
BEVERAGES

SPECIALTY

- Smoothie** 5. A refreshing blend of strawberries, bananas and organic apple juice made fresh.
- Fresh Juices** 4. Made fresh, to order.
Start with Organic Carrot and add: Apple, Beet, Celery *or* Fresh Ginger
- Other Beverages** 3. Organic Lemonade (available all year)
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COLD

- Natural Sparkling Sodas** 3. Raspberry, Black Cherry, Grape, Cranberry, Cherry Cola, Mango, Mandarin Lime *or* Peach (*Fruit juice sweetened, no sugar*)
- China Cola** 3. Original Cola *or* Cherry Cola
- Ginger Beer** 3.
- Eden Organic Apple Juice** 3.
- San Pellegrino Water** 3. 16.9 oz. bottle
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COFFEE & TEAS Hot or Cold

- Organic Coffee** 2.5 House blend certified organic
- Organic Decaf Coffee** 2.5 House blend certified organic
- Grain Coffee** 3. Single Serving Pot
- Oregon Chai** 3.5 Sweet Indian style tea with soy milk. Served Hot or Iced. Single Serving Pot.
- Kukicha Tea** 2.5 Our house tea. A traditional twig tea, rich in minerals. Trace amounts of caffeine.
- Herbal Teas – Organic** 2.5 Ginger, Peppermint, Red Mellow Bush (*Rooibos – South African Red*)
- Green Teas – Organic** 2.5 Traditional Sencha (*Green Tea*), Monkey King (*Jasmine*)
- Black Teas – Organic** 2.5 Earl Gray, Morning Rise (*Breakfast Blend*)
- White Tea – Organic** 2.5 Moonlight Spice (*Orange Spice*)

KIDS MENU

- Stir Fry** 6. Child size portion of our classic stir-fry served with organic brown basmati rice *or* substitute noodles for additional 75¢
Tofu *Add* 75¢
Szechuan or Miso sauce *Add* 75¢
Arame or Cashews *Add* 1. *each*
Ginger or Garlic, no additional charge.
- * **Traditional Spaghetti** 5. Child size portion of our house marinara sauce served over organic whole wheat udon noodles. Topped with choice of Asiago cheese *or* vegan soy cheese.
- Baked Spaghetti** 6. Child size portion of our house marinara sauce served over organic whole wheat udon noodles. Topped and baked with choice of brick cheese *or* vegan soy cheese.
- Noodles** 6. Organic whole wheat noodles served with butter, cheese *or* vegan soy cheese. Garnished with choice of steamed vegetable.
- Grilled Cheese** 6. House made organic multi-grain bread with choice of melted cheese *or* vegan soy cheese. Served with choice of steamed vegetable.
- Kids Quesadilla** 6. Organic whole wheat tortilla** folded over choice of black beans * *or* refried beans and cheese *or* vegan soy cheese. Mexican vegetable garnish available upon request (lettuce, onion, tomato, black olives). Served with chips and house salsa. Sour cream available.
- Chips & Cheese** 4.5 Organic corn tortilla chips with choice of melted cheese *or* vegan soy cheese. Add choice of lettuce, onion, tomato and black olives at no additional charge.
- Chips, Beans & Cheese** 6. Organic corn tortilla chips with choice of black *or* refried beans and choice of cheese *or* vegan soy cheese. Add choice of lettuce, onion, tomato and black olives at no additional charge.
- * **Pizza** 7. (Available Dinner Only)
House made personal size Tuscan crust topped with pizza sauce and choice of cheese *or* vegan soy cheese. Additional toppings 50¢ each.

* SOY FREE, or SOY FREE option available

** Gluten-free Brown Rice Tortilla may be substituted for additional 50¢ charge.

STIR FRIES (all Ω)

Classic 11. * can be made SOY FREE

Colorful mixture of fresh broccoli, cauliflower, celery, carrot, red cabbage, onion and snow peas sautéed with organic brown basmati rice and tamari. Shiitake-miso sauce on the side.

