

Lu Anne's
WILD GINGER
ALL-ASIAN ~~AND~~ VEGAN
Small Plates

SILKEN COCONUT TOFU 10

Batter-Dipped in Waterchestnut Flour w/ Sweet Dry Coconut Flakes, Mango Salsa Garnish, Coconut Chutney

STUFFED FRIED WONTONS 9

Tapioca Cheddar, Spinach, Red Mango Dip

CRISPY STUFFED TOFU SKIN WRAPS 9.5

Deep Fried Sliced Roll. Minced Vegetables & Tofu Filling, Red Cocktail Dip

SALT & PEPPER KING-OYSTER MUSHROOMS 10

Deep Fried, Red Mango Dip

GRILLED BBQ SATAY SEITAN SKEWERS 9

Red & Green Peppers, Onions

GRILLED MISO EGGPLANT 10

Topped w/ Golden Needle Mushrooms, Onions & Bell Peppers

GRILLED BBQ SATAY TEMPEH 9

SPRING ROLLS 6

Shredded Cabbage, Green Beans. Carrot, Mushrooms, Onions, Tofu

CURRY SAMOSAS 9.5

Mint Chutney Dip

CRISPY SOY PROTEIN 9

Panko-Breaded & Deep-Fried Nuggets, Sweet, Light-Spicy, Nuoc Cham Dip

DUMPLINGS 8.5

Steamed or Pan-Fried

Stuffed w/Minced Carrot & Potato, Peas, Mushroom, Soy Protein

MIXED TEMPURA 9

Kabocha Pumpkin, Broccoli, Beets, & Lotus Root
W/Satay Mint Chutney

COLD GREEN TEA NOODLES IN SESAME PEANUT SAUCE 9

EDAMAME 7

HOUSE HIJIKI SALAD WAKAME w/EDAMAME 9

MIXED WAKAME SEAWEED 10

Wraps & Pancakes

SCALLION PANCAKES

A w/ Hoisin Sauce & Mango Salsa 9.5

B Topped w/Avocado& Arugula, Dressed w/ Herb-Garlic Cashew Cheese & Spicy Mayo 10

ROASTED NORI WRAPS 10

A Sweet Potato, Preserved Pickles, Avocado, Arugula, Sprouts, Multi-Grain Rice, Cashew Cheese, Spicy Mayo

B Shiitake, Citrus-Marinaded Tofu Skin, Avocado, Multi-Grain Rice, Arugula, Alfalfa Sprouts, Spicy Mayo

RICE PAPER SUMMER ROLLS 9

A Lettuce, Basil Leaf, Tofu, Jicama, Hoisin Dip

B Lettuce, Mango, Avocado, Shredded Beets, Red Mango Dip

Soups

MISO 6

Shiitake, Tofu, & Wakame Seaweed

PUMPKIN 7

White Bean, Sweet Potato and Kabocha Pumpkin, Cilantro Garnish

HOT & SOUR 6.5

Wood Ear Mushrooms, Bamboo Shoots, Silken Tofu, Scallions

Salads 15

RAW THAI

Rubbed Kale, Shredded Papaya & Jicama, w/Avocado, Tomatoes & Almonds.

Herb-Garlic Cashew Cheese & Lime-Peanut Dressing

AVOCADO CARROT GINGER

Over Kale & Arugula,w/ Adzuki Beans, Sunflower Seeds Walnuts & Tomatoes. Carrot-Ginger Dressing

KALE MANDARIN

Lemon- Rubbed Kale, Mandarin Orange, Homemade Herb-Garlic Cashew Cheese Dip, Roasted Pecans and Tomato Garnish, Mixed Quinoa. Lemon-Ginger Tahini Dressing

LUANNE'S MIX

Rubbed Kale, Kaboch Pumpkin, Soy Medallions, Gojiberry, Roasted Pecans, Dried Cranberries, Lemon Ginger Tahini Dressing

