



# Loving Hut

be veg  
go green  
save the planet

## Healthy and 100% Vegan

New Promotion: 15% off 3pm to 6pm  
Ends March 2010

### Starters

<b>Loving Hut Chips</b>	Crispy salted organic corn chips with house salsa	4.00
<b>Edamame</b>	Seasoned soy beans with Asian pepper salt	4.00
<b>Happy Dumplings</b>	Hand-made mixed vegetable steamed dumplings (7pcs)	5.00
<b>Health Vegetables</b>	Steamed vegetables in Shallot dressing	6.00

### Entrees

<b>Sautéed Udon</b>	Sautéed udon noodles with mixed vegetables and tofu	7.50
<b>Udon Soup</b>	Udon noodles with tofu and vegetables in vegetable soup base	7.50
<b>Vegan Fried Rice</b>	Sautéed vegan beef and vegetables mixed with grain rice	7.00
<b>Vegan Joy</b>	Five Grain Rice or wheat Macaroni, with vegan chicken and mixed vegetables in Teriyaki sauce *Includes soup	9.50
<b>Vegan Delight</b>	Five Gran Rice or wheat Macaroni with vegan beef, sweet peppers and vegetables in spicy BBQ sauce *Includes soup	9.50
<b>Sautéed Mushroom</b>	Five Gran Rice or wheat Macaroni with fresh mushrooms in Chile Pasilla Sauce *Includes soup	9.00
<b>Loving Hut Burger</b>	Vegan beef burger with mixed greens, guacamole, onions, tomatoes	5.00
<b>Loving Hut Sandwich</b>	Terragon Mayo or Mild Chipotle sauce w/tomatoes, vegan chicken and mixed greens in wheat bread	6.00
<b>Energy Sandwich</b>	Alfalfa sprouts, mixed greens, guacamole, tomatoes, and cucumbers	6.00
<b>Mushroom Quesadilla</b>	Wheat or sesame tortilla with mushrooms, mixed vegetables, and vegan cheese *guacamole & salad	7.50
<b>Spinach Quesadilla</b>	Wheat or sesame tortilla with spinach, sweet peppers, mixed vegetables and vegan cheese *guacamole & salad	7.50
<b>Protein Quesadilla</b>	Wheat or sesame tortilla with mixed vegetables, vegan chicken and vegan cheese	8.00

348 7th Avenue New York, N.Y. 10001 (29<sup>th</sup> & 30<sup>th</sup> Street)

Tel: (212) 760-1900 Fax: (212) 760-1902

Mon-Fri: 11am-9pm; Sat: 12pm-8pm

EAT IN, DELIVERY AND CATERING

[newyorkcity@lovinghut.us](mailto:newyorkcity@lovinghut.us) [www.lovinghut.us/newyorkcity](http://www.lovinghut.us/newyorkcity)



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### Salads

**Dressings:** Loving Hut , Shallot , Raspberry

<b>House Salad</b>	Mixed greens, beets, pine nuts, quinoa sprouts, cucumber, peas, corn	<b>7.00</b>
<b>Avocado Salad</b>	Mixed greens, avocado, cucumber, cherry tomatoes, olives, walnuts	<b>7.00</b>
<b>Protein Salad</b>	Mixed greens, barley, vegan chicken, sun dried tomatoes, alfalfa sprouts	<b>7.50</b>
<b>Wakame Seaweed Salad</b>	Fresh cucumber, assorted seaweeds with sesame seeds and Sesame dressing	<b>6.00</b>
<b>Tofu Salad</b>	Fresh mixed greens, carrots, sweet peppers, black olives, walnuts, tofu soaked in delicious blended basil sauce and olive oil	<b>6.50</b>

### Soups

<b>Lentil Soup</b>	Potatoes, onion, carrots, lentils, garlic, broccoli, olive oil and celery in vegetable broth	<b>3.50</b>
<b>Today's Soup</b>	Ask us about today's special soup	<b>3.50</b>

### Beverages

<b>Hot Tea</b>		<b>1.50</b>
<b>Teany</b>	different flavors of cold bottled tea	<b>2.50</b>
<b>Bottled Water</b>		<b>1.50</b>
<b>Bottled Soda</b>	Pepsi, Diet Pepsi, Root Beer, Ginger ale, Seltzer	<b>2.00</b>
<b>Bubble Tea</b>	Black Tea with tapioca pearls *brown sugar, soy milk optional	<b>3.50</b>

### Deserts

vegan desserts coming soon.....