



21 Pleasant Street
Portland, Maine
207-774-5408

Hours

Breakfast Mon. thru Fri. 7:00-10:30 a.m.

Sat. 8:00-11:30

Sunday Brunch 9:30-2:00

Lunch Mon. thru Sat. 11:30-3:00 p.m.

Dinner Wed. thru Sat. 5:30-8:30 p.m.

Feel free to bring your
own wine.

STARTERS

soup of the day	1.50
* crab bisque	3.00
baba ganoosh	2.50
* spiced cream cheese plate	2.50
* seafood strudel	3.00

SIDE ORDERS

japanese noodle salad	1.75
marinated vegetables	1.25
tossed salad	1.50
vegetable of the day	1.25
brown rice	.95

DESSERTS

* cashew pie	2.25
* mississippi mud cake	2.00
* Damian's ice cream	.60/1.20
Soy vanilla ice	.50/1.00
desserts of the day

BEVERAGES

coffee or tea	.45
milk	.50/.80
juice	.70/1.00

feel free to bring beer or wine. There will be a .25
charge per person.

DINNERS

Shish Kebab 7.25

marinated seitan and tofu skewered and
baked with mushrooms, green peppers, onions

Baked Stuffed Tofu 6.75

tofu pockets filled with a changing selection
of herbed stuffing, served with cashew gravy

* Adhi Shakti 6.75

a Mexican enchilada bake. Layers of tortillas,
jack cheese, spicy tomato sauce, and sour cream

* Mushroom Bean Stroganoff 7.00

mushrooms and chick peas in a sherried sour
cream sauce

Fresh Fish of the Day

pan fried in garlic infused oil and served with
a piquant cold curried mayonnaise (dairy or non-dairy)

Haddock with Ginger Garlic Sauce 8.50

fresh haddock cooked with scallions and julienned
carrots and served with a spicy ginger garlic sauce

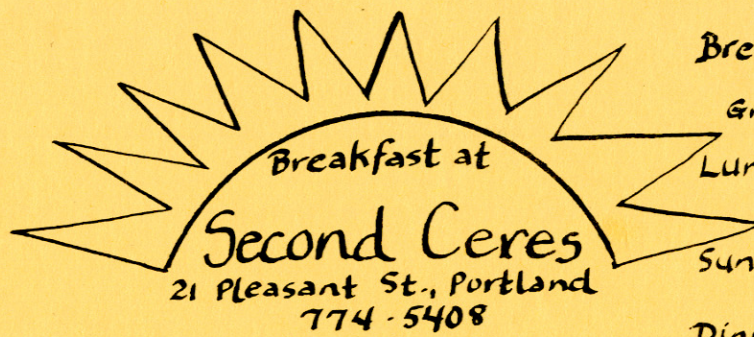
* Seafood Strudel 9.00

layers of Greek pastry leaves with a rich crab
and scallop filling

[all dinners served with brown rice, sprout salad,]
[vegetable of the day, and bread]

ask your waitress for daily changes and additions to the menu

* contains dairy products



Breakfast: Mon.-Sat.
7:00-11:30 a.m.
Grill closes at 10:30.


Lunch: Mon.-Sat.
11:30-3:00 p.m.

Sunday Brunch:
9:30-2:00 pm

Dinner: Wed thr sat
5:30-8:30 p.m.

Hearty Fare

scrambled tofu	2.25
one egg	1.00
two eggs	1.25
plain omelette	2.00
vegetable omelette	2.35
Second Ceres omelette	2.35

.30 extra for cheese 

* all of the above served with whole wheat toast *

Buckwheat Pancakes 2.25

Blueberry Buckwheat Pancakes . 2.50

* pancakes served with dairy or soy butter and
real maple syrup *

Mexican Eggs . . a crisp tortilla with melted jack cheese
covered with two fried eggs, spicy tomato sauce, more
cheese and sour cream 3.50

Eggs Foo Yung . . sauteed bean sprouts, onions and
mushrooms in a three egg patty covered with garlic
ginger sauce 3.50

Side Orders

home fries50
whole wheat toast40
whole wheat bagel55
w/cream cheese80
corn muffin40
blueberry muffin45
hot cereal85
granola with milk	1.25
granola with yogurt	1.50

Beverages

fresh squeezed orange juice .	.70/1.20
fresh carrot juice	1.25/1.75
hot spiced carob50
grain beverage45
coffee45
herb teas45
Earl Grey tea45
cashew milk for cereal40
maple syrup for cereal40

* please check our menu board for changes and additions *