

Santosha Vegetarian Dining Dinner Menus

Santosha's Dessert Bakery

Carrot Cake
Three layers of raisin studded, cinnamon scented, carrot cake frosted with a rich cream cheese icing. **\$3.50** Try it warm!

Chocolate Blackout Cake
An intense chocolate cake topped with a thick fudge icing and served with a raspberry sauce. **\$3.75** No Eggs, No Dairy!

Banana Berry Parfait
Fresh bananas layered with a berry sauce and your choice of either vanilla (unsweetened) whipped cream or honey sweetened tahini cream. **\$4.25**

Whole cakes may be ordered for take-out.
We specialize in Carrot Wedding Cakes.
Ask waitperson for information.

Dear Friend,

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 plate.

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 auspicious 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

Copyright, 1994

Santosha vegetarian dining

OF YOGA ANAND ASHRAM

40 Merrick Rd., Amityville, NY 11701
(2 1/2 blocks west of Rte 110)

Evenings: (516) 598-1787
Days: (516) 691-8475

DINNER HOURS
TUE - THU: 5:30 PM TO 9:00 PM
FRI - SAT: 5:30 PM TO 9:30 PM
SUN: 5:00 PM TO 9:00 PM

Starters	Signature Entrees	Beverages
<p>Italian Rice Balls Flavorful brown rice balls with a melted mozzarella center. \$3.95</p> <p>Indian Pappadam A crisp, deep-fried lentil wafer. \$1.95</p> <p>Mexican Quesado A flour tortilla topped with melted cheese, Mexican sauce, and sour cream. \$2.75</p> <p>Bananas Senegal Sweet plantain served with a fiery chili pepper sauce. \$2.50</p>	<p>All dinners come with Hummus Appetizer. With Soup or Salad \$12.95</p> <p>Quesadillas Ultima 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 sauce.</p> <p>Eggplant Rollatini Tender slices of breaded eggplant rolled with a ricotta-parmesan filling and baked in Italian sauce. Served with wholehearted Engrain rooties in an olive oil and garlic sauce.</p> <p>Lemon Tempeh Fillets 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.</p> <p>7th Dynasty Fresh garden vegetables, wok stir-fried, with tofu and a touch of ginger and garlic, finished with a dash of tamar. Served over steamed brown rice and topped with grilled cheddar.</p> <p>Pasta Di Napoli The original! To prepare this authentic Italian specialty, we begin with pure, delicious olive oil and sautéed garlic, walnuts, and basil. We then add fresh vegetables and a dash of salt and pepper. Finally, pasta is gently turned with grated parmesan cheese.</p> <p>Tofu Scallop Platter Tender scallops of tofu in a garlic scampi sauce. Served with arami vegetable mélange (a delicious nutty flavored seaweed combined with carrots and onions), steamed broccoli and a quinoa (kitchwa) pilaf.</p> <p>Lentil Burgers Two high protein lentil-walnut burgers served with steamed veggies and rice. Choice of mushroom-onion-tamari sauce or a lemon-butter sauce.</p> <p>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 sweet raisin-rice-apple pilaf and steamed vegetables round out the dish. Served with poppy-seed butter. Can be ordered Mild, Medium, Hot, X-Hot or Hotter-n-Hell.</p>	<p>Cherry Cider.....\$1.75 Georgia Peach.....\$1.75 Sparkling Apple Cider.....\$1.75 San Pellegrino.....\$1.75 Mineral Water.....\$1.75 Clausenthal.....\$1.75 Non-Alcoholic Beer.....\$2.50 Fruit Sparklers.....\$1.75 Natural Sodas.....\$1.50</p> <p>Tea (Regular or Decaf).....\$1.00 Herbal Tea.....\$1.00 Indian Spiced Tea.....\$1.00 Kulicha (Japanese Roasted Twig Tea).....\$1.25 Natural Brewed Coffee (Regular or Decaf).....\$1.00 Green Coffee.....\$1.00 Caffe Latte (w/ Coffee, 1/2 Steamed Milk).....\$1.50 Mocha Latte (w/ Mocha Coffee & steamed milk).....\$1.50</p> <p>From Our Juicer</p> <p>Carrot.....Sm \$1.50 Lg \$2.50 Apple.....Sm \$1.75 Lg \$2.75 Carrot/Apple.....Sm \$1.75 Lg \$2.75 Carrot/Ginger.....Sm \$1.75 Lg \$2.75 Carrot/Spinach.....Sm \$1.75 Lg \$2.75 Garlic or Ginger.....Add \$.25</p> <p>Specialty Coffees</p> <p>Espresso (Served with Lemon or Anise).....\$1.50 Double Espresso.....\$2.50 Cappuccino* (Topped with steamed milk & dusted with nutmeg or cinnamon).....\$2.50 Mocha Cappuccino* (Espresso touched with cocoa, topped with steamed milk & dusted with cocoa).....\$2.75 Non-Dairy Cappuccino* (Served with steamed soy milk & dusted with nutmeg or cinnamon).....\$3.00 (Whipped Cream - \$.50 extra)</p> <p>* Your Choice: Regular or Decaffeinated</p>
<p>Homemade Salad Dressings</p> <p>French Vinaigrette.....Creamy Garlic Raspberry Vinaigrette.....Yogurt Herb (Nonfat) Balsamic Vinaigrette & Olive Oil Tomato French (nonfat).....Dressings to go (8 oz.) \$3.50</p> <p>Soups</p> <p>Soup du jour or Miso (when available) Large Bowl: \$3.00 Small Bowl: \$2.00 Quart of soup for take home: \$5.25</p> <p>Per Person Minimum \$4.95 Take-Out Charge Per Entree \$1.00</p>		

