

Salads

V = Vegan/No Cholesterol VO – Vegan/No Cholesterol Option

We choose organic, locally grown, and sustainable ingredients whenever available to us. Salads are served with our homemade, vegan bread, along with the ingredients listed in the description of each salad.

Our Dressings: Herbal Vinaigrette, Sesame tahini, Mango-honey mustard, Jalapeno/chive Ranch, Yogurt- dill , balsamic-orange vinaigrette, and Creamy Parmesan-dill

V- O - **House Salad** - Organic mixed greens, tomatoes, cucumbers, red onion, sunflower seeds, and homemade croutons
add: Tabulli, or Guacamole, Feta, Mozzarella, Cheddar, or Swiss cheese,
Hard-cooked organic or local egg, Chipotle “chicken”, Buffalo “chicken”,
eggsalad, or curried “chicken” salad

V - **Side Salad**, a smaller version of our House Salad

V - **Spinach - Mushroom Salad** - Organic baby spinach and mushrooms, tomato, red onion, sunflower seeds, and homemade croutons

V-O - **S.S.B. Soup, House Salad, & Bread** - A mug or a bowl of our soup and our House Salad, with optional: Tabulli, or Guacamole, Feta, or Mozzarella, Cheddar, or Swiss cheese, Hard-cooked organic or local egg, Chipotle “chicken”, Buffalo “chicken”, eggsalad, or curried “chicken” salad

V-O - **Mediterranean Salad** - Bulghur wheat Tabulli, a fallafel ball, our Hummus of the day, California black olives, Feta Cheese, and wheat pita, over our house salad

V-O - **Roasted Vegetable Salad** - A seasonal assortment of herb and garlic-roasted organic vegetables over a bed of organic baby spinach, with optional Feta cheese

V-O - **Avocado Salad** - Our spinach-mushroom salad with sliced avocado and your choice of: egg salad, curried “chicken” salad, Buffalo Soy chicken, or Vegan chipotle soy chicken

V-O - **Caesar Salad** - Romaine leaves, tossed with our lemon-garlic miso dressing, our homemade croutons, and optional Parmesan cheese
Add: Chipotle or Buffalo Soy Chicken

Greek Salad - Our House Salad topped with a combination of organic broccoli, tri-color bell peppers, red onion, and cucumber, Feta cheese, and California black olives, tossed in our lemon-mint dressing

V - **Roasted Organic Tofu Salad** -organic tofu, marinated then roasted (flavors vary), and roasted organic seasonal vegetables, served over organic mixed greens with house-candied sunflower seeds

V-O - **Hi -Protein Salad**-Our Spinach-Mushroom Salad with mozzarella cheese, raisins, and walnuts

V-O - **Cobb Salad** - sliced avocado, hard-cooked organic egg, crispy soy bacon, and Swiss cheese, over organic Romaine leaves

V-O - **Seasonal Salad** – sliced organic apples or other seasonal fruit, house-candied walnuts, and dried cranberries, over organic baby spinach, tomatoes, red onions, and our homemade croutons, with balsamic-orange vinaigrette and optional Feta cheese

V-O - **Puebla Salad** – Organic black beans, corn kernels, organic bell peppers, and red onions in our chile vinaigrette, over organic mixed greens, chopped tomatoes and cucumbers, and red onion, with organic corn tortilla chips and optional Feta cheese

Breakfast Menu

served all day

Organic, natural and sustainable, because it the best choice for now and the future.

VO-Huevos Rancheros – 2 organic or local eggs, organic tofu, poached in our homemade tomato salsa, topped with mozzarella and cheddar cheese and sour cream, served over organic tortilla chips.

Also available with refried organic pinto beans and/or guacamole.

VO-Huevos Javier – 2 organic or local eggs, organic tofu, poached in our tomato salsa with black beans, corn and organic bell peppers, topped with mozzarella and cheddar cheese and sour cream, served over organic corn tortilla chips.

Uovo Rustica – 2 local eggs poached in our marinara sauce over a toasted baguette with a sprinkle of mozzarella.

VO-Migas – 2 organic or local eggs, scrambled in our tomato salsa, served over organic corn chips with sour cream.

