



GLUTEN FREE MENU

~APPETIZERS~

- EDAMAME soybeans steamed in the pod and sprinkled with sea salt. 8
MEZZE PLATE hummus, quinoa tabouli, lemon-date chutney, marinated olives & zataar.
Served with crudité. 10

~SALADS~

- HOUSE SALAD mixed field greens with red cabbage and carrots.
Served with your choice of a Candle dressing. 10
LIVING CRUNCHY SPROUT mixed field greens topped with an assortment of sprouts,
carrots, raisins and sesame seeds. Served with your choice of Candle dressing. 12
BEET SALAD arugula, apples, shaved fennel, almond cheese and toasted cashews.
Served with a creamy cranberry dressing. 15
AZTEC SALAD bi-color quinoa, avocado, black beans, red onions and jicama, topped with spiced pumpkin seeds.
Served over mixed field greens with a toasted cumin vinaigrette. 16

Add Avocado 3

~ENTRÉES~

- GINGER-MISO STIR-FRY seasonal vegetables and tofu in a ginger-miso sauce over brown rice. 16
PARADISE CASSEROLE layers of sweet potato, black beans and millet over steamed greens with country gravy. 16
MOJO DE AJO BAKED TOFU quinoa-vegetable pilaf and sautéed green chard over a tomatillo-cumin sauce.
Served with pineapple salsa and drizzled with chipotle coulis. 19

~SIDES~

- Brown Rice • Yellow Basmati Rice • Bean of the Day
Baked Sweet Potato • Caramelized Onions • Coleslaw 4 EACH
Steamed Tofu • Steamed or Sautéed Broccoli • Steamed or Sautéed Daily Vegetables
Steamed or Sautéed Daily Greens • Sea Vegetable Salad • Shallot -Potato Mash
Quinoa Vegetable Pilaf • Fried Potatoes • Roasted Beets 5 EACH
(Includes one dressing/ sauce per side)

GOOD FOOD PLATE

Choose a combination of four sides paired with two candle dressings or sauces. 18

DRESSINGS & SAUCES

Balsamic Vinaigrette | Carrot Ginger | Tahini | Ginger Soy | Creamy Wasabi
Toasted Cumin | Creamy Cranberry | Country Gravy | Roasted Garlic Tomato Sauce

~DESSERT~

- CHOCOLATE MOUSSE PIE 7
SOY ICE CREAM Chocolate, Vanilla, Mocha Swirl • CANDLE'S DAILY SORBET
One Scoop 3, Two Scoops 5