



Gluten-Free Menu

All items listed in this menu are gluten-free or may be special-ordered to be gluten-free. Items marked with # should be special-ordered as noted, to be gluten-free.

*If you have a food allergy or food sensitivity,
please know that we have a complete list of all of our food ingredients:
ask for "The Answer Book"*

Appetizers

Baked Artichoke-Spinach Dip # Order with rice crackers instead of wheat crackers

Yummy hot-from-the-oven dip of artichoke hearts, spinach, sour cream & mozzarella, with crisp crackers. (Please allow 10 minutes!) 8.95

Veggie Nirvana with Hummus ♧

Rainbow plate of fresh, raw veggies (baby carrots, cucumbers, broccoli, red peppers, grape tomatoes, celery, cauliflower & radishes), with creamy, garlicky hummus! 8.95

Guacamole & Chips ♧ # Order with rice crackers instead of chips

House-made corn chips with fresh guacamole and salsa. 6.95

Apples with Spicy Pecan Chutney ♧

Fresh apple slices with an irresistible spicy pecan chutney. 4.95

Baked Brie with Apple-Pear Purée #Order with rice crackers instead of wheat crackers.

A wedge of creamy French brie cheese, with spiced apple-pear purée, roasted pecans and crisp crackers. 8.95

Menu note: Our Yam Fries have a coating that contains wheat; when Yam Fries are cooked in our deep fryer, the oil will have traces of wheat present. For this reason, all deep-fried items may be cross-contaminated by wheat, even though the items themselves do not contain wheat (specifically: corn chips, French fries, the crisp corn tortillas found in breakfast items and the corn tortillas used for all enchiladas).

Entrées

Curried Eggplant ♯

Tender chargrilled eggplant with tamarind-coconut-peanut sauce, served with a really spicy vegetable-brown rice biryani and a cooling beet-soy yogurt raita..

North African Couscous ♯ **#Substitute tofu (prepared with wheat-free tamari) for tempeh; substitute rice for couscous**

Aromatic mix of carrots, potatoes, onions, cauliflower, peppers, tomatoes & garbanzos in North African curry spices, on couscous with chargrilled tempeh & fresh cilantro. Low fat! 13.95

Cilantro-Peanut Stir Fry ♯

Stir-fried broccoli, red & yellow peppers, mushrooms, mung sprouts, carrots and green onions with a spicy cilantro-peanut-ginger-lime sauce, over organic brown rice, with roasted peanuts. 12.95

Pasta alla Bosca ★ # **Order with gluten-free penne instead of wheat penne; substitute tofu (prepared with wheat-free tamari) for soy “sausage”; order without garlic bread**

Spicy! Penne pasta with chargrilled portabella mushrooms and soy “sausage,” sautéed with a touch of olive oil and lots of garlic & hot peppers, topped with parmesan and served with sourdough garlic bread. Low fat! 13.95

Eggplant and Broccoli with Cilantro-Peanut Sauce ♯

Tender chargrilled eggplant and fresh, steamed broccoli with organic brown rice and spicy cilantro-peanut-ginger-lime sauce. 12.95

Add a cup of soup or a side salad to any entrée on this page for 1.95!

Vegan menu items are indicated by ♯

Items that may be special-ordered as vegan are indicated by ★

Weekly Specials at Seva!

Margarita Mondays!

Fresh Lime & Strawberry Margaritas on special by the glass and by the pitcher!

Wine Lovers' Tuesdays!

Half Price Wines ~ All Wine by the Glass ~ With the purchase of an entree only

Flight Night!

~ Every day, all day long ~

Sample-sized glasses of three different & interesting wines, specially selected by Jeff

Saturday and Sunday Brunch!

Opening to 3 pm

Enjoy weekly brunch specials in addition to our full breakfast, lunch & dinner menu!

Salads

Veggie Chop Salad ♯ # Order without croutons

Organic baby greens with grape tomatoes, cucumber, red peppers, celery, radishes, carrots, fresh avocado & croutons. 9.95
(half-portion Veggie Chop Salad > 7.55)

Chargrilled Portabella & Goat Cheese Salad

Chargrilled portabella mushrooms & red onions and sesame seed-crusting goat cheese on organic baby lettuce, with roasted pecans. 13.95
(half-portion Chargrilled Portabella & Goat Cheese Salad > 9.95)

Greek Salad ★ # Order without croutons

Romaine lettuce with feta, Calamata olives, red onions, beets, tomatoes, pepperoncini, cucumbers & croutons. 10.95
(half-portion Greek Salad > 8.25)

Baby Greens with Pears & Blue Cheese

Organic baby greens with Maytag blue cheese, fresh pear slices and pecans. 9.95
(half-portion Baby Greens with Pears & Blue Cheese > 7.55)

Spinach Salad ★ # Order without croutons

Fresh baby spinach, hard-boiled egg, cucumbers, mushrooms, tomatoes, red onions and croutons. 9.95
(half-portion Spinach Salad > 7.55)

Thai Salad ♯

Organic baby greens with cucumbers, red peppers, carrots, mung bean sprouts and roasted peanuts, with spicy cilantro-peanut-lime dressing. 8.95
(half-portion Thai Salad > 6.75)

Side Salad ♯ # Order without croutons

Organic baby lettuce with carrots, cucumbers, tomatoes and croutons. 3.95

**Customize your salad
with any or all of
these tasty additions:**

- Fresh Avocado ~ 2.95
- Goat Cheese ~ 2.00
- Feta Cheese ~ 1.50
- Maytag Blue Cheese ~ 2.75

**All of our dressings are house-made!
Gluten-free dressings:**

- Balsamic Herb Vinaigrette ♯
- Thai ♯
- Fat-Free Sweet & Spicy Rice Vinegar ♯
- Poppy Seed ♯
- Ranch
- Vegan Creamy Dill ♯

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Breakfast (served all day long!)

We use only fresh, organic eggs from the Eaton County Co-Op!

Make-Your-Own Omelette # Order without toast

Made with three eggs, served with potatoes and your choice of toast (Rye, Multi-grain, or Cinnamon-Raisin). Egg white omelettes available on request.

Choose any 3 items > 8.95 (Add .50 for each additional item)

- Cheese (Cheddar, Swiss, Mozzarella, Feta, Smoked Mozzarella) •
- Tomatoes • Mushrooms • Broccoli • Pesto •
- Green Onions • Black Olives • Spinach • Guacamole •

Sides

- Fresh Avocado Ƴ 2.95
- Black Beans (mashed) Ƴ 1.50
- Steamed Broccoli Ƴ 2.95
- Brown Rice Ƴ 1.50
- House-made Guacamole Ƴ small 1.50 / large 3.00
- Steamed Kale Ƴ 2.95
- Pinto Beans (mashed) Ƴ 1.50
- Oven-Roasted Redskin Potatoes with Garlic & Rosemary Ƴ 2.95
- Steamed Spinach Ƴ 2.95
- Sautéed Tofu with Soy Sauce and Garlic Ƴ # Order prepared with wheat-free tamari instead of regular soy sauce 2.95
- Yogurt (plain) 1.95



Lunch Special ~ Available 11 am - 3 pm, Mon - Fri ~ Only 7.95!

A great deal for a weekday lunch!

— Side Salad (# order without croutons) & Bowl of Soup

see back page of regular menu for gluten-free soup choices