Szechuan 12.

We take our Classic stir-fry and add a mild peanut sauce along with sautéed tofu.

Tofu Arame 13. * can be made SOY FREE

We take our Classic stir-fry and add sea vegetable, tofu and sesame seed garnish. Shiitake-miso sauce on the side.

Cashew Ginger 12. * can be made SOY FREE

We take our Classic stir-fry and add fresh ginger with toasted cashews.

Noodles may be substituted for an additional charge of 1.5

All stir fries may be made spicy.

MEXICAN

Botana Ω 11. A fiesta of organic pinto beans over organic corn tortilla chips with avocado, green peppers, tomatoes, black olives and red onion. Baked with low fat cheese *or* soy cheese and served with house salsa on the side.

Enchiladas Coloradito Ω * 11. Corn tortillas wrapped around black beans and your choice of cheese *or* soy cheese. Garnished with house-made ancho chile salsa, sautéed onions, tomatoes, green pepper, black olives and organic brown rice. (*Additional ancho chile salsa – 1.*)

Quesadilla Grande 11. * Whole wheat tortilla** folded over organic black beans, onion, tomato, black olives and cheese *or* soy cheese. Garnish of avocado, lettuce, tomato, black olives and red onion. Served with house salsa.

San Antonio Burrito 11. Whole wheat tortilla** filled with organic pinto beans, brown rice, lettuce tomatoes, onions and cheese *or* soy cheese. Garnished with house salsa, black olives and organic corn tortilla chips.

***Whole Wheat Tortilla substitute: Gluten-free Brown Rice Tortilla for additional 50¢ charge.*

* SOY FREE, other Mexican dishes can be made SOY FREE with black beans.

Fresh jalapeños and sour cream optional for any of the Mexican dishes.

SALADS

DRESSINGS (See below)

Café * 5.5 Mesclun lettuces garnished with tomato, cucumber, marinated red onion and sprouts. Choice of dressing.

Greek * 11. Romaine lettuce, marinated onions, fresh marinated beets, organic Feta cheese, tomatoes, garbanzo beans, cucumber and Kalamata olives topped with our Grecian vinaigrette.

Mediterranean * 11. Organic noodles tossed with our Grecian vinaigrette, tomato, cucumber, Kalamata olives, fresh marinated beets, artichoke hearts, marinated onions and organic Feta* *or* walnuts.

Roland Greens 9. Mesclun lettuces tossed with balsamic vinaigrette and topped with organic sunflower sprouts, tofu, nut-raisin mix, tomatoes, onion, cucumbers and choice of cheese, soy cheese *or* avocado.

Blue Cheese & Walnut 9. Mesclun lettuces tossed with balsamic vinaigrette and topped with garlic roasted walnuts, Bleu cheese, tomatoes, onion, cucumbers, organic balsamic raisins and sunflower sprouts.

Inn Season Small: 8.5 (includes one topping – additions will be 1. each)

Large: 11. (includes two toppings – additions will be 1.5 each)

Robust salad of Romaine lettuce, broccoli, cauliflower, carrots, red cabbage, tomato, cucumber, garbanzo beans, sprouts, marinated onions and nut mix. Choice of dressing.

Choose from these toppings: sautéed tofu, low fat cheese, soy cheese *or* avocado.

Caesar * 9. Caesar-style salad using Romaine lettuce, tomatoes, onion, cucumbers and topped with house-made whole grain herb croutons. Prepared without eggs or anchovies.

Brown Rice Salad – Ω * Half: 4.5 Whole: 9.

Organic brown basmati rice with sweet red pepper, cucumber, scallion, celery, carrot, fresh herbs, pine nuts, currants, garlic, lemon and olive oil.

Salad Toppings – Choose from the options below to add to any salad.