Bowls

HOUSE BI-BIM BAP 17

Sliced Seitan, Avocado, Wakame Seaweed, Adzuki Beans, Boiled Spinach, Mango Salsa, and Kimchi, Spread Cool over a Triple-Grain Rice Blend. Sesame-Peanut and Kimchee Dressings

STEAMED MACRO BOWL 16

Steamed Kale, Kabocha Pumpkin, Broccoli, w/ Cool Silken Tofu, Adzuki Beans, Wakame Seaweed, Mint Chutney Spread over a Blend of Red, Black Thai and Brown Rice

KALE AVOCADO SHIITAKE 16

Soy Protein, Steamed Kale & Broccoli, Shiitaki & Adzuki Beans, Avocado, Over Triple Grain Blend Citrus-Miso Dressing

BBQ TEMPEH & SEAWEED QUINOA 16

BBQ Satay Tempeh, Kabocha, Hijiki & Wakame, Adzuki Beans, over Mixed Quinoa. Light-Spicy Mint-Satay Chutney

KIMCHEE PUMPKIN GUMBO 15

Spiced Cabbage, White Beans, Sweet Potato & Diced Tomato, in Kabocha Soup w/Blended Triple-Grain Rice, Avocado, Fresh Basil, Mint Leaf & Cilantro Garnish

BÒ BUN VIET NOODLE SALAD 16

Satay-Marinated Seitan & Rice Vermicelli, Lettuce, w/Bean Sprouts. Crushed Peanuts, Sweet, Light-Spicy, Nuoc Cham Sauce

SPICY SOBA & KALE 15

Cold Soba Tossed in Sesame-Peanut Sauce w/Silken Tofu, over a Bed of Kale, Topped w/ Kimchee Dressing

Noodles 15

KIMCHEE YAKI UDON

Spicy Sautéed Basil-Ginger Soy, Mushrooms, Bamboo Shoots, Onions, Bell Peppers, Scallions

PAD-THAI

Light Spicy-Sautéed, with Mushrooms, Shredded Browned Tofu, Scallions, Topped w/ Crushed Peanuts

JAP CHAE

Sweet- Potato Glass Noodles, Light Spicy-Sautéed in Sesame Oil . With Soy Protein, Onions & Bell Peppers

YAKI STIR FRY *Soba or Udon*

In a Fruity Brown Sauce, w/ Browned Tofu, Cabbage, Mushrooms, Bell Peppers & Onions

Noodle Soups 15

PHÒ

Basil Soy Protein, Mushrooms, Baby Bok Choy, Bean Sprouts, in Mushroom Broth w/ Fresh Basil Leaf. Cilantro Garnish

BIG MISO NOODLE BOWL *Soba, Udon or Mei Fun*

Firm Tofu, Broccoli, Black Seaweed, Bean Sprouts & Spinach in Miso Broth

RED CURRY RAMEN

Baby Bok Choy, Bean Sprouts, Pickled Daikon, Spicy Bamboo Shoots, and Grilled Seitan, Nori Flake Garnish

GINGER MISO RAMEN

Baby Bok Choy, Grilled Seitan, Onions, Bean Sprouts, Fresh Ginger, Pickled Radish, Spicy Bamboo Shoots

Mains

Hot & Fruity

GENERAL TSOY 'S PROTEIN 18

Breaded, Deep-Fried Paddies in a Fruity, Mild- Spicy Sauté, Over Steamed Broccoli

ORANGE FRIED SEITAN 18

Deep Fried Seitan Paddies in a Mild-Spicy Tamarind & Orange Sauce over Steamed Broccoli

Savory

MALAYSIAN CURRY COMFORT STEW 17

Slow Cooked, Mild-Spicy, Yellow-Coconut Curry w/ Soy Medallions, Kabocha Pumpkin,, and Broccoli

BLACK PEPPER SEITAN 18

Seitan Medallions, over Baby Bok Choy, Shiitake Garnish

BLACK BEAN SIZZLING SOY CUTLET PLATTER 18

In Black-Bean Sauce, Dark & Garlic Rich, w/Stewed Tomato, Broccoli, Bamboo Shoots