Quiche – A savory custard-filled vegetable filled pie, in our piecrusts using organic trans-fat free shortening, served with a toasted baguette. Also available with 2 soy bacon strips or soy sausage. We won the Connecticut Magazine Award for it!

Fruit Smoothies – Choose either dairy or organic soy milk, or juice, 2 fruits, ice, organic wheat germ and locally produced honey. Fruits: blueberries, strawberries, raspberries, mango or bananas. Add our homemade yogurt, organic flax oil or protein powder.

Granola – Our homemade fruit and nut granola, made using the finest organic and natural ingredients. Served with sliced bananas, honey, organic wheat germ and milk.

Organic soy milk on granola also available.

Yogurt Parfait – Our homemade plain yogurt, assorted berries and our homemade granola.

Whole Wheat Bagel – with butter or organic cream cheese.

Muffins & Cupcakes – Made here from scratch.

Lithuanian Coffee Cake – Our signature cake.

*** *Bring home a bag of granola, it makes a nice gift!* ***



A Fine Vegetarian Café
and Coffee House
Since 1975

1000 Chapel Street
(Corner of College and Chapel Streets)
New Haven, CT 06510

— **Open Every Day** —
8 a.m. to 9 p.m.
until 10 -p.m on Friday and Saturday

You are welcome to phone ahead for take-out orders.

562-3888

www.clairecornercopia.com

Breakfast Menu

Served every day, from 8 am – Noon

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Irish Breakfast – 2 local eggs, fried in e.v.o.o., with sautéed mushrooms and tomatoes, served with roasted organic potatoes.

Eggs Florentine – 2 poached eggs, on a whole wheat English muffin, with organic baby spinach in a light cream sauce with Swiss cheese, served with roasted organic potatoes and sliced organic fruit.

Scrambled or Poached Eggs – 2 local eggs scrambled or poached as you please, served with a wheat baguette.

The Good Egg Sandwich – a fried local egg, with 2 strips of soy bacon on a wheat English muffin.

Omelettes – 3 egg omelette with your choice of three fillings and one cheese, served with a baguette or toasted wheat bagel.
Fillings: organic baby spinach, tomatoes, red onion, mushrooms, black olives
Cheeses: Mozzarella, cheddar, feta, swiss, basil-ricotta or queso blanco

V **Tofu Scramble** – Organic tofu, scrambled with organic baby spinach, red onion, black olives and herbs cooked with a little extra virgin olive oil, garlic and lemon. Served with a toasted wheat bagel, baguette or in a whole-wheat wrap.

Add breakfast bacon, soy sausage or roasted organic potatoes for an additional charge.

***** **Weekends Only from 9 am to Noon** *****

V **Whole Grain Pancakes** – Served with warm berries and pure maple syrup.
Add 2 strips of soy bacon or soy sausage for an additional charge.

French Toast – Our cinnamon infused egg dipped French Toast, with sautéed bananas and pure maple syrup.
Add 2 strips of soy bacon or soy sausage for an additional charge.

Thank you for supporting our efforts to bring organic, locally grown and natural foods to our community!

Flat Bread Pizzas

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A 10" whole wheat tortilla with your choice of toppings:

Margarita – Marinara and mozzarella.

BBQ Soy Chicken – Spicy soy chicken with barbeque sauce, red onion and cheddar cheese.

Mediterranean – Organic baby spinach, red onion, tomato, feta cheese, and mozzarella.

Zio – Tomatoes, basil ricotta, hot cherry peppers, mozzarella and garlic oil.

Pesto Ricotta – Fresh basil ricotta, tomatoes and mozzarella.

Hot Open-Faced Bagel Sandwiches

All baked on a wheat bagel.

Pizza Bagel – Our own marinara sauce with mozzarella.

Sara's Dream – Sliced tomato and mozzarella.

Soy Chicken Salad Melt – Soy chicken salad, tomato and mozzarella.

Veggie Burgers

VO Our own grain, nut and vegetable burgers are served on our whole-wheat bun with organic baby greens, sliced tomato, red onion and a sample salad of the day

All American Burger – With cheddar cheese and mozzarella.

California Burger – With guacamole and melted cheddar.

Mushroom Burger – With mushrooms and melted swiss cheese.

