

Souen

East Village

TEL: 212-388-1155

WWW.SOUEN.NET

Sugar-Free, Vegan, Gluten-Free Friendly Kitchen

326 East 6th St, (Between 1 & 2 Ave)



Delivery hours: Mon-Sat: Noon ~ 10pm,
Sun: Noon ~ 9:30pm

Minimum order: start \$12~ (see our web-site)

Credit card OK!: Visa, MC and Discover

Range: Ave C to Mercer, 20th Street to Delancey/Broome

SOFT DRINKS

HOT



Kuki-cha Tea 2 / cold 2.5

from tea plant stems, twig tree, rich in calcium and vitamin C, with a touch of caffeine.

Mu 16 Tea 2

licorice, ginseng, peony root and dozen other flower and plant essences. No caffeine.

Peppermint / Chamomile / Green Tea 2.5

Grain Coffee 3

coffee substitution of organic barley, rye and chicory. No caffeine.

COLD

Fresh-Pressed Organic Vegetable Juice

- Carrot Only 4 / Carrot with Apple 5

Carrot with Ginger & Apple 6 /

Green Shot Kale Only 4

Chilled Organic Apple Juice 4

Chilled Organic Apple Lemon Kuki-cha Tea 3.5

Ginger Brew / China Cola 3.25

Saratoga Sparkling Water, Still Water 2.75

SALADS

Steamed Watercress in black sesame paste 4.5

Daikon Salad 6

lettuce, kombu, nori in Sesame Vinaigrette

Seaweed Salad 5.75

hijiki, wakame, red and green seaweed.

Home-made Tofu cheese kale salad 7

Watercress Salad 7.5

mixed with cooked wakame seaweed and crunchy soy beans.

House Salad 7.5

lettuce, carrot, kimpira gobo, beets, and snow pea sprouts.

Chef Salad 10

lettuce, broccoli, carrot, beet, daikon, avocado, cauliflower, kimpira and corn.

Noodle Salad 11.5 / in Miso Tahini 12.5

Choice of your noodle mixed with vegetables, seaweed and white sesame seeds in sesame vinaigrette or miso tahini sauce.



Home-made Dressings

Carrot / Creamy Tahini Dill / Miso Tahini / Sesame Vinaigrette

One more dressing for salad, extra 1.00 ea.

SOUPS

Bean Soup 5

bean of the day with vegetable

Pureed Vegetable soup of the week 5

cold or hot

Miso Soup 5

tofu, wakame, carrot, Chinese cabbage, onion

Dumping Yuba Soup 6.5

carrot, Chinese cabbage, onion in light shoyu broth



APPETIZERS

Specials of the Day - Please ask your server.

Seitan Dumplings 6.5

steamed five dumplings filled with seitan, chinese cabbage, scallion, shiitake, garlic, and ginger.

Pickles 5.5

pickled with carrot, cucumber and chinese cabbage.

Edamame 5.5

Braised Burdock w/ ume plum paste 6

Kimpira 6.5

wok-fried shredded burdock, carrot, lotus root in sesame soy sauce.

Yuba 6.5

steamed tofu "skin" marinated in kombu-shiitake broth.

Edamame Guacamole w/ seitan chips 7

Sauteed Garlic Greens 7.00

sauteed kale in olive oil and garlic.



BASICS

Brown Rice 2.5 / 4 Natto 5

Grain of the Day 3.5

Bean of the Day 3.5

Corn Bread w/ Miso tahini spread or Apple Butter 3.5
- corn flour, carrot, apple, millet and quinoa

Maze Rice 5.75 / with salmon 7.5

brown rice mixed with carrot, shiitake and burdock.

Steamed Kale w/ dressing 4.5

Steamed Vegetables w/ dressing 5.5

carrot, broccoli and kabocha squash.



VEGETABLE ENTREES

Comes with Organic Brown Rice

\$1 for items substitution, \$2 for Maze rice Substitution.

Macro Plate 8.75

an ideal balance of steamed greens, vegetables, brown rice, beans and seaweed.

Broccoli Tofu 10

sauteed with carrot, onion and crushed tofu in carrot sauce.

Plum Shoyu Kuzu Stew 11

broccoli, cauliflower, nappa, green, carrot, snow pea, shiitake and onion in ginger tamari broth and clear kuzu sauce.

Garlic Greens & Vegetables 12

sauteed greens and vegetables in olive oil and garlic.

Vegetables and Tofu in Pesto Sauce 12

sauteed vegetables and tofu in garlic and pesto sauce.

Squash Tofu 12

sauteed tofu, squash, onion, carrot, nappa, green, broccoli and snow pea in miso-tahini sauce.

