

happy veggie

healthy, tasty, vegetarian cuisine

welcome to happy veggie! Using only the freshest local ingredients, we create unique meals that not only taste great, but are heart healthy, stocked full of vegetables, low in fat, high in protein and with all-natural flavors using hand ground spices. Never before has it been so easy to eat 5 servings of vegetables in one tasty meal.

What is happy veggie soy meat? Our soy meats are made from whole grains and vegetables. These tasty morsels are seasoned and then marinated in our special blend of hand ground spices, which is what gives them their amazing flavor!

Is soy meat healthy? Yes, VERY healthy! happy veggie soy meats are very high in protein, they are cholesterol free and contain no animal fat or trans fat. Our soy meats are a great source of fiber and iron, are easily digested and are always 100% vegetarian.

happy veggie is committed to doing our part in protecting the earth and making the world a better place! we proudly use recyclable products, live green and encourage everyone to go green for one day a week so together we can make a difference!



starters

appetizers


- 1. Golden Tofu** **\$7.95**
Fresh tofu, sizzled a golden crisp, wrapped with tangy tiger mint and served with a ground black pepper and fresh squeezed lemon dipping sauce
- 2. Vegetable Dumplings** **\$6.95**
Cabbage, onion and mushroom dumplings with pickled cabbage and carrots served with a vinegar dipping sauce
- 3. Chicken Drumsticks** **\$7.95**
Soy chicken drumsticks stir-fried to a crispy golden brown served with pickled cabbage and tasty teriyaki sauce.

fresh rolls ~ custom made just for you

Small - 2 rolls **Large - 4 rolls**
\$4.25 **\$7.95**

- 4. Refreshing Spring Rolls**
 Lettuce, mint, basil, soft noodles, tofu and shrimp wrapped inside fresh rice paper and served with peanut dipping sauce
- 5. Crunchy Casaval Rolls**
 Jicama, tofu, roasted peanuts, carrots and fresh basil wrapped inside fresh rice paper served with peanut sauce

Add avocado, soy chicken or beef and/or your choice of vegetable to your rolls for an extra \$1.00

 = spicy!

 = extra healthy!

We make healthy sized portions for healthy people! Many of our meals can be shared. Ask your server about portion sizes when ordering.

salads

Small \$4.25 **Large \$8.25**

- 6. Vietnamese Chicken Salad**
A blend of stir-fry soy chicken tossed with fresh tiger mint, crispy cabbage, and roasted peanuts
- 7. Heavenly Salad**
Tasty soy chicken mixed with a medley of purple and white cabbages, carrot, tofu
- 8. Farmer's Market Salad**
 A medley of the freshest seasonal vegetables including baby tomatoes, carrots and cucumber atop a bed of crispy mixed greens

All of our salads are tossed in a sweet and refreshing blend of rice vinegar and ground pepper.

SOUPS

Small - serves 1 **Large - serves 2**

- 9. PHO ~ Traditional Vietnamese Soup ~ Our Specialty!**
N/A **\$8.95**
 A mouth-watering healthy noodle soup made with tofu, soy chicken, roasted ginger, shallots and over 10 healthy herbs and spices simmered to perfection. Served with fresh bean sprouts, jalapeno pepper, lime and basil
- 10. Won Ton Soup** **\$6.95** **\$8.95**
An all time classic, wontons, loads of fresh vegetables, soy, cilantro and tofu simmered in a light vegetable broth
- 11. Curry Soup** **\$6.95** **\$8.95**
 A hearty and spicy puree of potato, carrot, taro, soy, tofu and onion and a tangy curry broth
- 12. Vegetable Soup** **\$6.95** **\$7.95**
 Fresh mixed seasonal vegetables, soy, cilantro and tofu in a homemade vegetable broth

Ask about our Chef's Special Soup!