Greek Burger – With feta and tzatziki.

Bistro Burger – With crispy soy bacon and melted swiss cheese.

Desserts

There's room for a little indulgence in every healthy diet. Incredibly delicious...and made with organic flour, fair trade sugar and other pure ingredients – and never any trans-fat since 2001.

Every day we bake cakes, pies, muffins, cookies and fruit crisps.

Don't miss our Lithuanian Coffee Cake®

Special Orders welcome.

Birthday cakes are our specialty.

Visit our website for the dessert menu, or just ask us.

We're here to help.

www.clairecornercopia.com

Thank you for helping us to carry out our mission to support local & organic farmers for future generations.

Sandwiches

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Served with a sample salad of the day.

Add Chipotle or Buffalo soy chicken to any sandwich for an additional charge.

Choose from our vegan breads: Sliced whole grain bread, French bread baguette, whole wheat pita, our homemade wheat bun, wheat bagel, or wheat wrap.

Pita sandwiches are big, overstuffed, eat with a fork sandwiches, filled with organic mixed salad greens, tomato, red onion, and served with our Sesame Tahini dressing.

VO - **Topo Gigio** - Garlic roasted organic Portobello cap, and roasted organic peppers, with mozzarella

VO - **Grilled Organic Vegetables** - with sun-dried tomato - feta pesto or Vegan spread

VO - **Sicilian Sandwich** - Sauteed broccoli rabe, with tomatoes and roasted organic peppers, tomatoes, and melted mozzarella

Grilled Cheese Florentine - Organic baby spinach w/ chopped tomatoes, extra virgin olive oil, and mozzarella, in a wheat baguette

Fire Island-Oven Roasted Buffalo Soy Chicken with roasted bell peppers, melted cheddar, and mozzarella, with our queso blanco

Curried Chicken Salad - Tiny cubes of soy chicken, tossed with organic celery, apples and carrots, mixed with raisins and our curried mayonnaise, with organic Romaine, sliced tomatoes and red onion

Traditional Eggsalad - chopped organic or local eggs, tossed with organic carrots and real mayonnaise, with organic Romaine, tomatoes, and red onion

V - **Veggie Pita** - a salad in a pita bread, with optional Tabulli or Feta cheese

Cheese Pita - Layers of organic salad greens, tomatoes, onion and cucumbers, and your choice of melted Cheddar, Swiss, or Mozzarella cheese

M&M Pita - Layers of organic salad greens, melted mozzarella and organic mushrooms

AM&M Pita - An M&M Pita with organic avocado

V- **Fallafel**- our Middle Eastern spiced chic pea balls, in w/w pita, with organic greens, tomato, and red onion, with our sesame tahini dressing on the side

VO - **Soup and 1/2 sandwich** - A mug of our soup and a 1/2 sandwich of; curried soy chicken salad, or eggsalad, tabulli, or fallafel, with organic greens, tomato, and red onion

VO- **Soy BLT** - Slices of crispy soy bacon, with organic Romaine, tomato, red onion, and real mayonnaise or soy mayonnaise

VO- **Soy Chicken CLT**

Strips of Chipotle soy chicken, organic Romaine leaves, tomato, and red onion, with real mayonnaise, or soy mayonnaise

Pita sandwiches are overstuffed and served with a side of our sesame tahini dressing

V-O **AMM**, a pita sandwich with layers of avocado, organic greens, tomato, and melted mozzarella

V-O **M&M**, a pita sandwich with layers of organic mushrooms, organic greens, tomato, onion, and melted mozzarella

V- **Veggie Pita**, a house salad in a pita

Ricotta Napoli - Fresh basil pesto ricotta, sliced tomatoes, and melted Mozzarella

Mexican Favorites

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We make our own refries, guacamole, salsa, vegetarian chili and fillings using organic beans and organic grains.

NACHOS

Nachos – Organic corn tortilla chips with melted cheddar and mozzarella cheese. Served with our tomato salsa & sour cream.

Nachos & Refried Organic Pinto Beans – Served with our tomato salsa & sour cream.

Mike's Nachos, Class of '73 – Our nachos with our refried beans. Served with our tomato salsa & sour cream.

