

## vegetarian house specialities

- 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** \$12.50  
 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.



## noodle dishes

We use organic wheat udon noodles.

- Pan Fried Noodles and Vegetables** \$10.95  
 Stir-fry vegetables sautéed together with noodles in garlic-  
 ginger oil and tamari. Scallion garnish.
- add Tofu** \$12.95
- add Shrimp** \$15.25
- Noodles in Broth with Vegetables** \$9.95  
 These noodle dishes are served in a ginger-garlic tamari  
 broth with mixed vegetables. Scallion garnish.
- with Fried Tofu** \$11.25
- with Vegetable Tempura** \$13.25
- with Shrimp and Vegetable Tempura** \$15.95



## side orders

Side orders are available. Please ask your waitperson for details.



## beverages

- San Pelligrino** 500 ml \$ 2.50 750 ml \$4.25
- Apple Cider (seasonal)** \$2.00
- Natural Fruit Juice** Papaya or Cranberry \$2.25
- Natural Soda** \$2.25
- House Tea** Organic Bancha. \$1.50
- Herb Tea by the Pot** \$1.75  
 Please ask waitperson for selections.
- Pot of Earl Grey** \$1.75
- Pot of English Breakfast** \$1.75
- Coffee** Refill complimentary with dinner. \$1.50
- Decaf Coffee** Refill complimentary with dinner. \$1.50
- Milk** \$1.50

PLEASE INFORM YOUR WAITPERSON OF ANY SPECIAL DIETARY NEEDS.



A NATURAL FOODS RESTAURANT  
 Specializing in Fresh Fish and Tempura

150 Main Street Northampton, MA 01060 413 584-4832

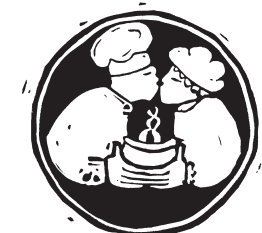
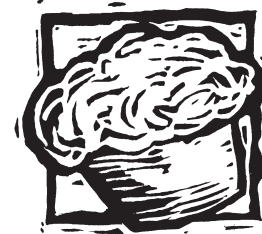
Open 7 Days for Lunch and Dinner and Sunday Brunch

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 of the Day

A medley of seasonal offerings. Please ask waitperson about specific ingredients.

### 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 \$8.00

With orange-ginger sauce.

### Hummus Appetizer \$6.75

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.

### Sesame-Ginger Noodles \$6.75

Tossed with seasonal vegetables.



## soups

Our soups are prepared daily using only fresh ingredients.

### Vegetable or Bean Soups of the Day

Bowl \$3.50 Cup \$2.95

### Fish Chowder

Bowl \$3.50 Cup \$2.95



## bread

Baked fresh daily using only natural sweeteners & 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

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.

### Garden Salad \$4.25

Tossed fresh greens, carrots, red cabbage, and chick peas.

### Double Garden Salad \$8.25

Paul & Elizabeth's House Salad, tossed with roasted red peppers and grilled onions.

### Greek Salad \$8.75

Fresh Spinach tossed with your choice of dressing and topped with feta cheese, black olives, roasted red peppers, tomato, and pepperoncini.

### Fresh Mozzarella, Watercress, & Tomato Salad \$8.75

Drizzled with olive oil & balsamic vinaigrette.

### Spinach Salad \$8.75

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

### Hummus Salad \$8.75

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

### Sea Vegetable Salad \$8.75

A large garden salad served with seasoned sea vegetable and marinated tofu.

### Chop Chop Salad \$8.75

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



## organic pasta

The type of organic pasta and its style of presentation change daily. Please ask waitperson for the special organic pasta of the day.



## 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.

### Pan-Fried Filet of Sole \$14.95

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

### Guatemalan-Style Shrimp Sauté \$14.95

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

### Cajun Sampler \$14.95

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

### Fresh Sea Scallops Teriyaki-Style \$15.95

Sweet, soy sauce marinated scallops broiled in the traditional Japanese style.

The following selections can be prepared broiled in tamari, lemon, and oil; roasted garlic and ginger sauce; or Scampi-style topped with garlic-and-herb bread crumbs.

### Fresh Atlantic Salmon \$14.95

### Scrod \$14.50

A New England favorite.



## tempura

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

### Vegetable Tempura \$13.00

### Scallop Tempura \$14.95

Served with tempura vegetables.

### Shrimp Tempura \$14.95

Served with tempura vegetables.

### Deluxe Tempura \$16.00

Shrimp, scallop, scrod, and vegetable tempura.

### Scrod Tempura \$13.25

Fish & Chips - A New England favorite served with tartar sauce.