Santosha INTERNATIONAL VEGETARIAN CUISINE

40 Merrick Road, Amityville, NY (516) 598-1787

IS A SANSKRIT WORD FOR Contentment

- Come in for a Savory and Healthy Lunch
- Try one of our Classic Dinner Entrées
- Treat yourself to a Goody from Our Bakery
- Delight in a Steaming Specialty Coffee
- Revitalize with a Pure Drink from our Juicer
- Let us Cater your next Gathering

Captivate your senses with food that not only looks luscious, but smells fabulous and tastes absolutely scrumptious. As Long Island's longest standing vegetarian restaurant, we offer food prepared with wholesome and fresh ingredients including a wide variety of specialty dishes to suit your dietary needs. Our fortuitous cooks and helpful waitstaff are ready to serve you with the utmost care.

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
Dinner Hours: Tues - Thur - 5:30 pm to 9:30 pm
Fri & Sat - 5:30 pm to 10:00 pm
Sun - 5:00 p.m. to 9:00 pm

Please call (516) 598-1787 or (516) 691-8475 for more information!

Signature Entrées

All dinners served with Soup or Salad and Hummus Appetizer - \$12.95

Quesadillas Ultima
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 sauce.

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

Lemon Tempeh Fillets
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 tamar. Served over steamed brown rice and topped with grilled cheddar.

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

Tofu Scallop Platter
Tender scallops of tofu in a garlic scampi sauce. Served with arami vegetable mélange (a delicious nutty flavored seaweed combined with carrots and onions), steamed broccoli and quinoa (kitchwa).

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

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 sweet raisin-rice-apple 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 sautéed veggies are served over semolina couscous and a sauce of ground peanuts, cumin and cayenne. A most interesting and exquisite blend of flavors. Try this.

Vegetarian Thali (Indian Platter)
This delectable array of Indian staples is enough to please the most discerning palate. It includes dhal (lentil stew), kalle sabji (savory greens), saag chutney (chick peas in white sauce), basmati rice, chapati, papadam and condiments.

Santosha Vegetarian Dining Lunch Menus

Santosha Vegetarian Dining Lunch

Lunch Specials

Soup & Sandwich
Bowl of soup of the day and our fantastic Santosha Sandwich: pita bread stuffed with sprouts, lettuce, cheese, marinated tofu, shredded carrots, chickpeas, tomatoes and our special sauce. 5.95

Chili and Rice
Hearty pinto beans in a feisty chili sauce. Served over nutty brown rice and topped with sourcream and cheddar. 5.95

All Lunch Specials served with apple juice or Mandarin orange juice ice tea

40 Merrick Rd. Amityville, • (516) 598-1787
Lunch Hours: Tues - Fri - 11:30 to 2:00 pm
Dinner Hours: Tues - Thurs 5:30 to 9:00 pm
Fri & Sat - 5:30 to 10:00pm, Sun 5:00 to 9:00pm, Closed Mondays

