

Good health and good taste have been the guiding forces in the creation of our unique Santosha cuisine. Our menu is comprised of many diverse ethnic dishes. Sample one of these: Italian Rice Balls with a melted mozzarella center, Tofu Scallop Platter, an Eastern twist to a classic dish, or maybe try Ragin' Cajun, a little bit of Louisiana spice right on your A meal at one of our tables offers you food cooked to order, no microwaves, nothing deep-frozen. Please be patient - we want your dinner to be perfectly delicious. The foods we serve are high in fiber using a variety of whole grains, beans, fruits, vegetables, nuts and seeds. We cook using little or no salt, most of our dishes are cooked in vegetable oils with very little dairy, so our cuisine is low in sodium and cholesterol. Our restaurant is both a labor of love, and a commitment to sustaining this type of alternative for you. Please tell a friend. Your recommendation is the highest compliment we can receive. Enjoy!

Please remember that we offer catering services for various

types of functions. We cater fantastic parties, casual dinners, business

luncheons, and the most sumptuous buffets and banquets. All of our



cakes and desserts can be ordered and our Award Winning Carrot Cake makes a beautiful wedding cake. Tell a Friend

5:30 PM TO 9:30 PM SUN .:

Signature Entrées All dinners served with Soup or Salad and Hummus Appetizer ~ \$12.95

Three flour tortillas with three different fillings. One of refried beans, another of spinach, tofu, and cheese, and lastly, one of vegetables and rice. Served with a spicy salsa.

Tender slices of breaded eggplant rolled with a spinach-ricotta filling and baked in marinara sauce. Served with pasta topped with marinara sauce.

Tender tempeh fillets broiled in an herb-butter sauce delicately seasoned with lemon and garlic. This delicious, high-protein dish is served with our rice pilaf and steamed vegetables.

7th Dynasty
Fresh garden vegetables, wok stir-fried, with tofu and a touch of ginger and garlic, finished with a dash of tamari. Served over steamed brown rice and topped with grilled cheddar.

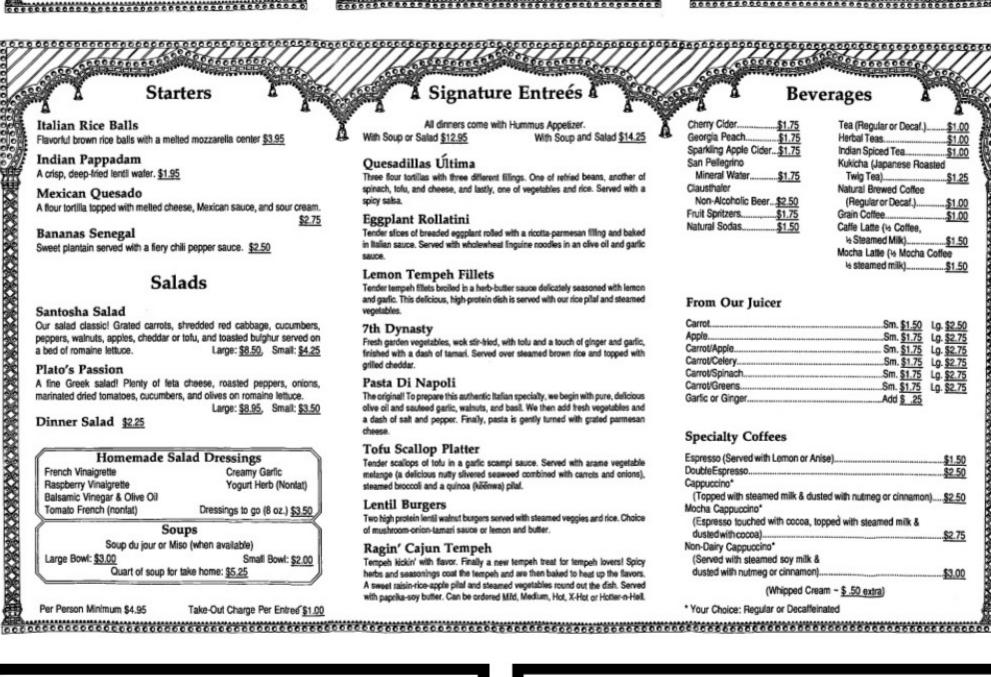
The original! To prepare this authentic Italian specialty, we begin with pure, delicious olive oil and sauteed garlic, walnuts, and basil. We then add fresh spinach and a dash of pepper. Finally, pasta is gently turned with grated parmesan cheese.

