



beverages

San Pelligrino	500 ml \$2.50	750 ml \$4.25
Apple Cider (seasonal)		\$2.00
Natural Fruit Juice Papaya or Cranberry		\$2.25
GUS (Grown Up Soda)		\$2.50
House Tea Organic Banacha		\$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
Fair-Trade Coffee Refill complimentary with meal.		\$1.50
Fair-Trade Decaf Coffee Refill complimentary with meal.		\$1.50
Milk		\$1.50



Paul and
Elizabeth's



P&E dressings & sauces

Bring a 16 ounce container home with you.

Sesame Tahini Dressing	\$5.00
Mustard Vinaigrette Dressing	\$5.00
Creamy Garlic Dressing	\$5.00
Gorgonzola Ceasar Dressing	\$5.00
Honey Miso Dressing	\$5.00
Hummus	\$5.00
Sesame Ginger Sauce	\$7.00



Paul and
Elizabeth's

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



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



classic P&E lunches

- Quick Lunch** \$7.50
Soup du jour, whole wheat roll, salad, and house tea.
- Fish Lunch** \$8.95
Fresh scrod broiled with tamari, lemon, and oil.
Served with salad, rice, and house tea.
Substitute steamed broccoli or mixed vegetables for rice \$1.00
- Fresh Atlantic Salmon** \$9.25
Broiled with creamy dill butter.
Served with salad, rice, and house tea.
Substitute steamed broccoli or mixed vegetables for rice \$1.00
- Tempura Lunch** \$7.95
Vegetable tempura and soup du jour.
- Fish and Chips** \$8.95
A New England favorite – fresh scrod tempura and fresh-cut french fries. Served with tartar sauce and a salad.
To substitute onion rings or sweet potato fries add \$1.25.

Tofu, Rice, and Noodle Dishes are available anytime.
Please ask to see our dinner menu.



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



breads

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.



omelettes

Served with a whole wheat roll and house tea.

- Broccoli and Mushroom with Cheddar** \$7.50
- Spinach and Tomato with Feta Cheese** \$7.50
- Plain Omelette with Cheddar** \$6.50
- Omelette of the Day**
Please ask waitperson for specials.



sandwiches

All sandwiches are served with your choice of fresh cole slaw, french fries, or onion rings. Sweet potato fries \$1.25 extra.

- P&E's Fish Sandwich** \$8.00
Deep fried fish with lettuce, tomato, and fresh tartar sauce on whole wheat bread.
- Egg Salad Sandwich** \$7.00
Served with lettuce and tomato on whole wheat bread.
- P&E's Vegetable and Lentil Burger** \$7.25
Served with field greens, tomato, and horseradish mayonnaise with melted Vermont cheddar on herb focaccia.
Add grilled red onion \$1.00
Add grilled portobello mushroom \$1.00



wrap specials

Wraps are served with fresh cole slaw and kosher dill pickle.

- Smoked Salmon Wrap** \$9.00
Served with field greens, cucumber, red onion, tomato, and Vermont goat cheese caper spread in a tortilla wrap.
- Hummus Wrap** \$7.25
Served with lettuce, tomato, cucumber, grated carrots, havarti-dill cheese, and sprouts in a tortilla wrap.
- Roasted Portabella & Brie Wrap** \$7.25
Served with spinach, tomato, grilled red onion, and Dijon mayonnaise in a tortilla wrap.
- Fresh Mozzarella & Watercress Wrap** \$7.25
Fresh Mozzarella, watercress, grated carrots, roasted red pepper, grilled red onion and balsamic vinaigrette on a tortilla wrap.

To substitute French fries, onion rings, or sweet potato fries for cole slaw add \$1.25.



salads

Add grilled salmon or shrimp \$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, 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.
- Egg Salad** \$7.00
A meal-size plate of egg salad, garden salad, and a whole wheat roll.

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.



side orders

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|---------------------------------|--------|---------------------------|--------|
| Baked Brown Rice | \$2.25 | Hummus | \$4.00 |
| Steamed Broccoli | \$3.75 | French Fries | \$3.00 |
| Steamed Mixed Vegetables | \$3.75 | Onion Rings | \$3.50 |
| Sautéed Greens | \$4.25 | Sweet Potato Fries | \$3.50 |
| Sea Vegetables | \$3.00 | Deep-Fried Tofu | \$3.50 |
| Raw Vegetables | \$2.50 | Steamed Tofu | \$3.50 |
| Coleslaw | \$2.00 | Marinated Tofu | \$3.50 |
| | | Feta Cheese | \$2.00 |