PROSPERITY PLATTER *Steamed or Stir-Fried* 16

House Brown-Garlic Sauce, Firm Tofu, Broccoli, Lotus Root, Carrot, Sugar Snap Peas, Zucchini

KIMCHI-FRIED JASMINE WHITE RICE 15

Browned Tofu, Broccoli & Cabbage Kimchi, Topped w/Sunflower Seeds, GojiBerries, Avocado

PINEAPPLE FRIED RICE 15

Black Thai, Brown, & Cargo Red Rice, Soy Protein, Broccoli, Garnished w/ Sunflower Seeds, Gojiberries, Avocado

Fruity. Tangy

SWEET & SOUR SESAME SOY 17

Breaded & Deep Fried Soy Nuggets w/Cauliflower, Broccoli, Bell Peppers, Pineapple Garnish

EGGPLANT IN GARLIC BASIL SAUCE *w/StringBeans* 16
Light-Spicy

JADE WALNUT SHIITAKE IN TAMARIND SAUCE 17

Breaded & Deep Fried, in a Fruity, Tangy, Light-Spicy Sauté, over a Bed of Steamed Kale. Roasted Walnut Garnish

BBO SMOKED TERYAKI SEITAN 17

Roasted Wheat Meat Over Sugar- Snap Peas

SWEET CITRUS SOY 17

Over Steamed Kale. In a Fruity, Tangy Sautee, Garnished w/ Cashew Nuts & Fresh Mandarin Orange

MOO SHU 16

Sesame-Sauteed & Shredded Snow Peas, Cabbage, Carrots, Shiitake. Hoisin Plum Dip, in Wheat- Flour Crepes

Sides

MIXED QUINOA & KALE SALAD OLIVE OIL, LIME JUICE 8

RUBBED KALE SALAD TOMATO, BEETS & RADISH, CARROT GINGER DRESSING 8

STEAMED MIXED VEGETABLES 8

STEAMED DARK LEAFY GREENS 8

STEAMED KABOCHA PUMPKIN 7

RED, BLACK THAI, & BROWN RICE BLEND 4

JASMINE WHITE RICE 3

SWEET POTATO FRIES 5.5

KIMCHEE 7

EXTRA PROTEIN \$3.5

CASHEW CHEESE DIP \$3

Loose Leaf Teas

Fair Trade & Organic

(Pot) sm 6 Lg 7 | =low caffeine N =non caffeine

CHAI N

ROOIBUS N

Peach Ginger
Lavender Rose

CHINESE & JAPANESE |

Jasmine Green
Blended Oolong
Roasted Brown Rice Genmai Cha
Kuchicha Green Twig

BLENDED HERBAL

Moroccan Mint |
Ginger Lemon Rose N

Homemade Beverages 5

Hand-Squeezed Lemonade

Home-Brewed Ginger Ale

Lemon-Ginger Ale

Mint-Iced Tea

Mint-Lemonade

Passionfruit Iced Tea

Passionfruit Lemonade

Thai Iced Tea or Coffee

Coffee (**Organic** French Roast, **Fresh Ground**) 4

Tap Beer
12 oz. \$ 6.5 Pint \$8

Bavarian Pilsner: Von Trapp (VT)
White Allagash (ME)
Pale Ale: Half Acre Daisy Cutter (IL)
IPA: Peekskill (NY)

Bottle & Can

Farmhouse Saison: Sofie/Goose Island (IL) 9
Thai White: Westbrook (SC) 8
Gose: Westbrook (SC) 8
Belgian Tripel: Victory Golden Monkey (PA) 8
Hard Ginger: Crabbies (Scotland) 8

Craft Spirits

Shochu
Mizu Craft Barley

Vodka
Aloo 9
Helix 11

Gin
Aloo 9
FEW 12
Jensens Old Tom 12

Rum
Denizen White 9
Denizen Merchant Reserve 11
Hamilton Black 12

Tequila
Azteca Azul 9
123 Organic Uno 12
123 Organic Repo 13
123 Organic Anejo 14

Mezcal
Union 10

Bourbon
James E Pepper 1776 9
FEW 12

Rye
James E Pepper 1776 9
Catoctin Creek Roundstone 12
Rowans Creek 12

White Sangria 12

Infused with Lychee, Lemon, Orange & Mint.
Served Chilled and Sparkling

Cider 9

Eastcider Natural (Tx)
Eastcider Blood Orange (Tx)

Wine (Natural)

Red

Pinot Noir 13/46
Saint Fleurin 2019
Raspberry & Plum on the Nose.
Long, Elegant, Rich Finish.