Add 1. each – Kalamata olives, balsamic raisins, nut mix *or* artichoke hearts

Add 1.5 each – Garlic roasted walnuts, salad tofu, brick cheese, soy cheese, avocado, marinated beets *or* nut mix

Add 2. each – Feta, Bleu *or* Chevre

DRESSINGS – Additional 2 oz. for 1. or 4 oz for 2.

Balsamic Vinaigrette – Olive oil, salt, pepper and balsamic vinegar - Ω *

Sesame Ginger Vinaigrette – Sesame oil, garbanzo miso, brown rice vinegar, ginger, lemon juice, salt and pepper - Ω *

Caesar – Pommery mustard, olive oil, sour cream, asiago cheese and garlic (*Dairy Only*) *

Greek – Olive oil, red wine vinegar, garlic and mountain herbs - Ω *

Honey Poppy Seed – Dijon mustard, honey, canola oil and vinegar - Ω *

Tahini – Sesame butter, lemon, cider vinegar, garlic, canola oil, herbs and spices - Ω

Thousand Island – Creamy soy mayo, tomato, cider vinegar, onion, pickles and capers - Ω

(Lemon, extra virgin olive oil, balsamic vinegar, ume plum vinegar and cider vinegar are also available.)

* SOY FREE Ω DAIRY FREE

PIZZA

PIZZA made with our own Tuscan crust using roasted garlic, fennel, organic whole corn meal and organic wheat flour. Please give us more time to personally make your selection to order.

Basic * 14. Cheese *or* soy cheese and tomato sauce.

Bistro 17. Sun-dried tomatoes, capers, garlic, caramelized onion, garlic roasted walnuts, tomato sauce and cheese *or* soy cheese.

Mediterranean * 17. Kalamata olives, organic Feta cheese, artichokes, green pepper, red onion, tomato sauce and cheese *or* soy cheese.

Pizzeria * 15. Mushrooms, broccoli, red onion, green pepper, black olives, tomato sauce and cheese *or* soy cheese.

Portabella Walnut 16. Portabella mushroom, garlic roasted walnuts, capers, fresh basil, tomato sauce and cheese *or* soy cheese.

Roma * 15. Fresh tomato, fresh basil, Kalamata olives, tomato sauce and cheese *or* soy cheese.

Spinach Walnut 16. Spinach, garlic roasted walnuts, Kalamata olives, tomato sauce and cheese *or* soy cheese.

Personalized 16. Start with cheese *or* soy cheese, add tomato sauce and then your choice of **two** items from *Veggie Toppings* and **two** items from *Gourmet Toppings*.

(Additional items will be charged accordingly.)

* SOY FREE

TOPPINGS:

Veggie: add 1. each

Garlic, onion, fresh tomato, mushroom, green pepper, black olives *or* broccoli

Gourmet: add 2. each

Tofu, fresh basil, Kalamata olives, garlic roasted walnuts, capers, additional sauce, Portabella mushrooms, artichokes, caramelized onion *or* spinach

Specialty: add 2.5 each

Additional brick cheese, Feta, Bleu, Chevre, soy cheese, tempeh, *or* sun-dried tomatoes

Inn Season Café is Celebrating 28 Years of Fine Vegetarian Cuisine

Welcome to the Inn Season Café, Metro-Detroit's most established vegetarian restaurant. Since 1981, we have strived to present our customers with skillfully prepared dishes using the freshest organic, seasonal, and locally grown ingredients. Our menu reflects the best of classic, as well as inventive world cuisine. We believe good food is intrinsically healthy and is meant to be hearty and satisfying. Though we are dedicated to serving the vegetarian and vegan community we hope everyone will enjoy the home-cooked flavors of the Inn Season Café!

Winner – June, 2009 Best of Detroit, Vegetarian Menu HOUR MAGAZINE

“... Fine organic ingredients have always been its hallmark, but the health food nature of the cooking has been eclipsed; now you are eating vegetarian haute cuisine.”

METRO TIMES, 2004

“...the restaurant has long been known for the art of creating sensuous inventive dishes with powerful flavor using the freshest, most Technicolor fruit and vegetables, as well as nuts and grains, soybean products and other protein sources. Mexican, Indian and Asian influences abound, and high spicing respects them accordingly.”

