

SOUPS

All soups are 100% vegan and are served with Iggy's bread.

Ginger Miso Soup

Kombu stock, diced silken tofu, fresh ginger, wakame, tamari and miso paste.
Cup \$4.00 / Bowl \$5.50

Three Bean Chili

Black bean, red kidney bean, cannellini bean, corn, pepper, onions, tomatoes and butternut squash.
Cup \$4.00 / Bowl \$5.50

Soup of the Day

Cup \$4.00 / Bowl \$5.50

SALADS

Thai Peanut Noodle Salad

Chilled Soba noodles, carrots, red peppers, cilantro and scallions tossed in house peanut sauce, served over mesclun greens, topped with sesame seeds.

\$8.50 **VEGAN** **CONTAINS NUTS**

Santa Fe Salad

Romaine lettuce, corn, chopped tomatoes, black beans, olives, fresh avocado, scallions, queso fresco and corn chips.

\$9.50 **GLUTEN FREE**

Vegan Caesar Salad

Our homemade croutons covered in ali-oli and a delicious vegan Caesar dressing makes this Red Lentil favorite. Tossed with organic greens, shredded carrot, cucumber, sprouts and olives.

\$9.00 **VEGAN**

Sea Vegetable Salad

Citrus marinated arame and hijiki combined with radish, carrots, scallions and sesame seeds served over mesclun greens.

\$8.00 **GLUTEN FREE** **VEGAN**

Roasted Beet and Walnut Salad

Red and golden beets seasoned and roasted, tossed with maple glazed walnuts, fresh herb goat cheese and arugula.

\$9.00 **GLUTEN FREE** **CONTAINS NUTS**

Mizuna Salad

Mizuna greens, toasted tamari pumpkin seeds, blood orange segments, red onions and dried berries.

\$9.00 **GLUTEN FREE** **VEGAN**

House Salad

Mesclun greens, red onion, tomatoes, carrots and cucumber.

\$5.00 **VEGAN**

*Add grilled tofu or grilled tempeh to any salad for \$2.00. Add soy chicken to any salad for \$3.00

*House-made dressing choices include: Roasted Garlic Tahini, Shallot Vinaigrette, Vegan Caesar, Miso Ginger and Fig Rosemary

FRESH SQUEEZED JUICES

Small \$4.50 / Large \$5.50 (add ginger for \$.50)

Supplement

Carrot

Green Monster

Cucumber, celery, spinach and parsley

Starter

Carrot and apple

The Works

Carrot, beet, celery, spinach, parsley and cucumber

Vegan Energizer

Carrot, beet and celery

Fresh squeezed orange juice

Fresh squeezed grapefruit juice

SMOOTHIES

All smoothies are 100% vegan.

Mind Blowing

Banana, raspberry and peach
\$4.50

Mustang

Banana, strawberry, cranberry and fresh ginger
\$5.00

Morning Glory

Banana, blueberry and pineapple
\$4.50

Bunny Spice

Banana, cinnamon, carrot juice, raw cashew milk and spices
\$5.00

Tropical Blend

Strawberry, blueberry, raspberry and mango
\$4.50

Banana Wanna Date?

Banana, dates and house made cashew milk
\$5.00

Sunset

Banana, strawberry and orange
\$4.50

* All dishes can be prepared as vegan with your request

* If you need to satisfy your sweet tooth, we also have a great selection of vegan desserts

Don't miss our Sunday brunch for a relaxing and joyous time with family and friends, with a variety of delightful dishes to please all the members of your party

www.theredlentil.com

Menu items and prices are subject to change.

Customer comments, call (617) 972-9188



HIGH-SPEED WIRELESS INTERNET ACCESS AVAILABLE FOR ALL CUSTOMERS.

WE ACCEPT ALL MAJOR CREDIT CARDS.



RED LENTIL
VEGETARIAN & VEGAN RESTAURANT

600 Mount Auburn Street
Watertown, Massachusetts 02472

Take-out available 7 days per week.
Call us at (617) 972-9188 to place your order

Monday - Thursday

Lunch 11:00AM - 5:00PM

Dinner 5:00PM - 9:30PM

Friday & Saturday

Lunch 11:00AM - 5:00PM

Dinner 5:00PM - 10:00PM

Sunday

Brunch 9:00AM - 3:00PM

Dinner 5:00PM - 9:30PM

www.theredlentil.com

APPETIZERS

Grande Nachos

Organic corn tortilla chips, topped with refried black beans and jalapeno jack cheese, baked and topped with fresh Pico de Gallo, house made sour cream, fresh guacamole and sliced jalapenos.

\$8.50 GLUTEN FREE

Pan Seared Breaded Portabella Strips

Sliced portabella mushroom breaded with Japanese Panko, pan seared. Served with micro greens and accompanied by zesty mango chutney and red pepper coulis.

\$7.00 VEGAN

Hummus / Pesto Zattar Platter

Chipotle hummus served with grilled pita bread and cucumber-tomato salsa, drizzled with Zattar pesto.

\$7.50 VEGAN

Gobi Manchurian

Cauliflower tossed with Indian seasonings, breaded with chickpea flour, fried, and finished with sweet and spicy tomato sauce and fresh cilantro.

