




noodle dishes

We use organic wheat udon noodles.

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| Pan Fried Noodles and Vegetables | \$11.25 |
| <i>Stir-fry vegetables sautéed together with noodles in garlic-ginger oil and tamari. Scallion garnish.</i> | |
| add Tofu | \$13.25 |
| add Shrimp | \$15.95 |
| Noodles in Broth with Vegetables | \$9.95 |
| <i>These noodle dishes are served in a ginger-garlic tamari broth with mixed vegetables. Scallion garnish.</i> | |
| with Fried Tofu | \$11.25 |
| with Vegetable Tempura | \$13.25 |
| with Shrimp and Vegetable Tempura | \$15.95 |



tempura

Fresh vegetables or fish lightly batter-fried and served with your choice of tamari or orange-ginger dipping sauce and a salad.

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| Vegetable Tempura | \$13.00 |
| Shrimp Tempura | \$15.00 |
| <i>Served with tempura vegetables.</i> | |
| Deluxe Tempura | \$16.00 |
| <i>Shrimp, scallop, scrod, and vegetable tempura.</i> | |
| Fish and Chips | \$14.00 |
| <i>A New England favorite – fresh scrod tempura and fresh-cut french fries. Served with tartar sauce.</i> | |
| <i>To substitute onion rings or sweet potato fries add \$1.25.</i> | |



beverages

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| San Pelligrino | 500 ml \$ 2.50 | 750 ml \$4.25 |
| Natural Fruit Juice | Papaya or Cranberry | \$2.25 |
| GUS (Grown Up Soda) | | \$2.50 |
| Ginger Beer | | \$2.25 |
| House Tea | Organic Bancha. | \$1.50 |
| Herb Tea by the Pot | | \$1.75 |
| <i>Please ask waitperson for selections.</i> | | |
| Pot of Earl Grey | | \$1.75 |
| Pot of English Breakfast | | \$1.75 |
| Fair-Trade Coffee | Refill complimentary with dinner. | \$1.50 |
| Fair-Trade Decaf Coffee | Refill complimentary with dinner. | \$1.50 |
| Milk | | \$1.50 |

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER
IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY.



A NATURAL FOODS RESTAURANT
Specializing in Fresh Fish and Tempura

150 Main Street Northampton, MA 01060 413 584-4832

Open 7 Days for Lunch and Dinner and Sunday Brunch

Open: 11:30am to 9:15pm Sunday - Thursday

11:30 to 9:45pm Friday and Saturday

11:00am Sunday Brunch

www.paulandelizabeths.com



Paul and
Elizabeth's





appetizers

Antipasto Special

A medley of seasonal offerings.

Please ask waitperson about specific ingredients.

Vegetable and Herb Risotto Cakes \$8.00

With lemon aioli. Ask waitperson for special risotto of the day.

Pan-Fried "Vermont Fresh" Ravioli \$7.00

With onions and tomatoes in garlic herb butter.

Ask waitperson for special ravioli of the day.

Tempura-style Jumbo Shrimp \$8.25

With orange-ginger sauce.

Hummus Appetizer \$7.00

An original blend of chickpeas, tahini, lemon, garlic, and spices served with sliced whole wheat roll & crudite.

Organic Fried Tofu & Mushrooms \$7.00

With sesame-ginger sauce.



soups

Our soups are prepared daily using only fresh ingredients.

Vegetable or Bean Soups du jour

Bowl \$3.95 Cup \$2.95

Fish Chowder

Bowl \$3.95 Cup \$2.95



bread

Baked fresh daily using only natural sweeteners and whole grain flour.

Whole Wheat Rolls \$1.00 each

Considered a favorite by many of our patrons for its balance of texture, flavor, and size – a meal in itself.

Herb Focaccia \$1.00 each

Italian-style flat bread made rich with olive oil.



salads

Add grilled salmon or shrimp to any salad \$7.00

Garden Salad \$4.50

Tossed mixed field greens, carrots, red and green cabbage, and chick peas.

Double Garden Salad \$8.50

Paul & Elizabeth's Garden Salad, tossed with red peppers, cucumber, and red onion.

Hummus Salad \$9.00

A meal-sized platter of salad, hummus, and a whole wheat roll.

Chop Chop Salad \$9.00

Romaine, mushrooms, cucumber, black olives, chickpeas, feta cheese, red onions, and tomatoes with a red wine vinaigrette.

Watercress and Sea Vegetable Salad \$9.00

Seasoned arame sea vegetable and marinated tofu tossed with watercress, field greens, cucumbers, carrots, and sesame seeds with our honey miso vinaigrette.

Greek Salad \$9.00

Fresh spinach tossed with your choice of dressing and topped with feta cheese, black olives, roasted red peppers, tomato, cucumber, and red onion.

Spinach Salad \$9.00

Tossed with your choice of dressing and garnished with feta cheese, fresh sliced mushrooms, grilled red onions, roasted red peppers, carrots, and tomatoes.

Served with your choice of our house dressings: Sesame Tahini, Mustard Vinaigrette, Creamy Garlic, Gorgonzola Caesar, and Honey Miso. All prepared in our own kitchen.



rice dishes

Vegetable Fried Rice \$8.95

Pan-fried brown rice with sautéed vegetables.

Vegetable Fried Rice with Organic Tofu \$10.50

Pan-fried brown rice with sautéed vegetables and tofu.



seafood

Fresh fish served with baked brown rice and garden salad.

Substitute steamed broccoli or mixed vegetables for rice \$1.00

Pan-Fried Filets of Sole \$15.95

A tasty white fish, breaded and pan-fried with a lemon, caper, and herb butter.

Guatemalan-Style Shrimp Sauté \$15.95

Sautéed with a mix of local and seasonal vegetables in a cilantro and red pepper pesto.

Cajun Sampler \$15.95

Shrimp, scallops, and scrod with spicy étouffée sauce on a bed of rice.

Fresh Sea Scallops Teriyaki-Style \$17.95

Scallops broiled in a sweet honey-ginger marinade in the traditional Japanese style

Fresh Atlantic Salmon \$16.95

With roasted garlic and herb olive oil.

Market Cod Scampi-Style or Tamari, Lemon & Oil

A New England favorite. \$15.95



vegetarian house specialties

Broccoli Sauté \$9.75

With roasted garlic and ginger sauce served with rice.

Add fried tofu \$10.95 Add seitan \$11.25

Grilled Tofu Kebabs \$13.00

Marinated and broiled tofu and vegetables on a skewer, served on a bed of brown rice with a garden salad.

Thai-Style Seitan and Udon Noodle Sauté \$13.00

Our homemade seitan with udon noodles and snow peas, onions, carrots, and cilantro with a crushed peanut garnish.

New England Steamed Dinner \$13.00

A variety of fresh vegetables, tofu, and noodles steamed in tamari broth and served with a sesame-ginger dip sauce.

Cooked in a cast iron skillet with Japanese flavors.

Fried Organic Tofu and Vegetable Stir Fry \$10.95

Made with garlic-ginger oil and tamari, garnished with scallions. Served with rice.