Gamay *n* 12/42
Terres Blondes 2015
Medium Bodied, Dry, Red Berries & Minerals on the Nose. Tangy
Acidity. Crisp, Earthy Finish. Soft Tannins.

Chianti 48 (K-Mevushal)
Borgo Real 2016
Medium Bodied. Fruity. Complex Finish. Dark Berries & Coffee.

Cotes du Rhone *n* 12/42
Domaine du Seminaire 2016
Grenache & Syrah Grapes. Black Fruit. Bold & Complex
w/ Lively Acidity. Tangy Finish.

Bergerac *n* 13/46
Tour des Gendres 2015
Pengord, Cabernet, Malbec and Merlot Blend. Rich &
Dense. Blackberry Notes.

White

Cotes du Rhone *n* 12/42
Les Grandes Vignes 2017
Flavors of Stone Fruit & Tropical Fruit,
Dried Apricot, White Flowers on the Finish.

Bordeaux Blanc 13/46
Domaine des Justices 2014
Sauvignon & Semillon Grapes. Long, Fruity Finish,

Chenin Blanc 13/46
Cave de Saumur Les Epinals 2014
Bone Dry & Mineral. Plenty of Fruit. Long Citrus Finish

Rose n 12/42
Domaine de la Patience *Nemausa* 2017
Costieres de Nimes. Grenache & Syrah. Fresh on the Palate,
Fruity on the Nose, Crisp.

Cocktails 13

Mezcal

Union Mezcal, Tamworth Tamarind Cordial, Fresh Lemon & Ginger Juice

Shochu

Lemongrass & Green Tea Infused, w/Pear Eau de Vie. Soda

Oolong Rye

James E. Pepper 1776, Fresh Lemon Juice, Oolong Tea Infused

Jasmine Gin

Aloo, Jasmine Green Tea Infused, w/ Fresh Lemon Juice, Crème de Violette

Blood Orange Vodka

Aloo, w/ Pur Blood Orange Cordial, Cocchi Americano & Fresh Lime Juice

Rum Mango

Denizen White Merchants Reserve & Hamilton Black Pot Still,
Shaken w/ Sweet Vermouth & Mango Puree

Tequila Ginger

Azeteca Azul, Shaken w/ Fresh Lime & Ginger Juice & Dry Orange Curacao

LuAnne's Dessert List



Pie 7

Ask What's in Season!

Matcha Coconut Cheesecake 8
Gluten-Free

Raw Lime Yuzu Tart 8
Cashew- Fig-Pistachio-Carob Crust
Gluten-Free

Chocolate Bundt 8
Peanut-Butter Mousse Fill

The
DAILY

Weekdays 12 to 7 pm **\$12.95**

A BBO SKEWER BOWL Crushed Peanuts, Daikon Pickle Pickles, Kabocha Pumpkin, Roasted Seaweed Flakes
Spicy Mayo, Grilled in Satay Sauce.