Sandwiches

Santosha Sandwich
The ultimate sandwich! Pita bread stuffed with sprouts, marinated tofu, lettuce, cheese, shredded carrots, chickpeas, tomatoes and our special sauce. 4.95

Spinach-Feta Cheese Sandwich
Spinach, feta cheese, tomato and onion served in pita bread with your choice of dressing. 4.95

Open Face Melted Cheese
Two slices of whole grain bread topped with tomato, cheddar and mozzarella cheeses and grilled.
"The Works" onion, spinach, mushroom, & tomato 4.75

Shining Sun Sandwich
A wonderful sandwich! Stir-fried garden vegetables on pita bread topped with cheddar cheese and grilled to piping hot perfection. 5.25

Tofu Burger
An extraordinary burger: fresh tofu, green bell peppers, onions, walnuts, herbs, spices, and tomato flavor this great creation. Served in pita bread with tomato, lettuce, onion and our special sauce. 5.25

Falafel
The finest on Long Island! Chick pea patties in pita bread with tomatoes, onions, lettuce and creamy tahini yogurt. 7.50

Salads

Santosha Salad
Lettuce, cucumbers, carrots, tomatoes, cheese, sprouts, tomatoes, bulghur, apples, nuts. 4.95

Tossed Salad 2.50

Plato's Passion
A fine Greek salad with plenty of feta cheese, lettuce, tomatoes, peppers, onions, cucumbers and Greek olives. 5.95

Beverages

Juice: Apple, Georgia Peach, Oregon Berry 1.25
Soda: Almond Cream, Root Beer 1.50
Cider: Martinelli's (sweet) 1.75
Tea / Coffee / Decaf / Herb Teas 1.00
Iced Coffee 1.00
San Pellegrino Mineral Water 1.75
Lemon Zinger Punch 1.75
Iced Orange Spiced Tea (Coffee Free) 1.00
Fruit Spritzer 1.75

Santosha vegetarian dining

Lunch Hours: Tues thru Fri - 11:30am to 2:00 pm
Dinner Hours: Tues thru Thur - 5:30 pm to 9:00 pm
Fri and Sat - 5:30 pm to 9:30 pm
Sun - 5:00 pm to 9:00 pm

40 Merrick Rd. Amityville, NY 11701 (516) 598-1787

Sandwiches

Santosha Sandwich - The ultimate sandwich! Pita bread stuffed with cheese, lettuce, tomato, carrots, chick peas, and your choice of dressing. **\$5.95**

Walnut Tofu Burger - An extraordinary burger: fresh tofu, green bell peppers, onions, walnuts, herbs, spices and tamari flavor this great creation. Served in pita bread with tomato, lettuce, onion and our special sauce. **\$4.95**

Shining Sun - A wonderful sandwich! Stir-fried garden vegetables on pita bread topped with cheddar cheese and grilled to piping hot perfection. **\$5.25**

Falafel - The finest on Long Island! Chick pea patties in pita bread with tomatoes, onions, lettuce and your choice of yogurt herb or tomato herb sauce. **\$5.95**

Un-Chicken Salad Sandwich - Flavorful baked tofu with Mayonnaise and celery on pita with lettuce & tomato. **\$4.25**

Hummus Sandwich - On pita with roasted red pepper, tomato & lettuce. **\$4.25**

Salad Platters
(All salads served on greens with pita chips)

Santosha Salad - Our salad classic! Shredded red cabbage, carrots, cucumbers, peppers, walnuts, apples, cheddar or tofu, and bulghur served on a bed of garden fresh lettuce. **\$5.95**

Plato's Passion - A great Greek salad! Plenty of feta cheese, roasted peppers, onions, marinated dried tomatoes, cucumbers, and olives on garden fresh lettuce. **\$5.95**

Hummus Salad - A traditional Middle Eastern creamy chickpea salad with roasted peppers & tomato. **\$5.50**

Tabouli Salad - Bulgur pilaf salad with mint, parsley, tomatoes and cucumbers. **\$5.75**

Salad Dressings to take home: **\$3.50 for 8 oz.**

Lunch Bowl Express

Mexican Chili Bowl - Our Three Bean Chili served over brown rice. Topped with cheddar & sour cream **\$4.50**

Indian Bharat Bowl - Dhal (lentil stew), bhaji (vegetable), rice and mango pickle. **\$4.95**