\$7.50 GLUTEN FREE VEGAN

Edamame

Tender young soy beans steamed in the pod and seasoned with sea salt.

\$6.00 GLUTEN FREE VEGAN

Eggplant Caponata with Sundried Pesto Crostini

Fresh baguette spread with sundried tomato pesto, topped chunky eggplant, olive, and caper and drizzled with roasted garlic aioli.

\$7.50 VEGAN

Sesame Encrusted Seitan Strips

Pan-Seared Sesame Encrusted Seitan served with sweet miso-horse radish dressing.

\$7.00 VEGAN

Soy Chicken Strips

Served with house BBQ sauce.

\$6.50 VEGAN

Beet-Potato Latkes

Sweet potatoes, beets, thyme dates, and granny smith apples, pan seared and served over a bed of greens, accompanied with apricot marmalade and cilantro vinaigrette.

\$6.50 GLUTEN FREE VEGAN

SIDES

Tofu \$2.00

Belgian sweet potato fries \$4.00

Tempeh \$2.00

Soy chicken \$3.00

Sour cream \$1.00

Chips and salsa \$3.00

Guacamole \$2.00

Grilled asparagus \$3.50

Salsa \$1.50

SANDWICHES & WRAPS

Available during lunch hours only

Tuscan Portabella Sandwich

Grilled portabella, roasted red pepper, caramelized onion, greens and pesto aioli.

\$8.50 VEGAN

Mediterranean Wrap

Chipotle hummus, tabouli, cucumber, red onion, red pepper, mesclun greens and tzatziki sauce.

\$8.00 VEGAN

Tempeh Reuben

Thinly sliced, grilled tempeh, grilled onion, tomato, vegan Russian dressing and organic sauerkraut on whole wheat bread.

\$8.00 VEGAN

Eggless Salad Wrap

House made tofu "egg" salad with tomato, avocado and greens served on whole wheat wrap.

\$7.50 VEGAN CONTAINS NUTS

Spiced Lentil-Nut Patties

Indian spiced lentil and cashew patties served with three fruit chutney and romaine on warm pita bread.

\$8.50 VEGAN CONTAINS NUTS

Zen Veggie Burger

Red Lentil deluxe house burger with black beans, brown rice, corn, carrots, red peppers, garlic and onions. Served on a sesame bun with tomato and greens.

\$7.50 VEGAN

Three Bean Burrito

Three bean chili, brown rice, caramelized onions, pepper jack, guacamole and salsa on whole wheat wrap.

\$8.00

Sweet Potato Quesadilla

Roasted sweet potatoes, grilled asparagus, roasted plum tomatoes, spinach and jack cheese accompanied with greens and fresh tomato salsa.

\$9.50

Greek pizza

Spinach, roasted red pepper, feta cheese, olives, caramelized onions and mozzarella on grilled thin crust pizza shell drizzled with balsamic glaze.

\$12.00

* All sandwiches and wraps are served with a choice of fresh salad, sweet potato fries or tortilla chips

*When ordering, please specify if you have any special dietary needs or allergies

ENTREES

Available during dinner hours only

Butternut Squash Polenta

Grilled polenta, oyster mushroom ragout, warmed sesame asparagus drizzled with cilantro sunflower seed pesto.

\$13.99 GLUTEN FREE VEGAN

Near East Seitan with Teff Crepe

Pan seared seitan braised in creamy fenugreek sauce, stuffed inside a teff crepe, served with wilted baby spinach and black bean-pineapple salsa.

\$14.50 VEGAN

Nirvana Delight

An Ayurveda inspired meal, balanced with nutrition, flavor, texture, color and variety- Grilled Tandoori marinated tofu served with cold quinoa salad and spinach, topped with beet relish and cucumber yoghurt sauce.

\$13.99 GLUTEN FREE VEGAN

Macrobiotic Platter

Your choice of tofu, tempeh, or seitan topped with umeboshi plum sauce, accompanied by pinto bean, brown rice, sea vegetables and grilled seasonal vegetables.

\$13.50 VEGAN

Pistachio and Herb Encrusted Tofu with Corn Cake

Fresh herb and pistachio encrusted tofu, pan seared corn cake, and sautéed greens with red pepper and jalapeno relish and cilantro chutney.

\$14.50 GLUTEN FREE VEGAN CONTAINS NUTS

Millet Loaf with Local Farm Seasonal Vegetables

Millet loaf baked and served with Ethiopian spiced Tempeh, accompanied with Marjoram pesto, midsummer garden ratatouille, and carrot sage béchamel sauce.

\$13.99 GLUTEN FREE VEGAN

Three Bean Burrito

Three bean chili, brown rice, caramelized onions, pepper jack, guacamole, and salsa on whole wheat wrap.

\$8.00

Sweet Potato Quesadilla

Roasted sweet potatoes, grilled asparagus, roasted plum tomatoes, spinach and jack cheese accompanied with greens and fresh tomato salsa.

\$9.50

Mexican Pizza

Black bean, mango, red onion, fresh avocado, corn, mozzarella and queso fresco topped with fresh cilantro.

\$12.00

Moussaka Pizza

Grilled eggplant, grilled onion, roasted red pepper, goat cheese and mozzarella cheese topped with fresh basil.

\$12.50