Served on a Blend of Red, Thai Black, and Brown Rice

B BBO SWEET CITRUS SOY Avocado, Kimchee Pickles, Kabocha Pumpkin, Greens
Spicy Mayo, Cashew Cheese, and Citrus Miso Dressing

Served on a Blend of Red, Thai Black, and Brown Rice

C TOFU AVOCADO PUMPKIN

Deep-Fried Tofu, Avocado, Daikon Pickle, Kabocha, Roasted Seaweed Flakes
Spicy Mayo, Lemon Ginger Tahini Dressing

Served on a Blend of Red, Thai Black, and Brown Rice

D SWEET POTATO & SOBA

Avocado, Daikon Pickle, Roasted Seaweed Flakes, Greens
Spicy Mayo, Sesame Peanut Dressing

LUNCH SPECIAL

Lu Anne's
WILD GINGER
ALL-ASIAN VEGAN

Mon thru Fri 12-4pm (Except Holidays)

- L1 BBQ SWEET CITRUS SOY** Fruity, Peppery Cutlets over Steamed Kale
- L2 GENERAL T' SOY'S** Breaded, Deep-Fried Paddies in a Spicy Brown Sautee, over Steamed Broccoli. **Medium Spicy**
- L3 SWEET & SOUR SESAME SOY** Deep-Fried Cutlets, Batter Dipped, Over Steamed Broccoli, Cauliflower, Onions & Bell Peppers
- L4 SMOKED TERYAKI SEITAN** Over a Bed of Sugar Snap Peas
- L5 PROSPERITY PLATTER** Steamed or Sauteed. **Firm** Tofu, Carrots, Broccoli, Snap Peas, Lotus Root. House Brown Garlic Sauce
- L6 MALAYSIAN-STYLE CURRY STEW** Soy Medallions, Pumpkin, Broccoli, Potatoes, **Medium Spicy**
- L7 EGGPLANT IN BASIL GARLIC SAUCE** Over String Beans
- L8 BLACK PEPPER SEITAN** A Garlicky Brown Sauce, Over Chinese Broccoli, Shiitake Garnish
- L9 PAD THAI** Tofu, Carrots, Onions, Crushed Peanuts. **Light Spicy**
- L10 YAKI UDON** In Fruity Brown Sautee, Tofu, Onions, Bell Peppers
- L11 PINEAPPLE FRIED RICE** Broccoli, Gojiberries, Spinach, Soy Protein, Red, Black & Brown Rice Blend

Gluten-Free

Small Plates

Silken Coconut Tofu 10

Batter-Dipped ,Topped with Coconut Flakes, Mango Salsa, Sweet- Spicy Coconut Chutney

Grilled Miso Eggplant 10

Topped with Onions, White Mushrooms, Bell Peppers, Onions

Rice Paper Summer Rolls 9

A Tofu, Carrot, Jicama, Basil Leaf, Rice Noodles, Red Mango Sauce

Mango Avocado Rolls 9

B Mango, Avocado, Green Leaf, Beets, Red Mango Sauce

Edamame 7

Mixed Seaweed 10

Sesame-Marinated Hijiki and Wakame

House Hijiki w/ Edamame 9

Soups

Miso 6

Silken Tofu, Wakame Seaweed, Golden Mushrooms

Pumpkin 7

White Beans, Sweet Potato, Kabocha Pumpkin

Salads 15

Kale Carrot Ginger

w/Arugula, Adzuki Beans, Sunflower Seeds, Cherry Tomatoes, Roasted Walnuts. Carrot Ginger Dressing.

Mango Raw Thai

Rubbed Kale, Shredded Mango, Jicama, Avocado and Raw Almonds Garnished,
Cherry Tomato, Mint Leaf Garnish. Lemon Ginger Tahini Dressing

Watercress Salad

With/ Kale, Silken Tofu, Alfalfa Sprouts, Beets, Cherry Tomatoes, Dried Cranberries, Sesame Peanut Dressing

LuAnne's House Mixed

Firm Tofu , Diced Pumpkin , Roasted Pecans, Dried Cranberries, Lemon- Ginger Tahini

Baby Spinach Miso Citrus

w/ Kale, Silken Tofu, Alfalfa Sprouts, Beets, Cherry Tomatoes, Dried Cranberries, Miso Citrus Dressing

Bowls

House Bi-Bim Bap 17

Firm Tofu, Avocado, Hijiki & Wakame Seaweed, Adzuki Beans, Spinach,
Mango Salsa, and Kimchi, Spread Cool over a Black, & Red Thai Rice Mix. Sesame Peanut Dressing.
Mild Spicy Kimchee Sauce

