & ORGANIC INGREDIENTS  
WITH NO ARTIFICIAL PRESERVATIVES,  
FLAVORS, COLORS OR ADDITIVES  
OF ANY KIND

WE SOURCE SUSTAINABLE SEAFOOD AND  
HUMANELY RAISED MEATS & POULTRY  
THAT ARE FREE OF ANTIBIOTICS,  
HORMONES & STEROIDS

WE SUPPORT LOCAL FARMS THAT PRACTICE  
ORGANIC FARMING METHODS—NO  
PESTICIDES, HERBICIDES, PETROLEUM-  
BASED FERTILIZERS

WE GROW PRODUCE, HERBS & FLOWERS AT  
OUR FARM IN BETHLEHEM, CT—  
THE SIMPLE KITCHEN GARDENS— AND  
SOURCE OTHER INGREDIENTS LOCALLY

WE GRILL AND ROAST, AND USE MINIMAL  
AMOUNTS OF HEALTHY OILS. WE NEVER FRY  
OR USE A MICROWAVE



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### Fall Take Out & Delivery Menu

\$18 Minimum Delivery  
Our delivery zone is west of 6th Ave.,  
between W. 10th and W. 27th Streets

We deliver from 11:30AM-9:30PM  
Sunday-Friday,  
& from 11:30AM-close on Saturday



BREAKFAST, LUNCH, DINNER  
LOCAL AND ORGANIC  
INGREDIENTS

Hours of Operation:  
Sunday - Friday 10AM - 10PM  
Saturday 10AM - 6PM

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