

*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, Multi-Grain Rice, Cashew Cheese, Spicy Mayo  
*B* Shiitake, Citrus-Marinaded Tofu Skin, Avocado, Multi-Grain Rice, Arugula, 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 & 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, 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 . w/Mushrooms, Onions, Bell Peppers & Seafood-Flavored Vegetable Cake

### 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, String Beans

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 L

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

## BLENDED HERBAL

Moroccan Mint L  
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

Kombucha

## Tap Beer 8

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

## Bottle & Can 8

Thai White: Westbrook (SC)  
IPA: Westbrook (SC)  
Gose: Westbrook (SC)  
Rice Lager: Sapporo (Japan)  
Hard Ginger: Crabbies (Scotland)

## Sake Cocktails 12

Mint Lemonade Sake  
Passionfruit Ginger Sake  
Sake Mojito  
Lychee Mojito  
Sake Margerita  
Sake Martini  
Lychee Sake Martini

## White Sangria 12

Lychee, Pear Nectar, Lemon & Mint, Orange.  
Served Chilled and Sparkling.

## Wine

**N** = Natural

*Red*

**Pinot Noir 13/46**

Saint Fleurin  
Raspberry & Plum on the Nose.  
Long, Elegant, Rich Finish.

**Gamay N 12/42**

Terres Blondes  
Medium Bodied, Dry, Red Berries & Minerals on  
the Nose. Tangy Acididty. Crisp, Earthy Finish.  
Soft Tannins.

**Cotes du Rhone N 12/42**

Domaine du Seminaire  
Grenache & Syrah Grapes. Black Fruit. Bold &  
Complex w/ Lively Acidity. Tangy Finish.

**Bergerac N 13/46**

Tour des Gendres  
Pengord, Cabernet, Malbec and Merlot Blend.  
Rich & Dense. Blackbery Notes.

*Whites*

**Cotes du Rhone Blanc N 12/42**

Les Grandes Vignes  
Bright, Floral. Full of Complex Fruit

**Bordeaux Blanc 13/46**

Domaine des Justices  
Sauvignon and Semillon Grapes.  
Long, Fruity Finsh

**Chenin Blanc 13/46**

Cave de Saumur Les Epinals  
Bone Dry & Mineral. Smooth, Aromatic.  
Plenty of Fruit. Long Citrus Finish.

**Rose 12/40**

**Ask what's Pouring**

*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 Mandarin**

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

### **Raw Thai**

Rubbed Kale, Shredded Papaya & Jicama, w/Avocado, Tomatoes & Almonds.  
Herb-Garlic Cashew Cheese & Lime-Peanut Dressing

### **LuAnne's House Mix**

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

### **Avocado Carrot Ginger**

Over Kale & Arugula,w/ Adzuki Beans, Sunflower Seeds Walnuts & Tomatoes. Carrot-Ginger 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 Quinoa 16**

Grilled Tempeh, Hijiki & Kale, Adzuki Beans, Kabocha Pumpkin over Quinoa  
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 16**

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,, Bell Peppers, Mushrooms, Scallions , Onions

### **Phô**

Firm Tofu, 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, Mushrooms & Spinach in a Light- Miso Broth

### **Red Curry Noodle Soup**

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

### **Creamy Ginger Miso Soup**

Angel-Hair Rice Noodles Fresh Ginger, Baby Bok Choy, Bean  
Sprouts, Mushrooms, Pickled Cucumber, Spicy Bamboo Shoots, Onions

## Mains

### **General T'Soy's Tofu 18**

Deep-Fried Firm Tofu in a Fruity, Spicy Sautée, 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

### **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**  
**Carrot Ginger**  
**Lime Peanut**