Tender scallops of tofu in a garlic scampi sauce. Served with aramé vegetable melange (a delicious nutty flavored seaweed combined with carrots and onions), steamed broccoli and quinoa (keenwa).

Two high protein lentil-walnut burgers served with steamed veggies and rice. Choice of a mushroom-onion-tamari sauce or a lemon-butter sauce.

Shining Sun Sandwich A wonderful sandwich! Stir-fried

garden vegetables on pita bread topped with cheddar cheese and grilled to piping hot perfection.





vegetarian restaurant, we offer food prepared with wholesome and fresh ingredients including a wide variety of specialty dishes to suit your dietary

Remember the Early Bird Special! Order 1 dinner at full price; receive 2nd at 1/2 price. (Available Tuesday - Thursday until 6:30 p.m.) Lunch Hours: Tues - Fri~ 11:00 am to 2:00 pm

needs. Our fortuitous cooks and helpful waitstaff are ready to serve you with

Sun~ 5:00 p.m. to 9:00 pm

Ragin' Cajun Tempeh Tempeh kickin' with flavor. Finally a new tempeh treat for tempeh lovers! Spicy herbs and seasonings coat the tempeh and are then baked to heat up the flavors. A rice pilaf and steamed vegetables round out the dish. Can be ordered Mild, Medium, Hot, X-Hot or Hotter-n-Hell. Saffron Cous Cous Africana This is a traditional African dish. Delicately sauteed veggies are served over semolina couscous and a sauce of ground peanuts, cumin and cayenne. A most intriguing and exquisite blend of flavors. Try this. Dinner Hours: Tues - Thur~ 5:30 pm to 9:30 pm Vegetarian Thali (Indian Platter) This delectable array of Indian staples is enough to please the most discerning palate. It includes dhal (lentil stew), kale sabji (savory greens), sufed channa (chick peas in white sauce), basmati rice, chapati, papadam and condiments. Fri & Sat~ 5:30 pm to 10:00 pm Please call (516) 598-1787 or (516) 691-8475 for more information! Santosha Vegetarian Dining Lunch Menus