Nachos del Alma – Nachos for the soul. Our nachos, topped with sliced black olives, jalapenos, red onions and fresh tomatoes. Served with our tomato salsa & sour cream.

TOSTADAS

VO **Tostada Frijoles** – A crisp corn tortilla baked with our refried organic pinto beans, melted mozzarella & cheddar cheese, shredded organic romaine, chopped tomatoes, red onion, and served with our tomato salsa.

VO **Tostado Pollo Chipolte** – A crisp tortilla topped with melted mozzarella, topped with slices of our chipolte soy chicken, shredded organic romaine, chopped tomatoes, sliced California black olives, red onion, crumbled sheep's milk cheese and mango cilantro creme.

HUEVOS

VO **Huevos Rancheros** – 2 organic or local eggs, or organic tofu, poached in our homemade tomato salsa, topped with melted cheddar and mozzarella cheese and sour cream, served over organic corn chips.

VO-**Huevos Javier** – 2 organic or local eggs, organic tofu, poached in our tomato salsa with black beans, corn and organic bell peppers, topped with mozzarella and cheddar cheese and sour cream, served over organic corn tortilla chips.

VO-**Migas** – 2 organic or local eggs, scrambled in our tomato salsa, served over organic corn chips with sour cream.

ENTREES

VO-**Chili** – Our stew of organic pinto and kidney beans, brown rice, tomatoes, corn and chilies with optional melted mozzarella and cheddar, served with organic corn chips.

Mexican Lasagna – Layers of wheat and corn tortillas, refried organic pinto beans, sour cream, mozzarella and cheddar cheese, corn, onions, organic spinach, mushrooms, zucchini and tomato salsa.

Eggplant Veracruz – Breaded and pan-fried eggplant cutlets baked with our tomato salsa, sliced black olives, mozzarella and cheddar cheese.

Enchiladas de la Casa – Corn tortillas filled with sour cream, onions, corn, mushrooms, zucchini, carrots, organic spinach, mozzarella and cheddar cheese and baked with our tomato salsa.

VO-**Challapita** – A crisp corn tortilla layered with our refried organic pinto beans, guacamole, sour cream and chopped tomato, served over organic greens.

QUESADILLAS

A big wheat flour tortilla turnover, oven-baked

Choose from:

- ◆ Plain Cheese - with melted mozzarella and cheddar, served with our tomato salsa and sour cream.
- ◆ Organic Spinach & Tomato - with queso blanco and mozzarella, served with our tomato salsa and sour cream.
- ◆ Refries & Cheese - with our refried organic pinto beans, cheddar and mozzarella cheese, served with our tomato salsa and sour cream.
- ◆ Chipolte & Chicken - with mozzarella & Cheddar cheese, served with our tomato salsa and sour cream.
- ◆ VO California - baked with sliced organic avocado, chopped tomatoes, mushrooms, crisp soy bacon and mozzarella, served with black bean salsa.
- ◆ VO Tia Juana - filled with our salsa of organic black beans, corn, organic bell peppers, San Marzano tomatoes, onions and Anaheim chile's, baked in a quesadilla with mozzarella, topped with guacamole and Mango-Cilantro Crema.
- ◆ VO Roasted Vegetable - baked with our roasted organic seasonal vegetables and melted mozzarella, served with our tomato salsa and sour cream.

BURRITOS

A 10-inch wheat flour tortilla, served with our tomato salsa and sour cream (unless otherwise noted).

Choose from:

- ◆ VO Refried Beans & Cheddar - refried organic pinto beans, mozzarella, cheddar cheese and tomato salsa.
- ◆ VO R&B - refried organic pinto beans, organic brown rice, mozzarella and cheddar cheese, optional tomato salsa. *Add Guacamole.*
- ◆ VO Spicy Buffalo - our buffalo soy chicken, organic brown rice, refried organic pinto beans and hot cherry peppers with a little mozzarella cheese. Optional tomato salsa.
- ◆ VO Cornercopia Grande - refried organic pinto beans, organic brown rice, roasted organic vegetables, your choice of buffalo or chipolte soy chicken, mozzarella and cheddar cheese, baked with our tomato salsa and topped with guacamole.