



beverages

P&E Bottled Water		\$2.00
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 Kukicha	\$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 meal.	\$1.50
Decaf Coffee	Refill complimentary with meal.	\$1.50
Milk		\$1.50



Paul and
Elizabeth's



P&E dressings & sauces

Bring a 12 ounce container home with you.

Sesame Tahini Dressing	\$4.25
Mustard Vinaigrette Dressing	\$4.25
Creamy Garlic Dressing	\$4.25
Gorgonzola Ceasar Dressing	\$4.25
Honey Miso Dressing	\$4.25
Hummus	\$4.25
Sesame Ginger Sauce	\$6.50
Roasted Garlic Ginger Sauce	\$5.95



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



PLEASE INFORM YOUR WAITPERSON OF ANY SPECIAL DIETARY NEEDS.



classic P&E lunches

Quick Lunch \$7.25
Soup du jour, whole wheat roll, salad, and house tea.

Fish Lunch \$7.95
Fresh scrod broiled with tamari, lemon, and oil. Served with salad, rice, and house tea.
Substitute steamed broccoli or mixed vegetables for rice \$2.00

Fresh Atlantic Salmon \$8.75
Broiled with creamy dill butter. Served with salad, rice, and house tea.
Substitute steamed broccoli or mixed vegetables for rice \$2.00

Tempura Lunch \$7.95
Vegetable tempura and soup du jour.

Fish and Chips \$8.50
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 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 Fococcia \$1.00 each
Italian-style flat bread made rich with olive oil.



omelettes

Served with a whole wheat roll and house tea.

Sauteed Mushroom with Cheddar \$6.95

Spinach and Tomato with Cheddar \$6.95

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 \$7.95
Deep fried fish with lettuce, tomato, and fresh tartar sauce on whole wheat bread.

Egg Salad Sandwich \$6.75
Served with lettuce and tomato on whole wheat bread.

P&E's Vegetable Burger \$7.25
Served with lettuce, tomato, and mayonnaise with melted Vermont cheddar on herb fococcia.



wrap specials

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

Smoked Salmon Wrap \$7.95
Served with fresh mozzarella, grilled red onion, lettuce, tomato, and horseradish mayonnaise in a garlic herb-wrap.

Hummus Wrap \$6.95
Served with lettuce, tomato, cucumber, grated carrots, havarti-dill cheese, and sprouts in a garlic-herb wrap.

Roasted Portabella & Brie Wrap \$7.50
Served with spinach, tomatoes, grilled red onion, and Dijon mayonnaise in a tomato-basil wrap.

Fresh Mozzarella & Watercress Wrap \$6.95
Served with roasted red peppers, grated carrots, grilled red onion, and dijon mayonnaise in a tomato-basil wrap.

To substitute French fries, onion rings, or sweet potato fries for cole slaw add \$2.00.



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 and green cabbage, and chick peas.

Double Garden Salad \$8.25
Paul & Elizabeth's House Salad, tossed with roasted red peppers and grilled onions.

Hummus Salad \$8.75
A meal-sized platter of salad, hummus, and a whole wheat roll.

Tabouli Salad \$8.75
Cracked-wheat (bulgur) seasoned with lemon, parsley, and garlic. Served on a platter with a large garden salad and whole wheat roll.

Sea Vegetable Salad \$8.75
A large garden salad served with seasoned sea vegetable and marinated tofu.

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.

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.

Fresh Mozzarella, Watercress, & Tomato Salad \$8.75
Drizzled with olive oil and balsamic vinegar.

Egg Salad \$6.95
A meal-size plate of egg salad, garden salad, and a whole wheat roll.



side orders

Baked Brown Rice	\$2.25	French Fries	\$3.00
Steamed Broccoli	\$3.75	Onion Rings	\$3.25
Steamed Mixed Vegetables	\$3.75	Sweet Potato Fries	\$3.50
Sea Vegetables	\$2.95	Deep-Fried Tofu	\$3.50
Raw Vegetables	\$2.50	Steamed Tofu	\$3.50
Coleslaw	\$2.00	Marinated Tofu	\$3.50
Tabouli	\$3.00	Feta Cheese	\$2.00
Hummus	\$4.25	Cheddar Cheese	\$2.00
		Peanut Butter	\$.75