b Santosha Sandwich

The ultimate sandwich! Pita bread stuffed with sprouts,

tomatoes and our special sauce. 4.95

marinated tofu, lettuce, cheese, shredded carrot, chickpeas,

Quesadillas Ultima

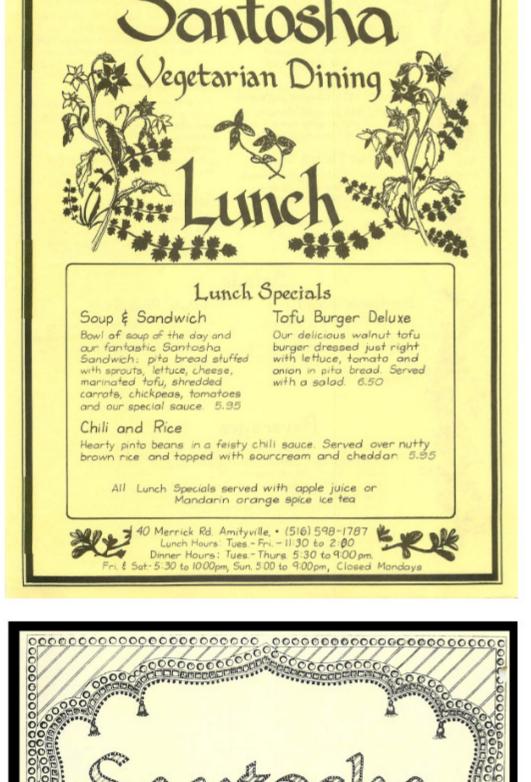
Eggplant Rollatini

Pasta Di Napoli

Tofu Scallop Platter

Lemon Tempeh Fillets

Sandwiches









Brunch

Мепи Peach Sunrise Cocktail Strawberry Granola Fresh Fruit

Tofu Sausages with Fennel Tempeh Crisps

Southwestern Cheddar & Jalapeño Strata

Sunday, May 8th

(two seatings: 11 a.m. & 2 p.m.) Reservations are necessary, please call: Reservation(s) Required Evenings: (516) 598-1787 R.S.V.P. by May 6th Daytime: (516) 691-8475



Santosha Vegetarian Restaurant

40 Merrick Road

Amityville, NY

Where:

Whole Grain Pancakes with Honey Walnut Sauce Crispy Oven Baked Potatoes Maple Apples ~ Raisin Scones - Carrot Cake - Coffee or Tea -\$15.95 per person Special Mothers' Day Hours: Brunch: 11 a.m. and 2 p.m. (Reservations required) Dinner: 4 p.m. until 9:30 p.m. (Open Seating) The most treasured compliment we can receive is your recommendation. → Please tell a friend ← Gift Certificates Available!

Santosha

of Yoga Anand Ashram

Valentines' Day Candlelight Dinner A Celebration of Two Ancient Dance Forms Santosha will be open on Monday, February 14th Guest dancers: Ritha Devi - Indian Classical Dancer All dinners include: A Delicious Hummus Appetizer; and Soup or Salad Kathe - Middle Eastern Dancer served with your choice of homemade dressing (including: French Vinaigrette, Creamy Garlic, Raspberry Vinaigrette and Vagurt Herb) ~ Choice of Entree ~ Musical Guest: Origin Choose from our Signature Dishes, Specials Menu or any other Santosha Entree Some of our offerings include: Eggplant Rollatini, Lemon Tempeh Fillet, 7th Dynasty, Pasta DiNapoli, Tafu Scallop Platter,

Whether it be cirmamon scented Carrot Cake, an intensely Chocolate Blackout Cake, hiscious Santosha Cheese Cake, Apple Pie, Carob Banana Mousse, or a triple chocolate delight of Mississippi Mud Cake, You'll enjoy a heavenly treat! Date: Come, bring your loved ones! Place:

Dinners: from \$9.95 (granuities and dessert not included)

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ALSO REMEMBER OUR EARLY BIRD SPECIAL: Buy one dinner at full price; receive 2nd at 1/2 price! (Available Twesday - Thursday until 6:30 p.m.) Valentine's Day Hours: Mon ~ 5:30 p.m. to 9:30 p.m.

Lunch Hours: Tues - Fri ~ 12:00 p.m. to 3:00 p.m. Dinner Hours: Tues - Thur ~ 5:30 p.m. to 9:30 p.m. Fri & Sat ~ 5:30 p.m. to 10:00 p.m. Sun ~ 5:00 p.m. to 9:30 p.m.

Lentil Burgers, Ragin 'Cajun Tempeh, A Taste of India-Thali Platter

After dinner try a selection from Santosha's Dessert Bakery:

For additional information, please call (516) 598-1787

Vegetarian Buffet catered by:

Buffet opens at 7:30 p.m.

Tickets:

Show starts at 8:30 p.m. \$25.00 per person \$35.00 per couple

Santosha Vegetarian Restaurant Alcohol Free

Friday, September 25th, 1992 The Amityville Club, 131 Merrick Rd., Amityville, NY (Parking Nearby)

Send your check along with your name, address and phone number to: Amityville, NY 11701

Reservations Required. Tickets will be held at door.

Please call (516) 691-8475 for additional information.