Italian Pasta Bowl - Pasta, in a marinara sauce with steamed vegetables and parmesan. **\$4.25**

Macro Bowl - Rice, beans, steamed vegetables, pickle. **\$4.25**

Specials

Earth's Embrace - Steamed vegetables over brown rice with melted cheese or mushroom-onion-tamari sauce **\$6.25**

Vegetarian Thali (Indian Platter) - This delectable array of Indian staples is enough to please the most discerning palate. It includes dhal (lentil stew), sabji (savory stir fried vegetables), chick peas in a white sauce, basmati rice, chapati, papadam and condiments. **\$6.25**

Soup - n - Salad - Soup of the day and our tossed salad. **\$5.25**

Ask about our Santosha dessert Bakery!

Special Occasions at Santosha

Santosha vegetarian dining

You are invited to a **Mothers' Day Brunch**

Where: Sunday, May 10th at 12:30 p.m.
Santosha Vegetarian Restaurant
40 Merrick Road, Amityville, NY

Reservations Required
\$5.95 by May 6th
\$15.95 per person, gratuity not included

Now accepting orders for **Mothers' Day Cakes**

Heart Shaped Carrot Cakes - \$15.00
&
Heart Shaped Chocolate Blackout Cakes - \$10.00
(Cakes can be inscribed upon request.)

Lunch hours: Tuesday - Friday 11:30 a.m. to 2 p.m.
Dinner hours: Tuesday - Thursday 5:30 p.m. to 9:00 p.m.
Friday & Saturday 5:30 p.m. to 9:30 p.m.
Sunday 5:00 p.m. to 9:00 p.m.

Call (516) 598-1787 for additional information

You and your family are invited to:

Santosha's Annual Mothers' Day Brunch

Sunday, May 8th
(two seatings: 11 a.m. & 2 p.m.)
Reservations are necessary, please call:
Evenings: (516) 598-1787
Daytime: (516) 691-8475

Menu

Peach Sunrise Cocktail
Strawberry Granola
Fresh Fruit
Tofu Sandwich with Fennel
Tempeh Crisp
Southwestern Cheddar & Jalapeno Strata
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 ←
Gifts Certificates Available!

Santosha Vegetarian Dining

40 Merrick Road, Amityville, NY 11701

Valentines' Day Candlelight Dinner

Santosha will be open on Monday, February 14th

All dinners include:
A Delicious Hummus Appetizer; and Soup or Salad served with your choice of homemade dressing (including: French Vinaigrette, Creamy Garlic, Raspberry Vinaigrette and Yogurt Herb)

~Choice of Entree~
Choose from our Signature Dishes. Spectals Menu or any other Santosha Entree
Some of our offerings include: Eggplant Rollatini, Lemon Tempeh Fillet, 7th Dynasty, Pasta Di Napoli, Tofu Scallop Platter, Lentil Burgers, Ragin' Cajun Tempeh, A Taste of India-Thali Platter

After dinner enjoy a selection from Santosha's Dessert Bakery:
Whether it be cinnamon scented Carrot Cake, an intensely Chocolate Blackout Cake, luscious Santosha Cheese Cake, Apple Pie, Carob Banana Mousse, or a triple chocolate delight of Mississippi Mud Cake, You'll enjoy a heavenly treat!

Come, bring your loved ones!

Also remember our Early Bird Special!
Buy one dinner at full price; receive 2nd at 1/2 price! (Available Tuesday - 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 - Thurs - 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.

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

Santosha of Yoga Anand Ashram presents

A Night of Dance

A Celebration of Two Ancient Dance Forms

Guest dancers:
Ritha Devi - Indian Classical Dancer
or
Kathe - Middle Eastern Dancer

Musical Guest: Origin

Vegetarian Buffet catered by:
Santosha Vegetarian Restaurant
Alcohol Free No Smoking

Date: Friday, September 25th, 1992
Place: The Amityville Club, 131 Merrick Rd., Amityville, NY (Parking Nearby)
Time: Buffet opens at 7:30 p.m.
Show starts at 8:30 p.m.
Tickets: \$25.00 per person \$35.00 per couple

Send your check along with your name, address and phone number to:
Santosha Vegetarian Restaurant
Night of Dance
49 Forest Place
Amityville, NY 11701

Reservations Required. Tickets will be held at door.
Please call (516) 691-8475 for additional information.