Steamed Macro Bowl 16

Kale, Kabocha Pumpkin, Adzuki Beans, Black Seaweed, Broccoli, Silken Tofu, over a Black,& Red Thai Rice Mix.
Mint Chutney Dressing

Kale Avocado Shitake Bowl 16

Firm Tofu, Steamed Kale & Shiitake & Adzuki Beans, over a Black, & Red Thai Rice Mix.. Topped w/Avocado
Miso Citrus Dressing

Tempeh & Seaweed 16

Grilled Tempeh, Hijiki & Kale, Adzuki Beans, Kabocha Pumpkin over a Black,& Red Thai Rice Mix.
Lemon Ginger Tahini Dressing

Kimchee Pumpkin Gumbo 15

Spiced Cabbage, White Beans, Sweet Potato & Diced Tomato, in a Kabocha Puree with a Black,& Red Thai Rice Mix.
w/Avocado, Fresh Basil, Mint Leaf & Cilantro Garnish

Bò Bun Noodle Salad 15

Grilled Shitake Mushrooms, Rice Vermicelli over Shredded Lettuce w/ Bean Sprouts.
Sweet, Light-Spicy, Nuoc Cham Sauce

Noodles 15

Singapore Mai Fun Curry Noodles

Firm Tofu, Angel-Hair Rice Noodles, Shredded Snow Peas, Bell Peppers, Scallions , Onions

Jap Chae

Firm Tofu, Tamari and Sesame-oil sautéed with Sweet Potato Glass Noodles, Shredded Snow Peas, Bell Peppers, Scallions & Onions , Fresh Basil

Phô

Firm Tofu, Shiitake Mushrooms, Baby Bok Choy in Mushroom Broth
w/ Fresh Basil Leaf, Bean Sprouts, Cilantro and Fresh Lime

Big Miso Soup Bowl

Angel-Hair Rice Noodles, Firm Tofu, and Bean Sprouts & Spinach in a Light- Miso Broth

Red Curry Noodle Soup

Sweet Potato Noodles, Baby Bok Choy, Bean Sprouts, Pickled Cucumber, Spicy Bamboo Shoots.

Creamy Ginger Miso Soup

Mai Fun Noodles Fresh Ginger, Baby Bok Choy, Bean Sprouts, Pickled Cucumber,
Spicy Bamboo Shoots, Onions

Mains

General T'Soy's Tofu 18

Deep-Fried Firm Tofu in a Fruity, Spicy Sauté, over Steamed Broccoli

Orange Tempeh 18

Deep-Fried Tempeh in a Spicy Orange Sauté over Steamed Broccoli

Malaysian Curry Comfort Stew 17

Slow Cooked, Mild, Yellow-Coconut Curry, w/ Kabocha Pumpkin, Potatoes, Broccoli and Tofu

Prosperity Platter 16

Firmed Tofu, Broccoli, Cauliflower, Lotus Root, Carrots, Sugar Snap Peas, Zucchini, with Brown Tamari Garlic Sauce

Sweet & Sour Sesame Tempeh 17

With Cauliflower, Broccoli, Bell Peppers, Pineapple

Eggplant in Garlic Basil Sauce 16

w/String Beans

Moo Shu 16

Lettuce Wraps, Shredded Cabbage, Carrots, Snow Peas, Shitake Mushrooms,

Pineapple Fried Rice 15

Browned Tofu, Broccoli, in a Red & Black Thai Rice Blend, Topped w/Sunflower Seeds, Gojiberry, Avocado

Sides

Steamed Mixed Vegetables 8

Steamed Dark Leafy Greens 7

Steamed Kabocha Pumpkin 5

Jasmine White Rice 3

Red and Black Thai Rice Blend 4

Gluten-Free Dressings:

Red Cocktail

Sesame Peanut

Mint Chutney

Miso Sauce

Coconut Chutney

Lemon Ginger Tahini

Spring Roll Sauce

Nuoc Cham