Mabo Tofu 13

seitan, tofu and vegetables in spicy thick sauce.

Yasai Itame (Stir-fried vegetables) 11

stir-fried vegetables in ginger shoyu sauce.



Seitan in Mushroom Gravy 13

Curry Vegetable Seitan in Mushroom Gravy 14

Extra Toppings

Extra Vegetables \$1

Tofu, Kale Yuba or Shiitake Mushroom \$2 each
Beans or Seitan \$3 each / Seafood \$4 / Fish \$4.5



ORGANIC RAMEN

Organic Vegan Ramen (organic wheat)

Substitutions for Ramen Noodles

Soba / Udon / Zucchini noodles

NEW Brown Rice Noodle \$2 add

Goma-shio Ramen 11 zucchini, bean sprouts, carrot, corn, onion, nori, wakame,

Spicy Goma-shio Ramen 12

Miso 10.5 vegetable kombu broth, miso, kombu, nappa, cabbage, kimpira, snow pea sprouts, corn, carrot, scallion and noodles.

Spicy Miso 11.5 miso ramen based with spices.

Curry Miso 14.5 miso ramen based with home-made curry spices.

Curry 12.5 vegetable kombu broth, soy sauce, home-made curry spices, vegetables and noodles.

Shoyu 9.5 vegetable kombu broth, soy sauce, wakame, nappa, cabbage, kimpira, carrot, scallion and noodles.

Tahini Shoyu 11.5 vegetable kombu broth, soy sauce, tahini sauce, beans, vegetables and noodles.

Black Sesame 11.5 vegetable kombu broth, soy sauce, black sesame sauce, wakame, nappa, cabbage, kimpira, carrot, scallion and noodles.

White Sesame 12.5 vegetable kombu broth, miso tahini sauce, snow pea sprout, corn, kombu, nappa, cabbage, kimpira, carrot, ginger, scallion and noodles.

Black Cod 14.5 Shoyu with hint of lime and chili, broccoli, cabbage, carrot, nappa, kale, string beans

Today's Special Ramen - Please ask your server.

Extra Toppings

Extra Vegetables \$1

Tofu, Kale Yuba or Shiitake Mushroom \$2 each
Beans or Seitan \$3 each / Seafood \$4 / Fish \$4.5



Other noodle dishes



Stir-fried Noodle 11

stir-fried vegetables in ginger shoyu sauce.*w/ choice of noodle

Pad Thai Noodle 11

stir-fried vegetables in homemade peanut sauce *w/ choice of noodle

Vegetable Sushi

Avocado Cucumber Roll 4

Daikon Kombu Organic peas Roll 4

Kimpira Watercress Carrot Roll 4

Inari Sushi 4

maze rice is wrapped with fried tofu skin

Fish Sushi Roll

Organic cooked Salmon Roll 5

DESSERT

Sugar, Dairy, Egg and Wheat Free

Gluten Free can be requested



Cookie 2.00 / Scone 2.50

spelt and brown rice flour, maple and rice syrup used.

Specials of the Day - Please ask your server.

Apple crunch 5.5 - baked fruits with granola.

Fruit Kanten 4.75

Kanten Parfait 5.5 - made with fruits, apple juice, nectar and agar agar. No sweetener used.

Cocoa mousse 4.75

- fruit kanten with vanilla soy cream and granola.

Cocoa Creamy Parfait 5.5 - cocoa mousse with vanilla soy cream and granola.

New york tofu cheese cake pie 6.00



Broiled Fish Entrees

Organic Salmon or ***Wild Black Cod** add \$1
1pc / 2pcs + (Fish plate add \$4.5)

Plain w/ lemon 9 / 15

Ginger Soy Sauce 10 / 16

Teriyaki sauce 10 / 16

Black sesame paste 11 / 17

Okabe Thick white sesame paste 11 / 17

Pesto sauce 13 / 19

*Lime Soy (Only Black Cod) 12 / 18

*Saikyo-Zuke(Only Black Cod) 14 / 20
marinated in sweet miso.

Specials- Please ask your server.

- Fish plate \$4.5 extra-

Two choices of our side dishes

- :Brown rice
- :Maze rice \$2 extra
- :Kombu Seaweed
- :Grain of the day
- :Miso soup
- :Steamed vegetables w/ dressing
- :Steamed Kale w/ dressing
- :Green salad w/ dressing
- :Bean of the day
- :Bean soup



Home-made Dressings

Carrot / Creamy Tahini Dill

Miso Tahini / Sesame Vinaigrette

One more dressing extra \$1 ea.

www.youtube.com/souennoodle