entrees

	Lunch*	Full Dinner
13. Veggie Stir-Fry Delight	\$6.95	\$9.95
 A delicious combination of the freshest local vegetables lightly stir-fried with healthy tofu		
14. Lemon Grass Chicken	\$7.95	\$10.95
 A zesty and unique dish made with soy chicken, lemongrass, onions and chunks of celery in a tangy sauce		
15. Szechwan Chicken Strips	\$7.95	\$10.95
Simmered onion, broccoli and ginger layered with savory soy chicken strips		
16. Kung Pao Chicken or Beef	\$7.95	\$10.95
 Your choice of soy chicken or beef simmered with onions and bell peppers in a spicy garlic and seasoned black bean sauce with peanuts on top.		
17. Curry Chicken	\$7.95	\$10.95
 Soy chicken simmered with sweet potatoes, red potato, taro and yucca in a light curry, coconut sauce		
18. Green Beans and Chicken	\$7.95	\$10.95
Soy chicken slices sautéed with onions and green beans		
19. Broccoli Chicken or Beef	\$7.95	\$10.95
Chinese broccoli and soy chicken or beef served with sweet onions in a black bean sauce Add \$1.00 for shrimp		
20. Mongolian Chicken or Beef	\$7.95	\$10.95
 Your choice of soy chicken or beef simmered with onions and bell peppers in a spicy garlic and seasoned black bean sauce Add \$1.00 for shrimp		
21. Curry Vegetable Masala	\$7.95	\$9.95
Fresh mixed vegetables and tofu in a tangy curry sauce Add \$2.00 for soy chicken or shrimp		

*Lunch includes white rice and daily soup. Add \$1.00 for brown rice. Lunch served daily 11:00am - 2:30pm.

sides

22. Steamed Mixed Veggies	\$5.95
A large portion of Chinese broccoli, cauliflower, carrots and napa cabbage lightly steamed	
23. Steamed Chinese Broccoli	\$5.95
A large portion of fresh Chinese broccoli, lightly steamed to perfection	
24. Steamed Brown Rice	\$2.50
25. White Rice	\$2.00

desserts

All vegetarian - no eggs, milk or cheese!

Berry Cheese Cake	\$4.50
A light and fluffy cheesecake served with fresh seasonal berry puree	
Almond Mocha Whipped Cake	\$4.50
A dairy-free, fluffy and moist white cake covered with whipped almond mocha topping	
Happy Veggie Flan	\$4.50
Light and homemade, our custard is made with 100% maple syrup topped with soy whipped cream	

house specialties

26. Clay Pot Tofu	\$12.95
Golden tofu braised in a special clay pot with potatoes, taro and fresh carrots in hearty vegetable broth	
27. Happy Veggie Wrap	\$13.95
Lightly stir-fried vegetables inside a soy shrimp and tofu crepe wrapped in fresh lettuce leaves and greens. Served with a tangy lemon vinegar dipping sauce	
28. Crispy Veggie Nugget Salad	\$13.95
Crispy veggie nuggets stir-fried with garlic and sweet onions, served atop fresh green salad and tossed in a sweet and refreshing blend of rice vinegar and ground pepper	
29. House Special Chicken	\$15.95
Soy chicken pan seared in our special wine and lemon cream sauce with tangy capers, served with a fresh cabbage salad	
30. Grilled Fish Dinner ~ Serves 2	\$19.95
Grilled soy fish wrapped in rice paper with fresh mint, lettuce, asian noodles and covered in a light seasoned sauce	

sides

31. Pan Fried Noodles	\$13.95
A happy veggie original! Soy chicken with stir fried fresh vegetables, tofu and onion atop a crispy crust of pan-fried rice noodles.	
32. Pad Thai	\$12.95
Soy chicken, tofu, bean sprouts, chopped roasted peanuts, vegetables and thai noodles tossed in a light peanut sauce served with a cabbage and wild onion salad	
33. Chinese Broccoli Noodles	\$12.95
Fresh Chinese broccoli stir-fried with soy chicken, tofu and onion over a bed of soft white rice noodles	

beverages

Pot of Hot Tea	\$3.00 (for 2)
Refills included	\$5.00 (for 4)
Iced Tea	\$1.75
Thai Iced Tea	\$3.25
Bottled Green Tea	\$2.50
Juice ~ Apple, Cranberry, Aloe Vera	\$2.50
Fresh Lemonade	\$2.75
Arnold Palmer	\$3.75
Beer ~ Non-Alcoholic	\$3.00
Soy Milk ~ hot or cold	\$2.50
Fresh Young Coconut	\$3.00
Perrier	\$2.75
Bottled Water	\$3.00

Fresh smoothies

Avocado	\$5.25
Strawberry Banana	\$4.00
Mixed Fruit	\$4.00

Ask about our fresh, seasonal fruit smoothie

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