DETROIT NEWS, 2004

APPETIZERS

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| Shiitake Mushroom Sauté
Ω | 9. Shiitake mushroom caps sautéed with toasted sesame oil, tamari, mirin and garlic. |
| Santorini Plate
* | 11. Millet tabouli and traditional hummus, made with the added zest of roasted sweet red peppers. Garnished with marinated beets, artichoke hearts and olives. Served with fresh baked flat bread. |
| Black Bean Avocado Quesadilla
* | 8. Whole wheat tortilla filled with black beans and cheese <i>or</i> soy cheese. Served with avocado and tomato, onion, black olives and lettuce garnish along with house-made salsa. |
| Red Pepper Hummus
* | 8. Traditional hummus with the added zest of roasted sweet red peppers. Served with fresh baked flat bread. |
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SOUPS

Today's Special Ω	Cup: 3.	Bowl: 4.5
Budapest Mushroom	Cup: 3.	Bowl: 4.5
* Chili (<i>seasonal</i>)	Cup: 4.	Bowl: 5.5
* Gazpacho (<i>seasonal</i>)	Cup: 4.5	Bowl: 5.5

Our food is prepared to order to maintain its freshness and goodness. Please be patient. A 20% gratuity will be added for parties of six or more.

Ω denotes WHEAT FREE * denotes SOY FREE

All of our food is prepared without animal products except where noted.

We use nuts and soy products in most of our dishes. **If you have allergies, please advise your server.**

All substitutions are subject to charge.

BURGERS

Fourth Street Burger 10. House-made whole grain patty on whole grain bun with sautéed onions, lettuce, and tomato served with coleslaw, chips and choice of sauce. Choose from rennet-free low fat brick cheese *or* organic soy cheese.

Tempeh Burger 10. Flavorful tempeh patty served on whole grain bun with cheese or soy cheese, sautéed onions, lettuce and tomato. Served with coleslaw, chips and choice of sauce.

The Big Baprawski 10. Flavorful tempeh patties served double-decker on a whole grain bun with cheese *or* soy cheese, sautéed onions, lettuce and tomato. Side of coleslaw, chips and special Thousand Island sauce.

Portabella 10. Marinated and baked mushroom cap with fresh basil, cheese *or* soy cheese served on whole grain bun with sautéed onions, lettuce, tomato. Side of coleslaw, chips and choice of sauce.

Sauces – Tangy house made barbecue sauce, Dijon mustard, non-dairy mayonnaise, Thousand Island *or* Tahini

OTHER SELECTIONS

Spaghetti * 11. *or* with baked cheese for 12.

Rich house-made marinara sauce over organic whole wheat noodles. Fresh grated Asiago cheese *or* soy cheese.

Macro Combo Ω 12. Organic brown rice, steamed kale, sea vegetable, coleslaw and choice of organic tofu *or* adzuki beans * (SOY FREE with this option). Served with shiitake-miso sauce.

Shanghi Noodle Factory 11. Organic noodles with shiitake-miso sauce and your choice of tofu, tempeh *or* sea vegetable. Served with steamed broccoli.

SIDE DISHES

* Organic Brown Basmati Rice 3.5

Beans 3.5 Adzuki * black * *or* re-fried

Organic Tofu Ω Small: 4. Large: 6.

Seasoned with – Sesame Dijon, Ginger Tamari *or* Garlic Herb

* Steamed Vegetable Plate 8. Three vegetables. Ask about today's selection.

* Steamed Vegetable 4. Ask about today's selection.

* Sea Vegetable 5.

Peanut Sauce 1. *or* 2.

Avocado 2.

* Miso Sauce 1. *or* 2.

Cheese / Soy Cheese 2.

* Salsa 1. *or* 2.

Chips 2.

Flat Bread (*available Dinner Only*) 3.

* Coleslaw 2.