

LUNCH

11 am to close

Appetizers

Soup.....Sm 3.00 Lg 4.75
Nachos6.75
Chips, cheddar, black beans, guacamole,
fresh salsa and sour cream!

Burritos and Wraps

With side salad add 2.00
Add rice or home fries 1.75

Burrito Supreme6.75
Black beans, brown rice, lettuce, tomato,
fresh salsa, guacamole, cheddar and sour
cream rolled in a multi-grain tortilla.
*Vegan option: sub extra guacamole for
sour cream - add 1.00*

Veggie Delight Wrap7.50
Broccoli, zucchini, mushrooms, tomato,
spinach, bell peppers, black beans, brown rice fresh
salsa and cheddar in a multi-grain tortilla.
Vegan option: no cheddar - add guacamole 0.50

Steak and Cheese Wrap7.50
Minced fripat, cheddar or swiss, brown rice,
black beans, lettuce, tomato, onions and
sour cream.

Turkey Avocado Wrap7.50
Soy turkey, avocado, lettuce, tomato, red onion,
swiss cheese and white sauce in a tortilla.

Bowls

Add fresh salsa to any bowl 1.00

Beans, Rice and Cheddar4.50
The Basic: Brown rice, covered
with black beans and cheddar.

Beans, Rice, Cheddar and Salad7.00
Take *The Basic* with a nice salad on top!

Veggies, Beans and Rice7.00
Your rice and beans with grilled veggies
on top...yummy!

Tofu, Rice and Veggies7.50
Marinated tofu and veggies atop a bowl of rice.

Salads

House SaladSm 4.75 Lg 5.75
Lettuce, carrots, tomatoes, red cabbage,
choice of dressing.
Add cheese or rice1.00
Add organic tofu1.45
Add other veggies, each0.75

Greek SaladSm 7.75 Lg 9.50
Lettuce, spinach, tomatoes, red onions,
kalamata olives, cucumbers and feta,
served with herbal dressing.

Salad BouquetSm 6.50 Lg 8.75
Lettuce, tomatoes, carrots, red cabbage,
swiss cheese, sunflower seeds, walnuts and raisins.

Avocado SaladSm 7.75 Lg 9.50
Hearty chunks of avocado, tomato,
cucumber, bell pepper and feta cheese
on lettuce, served with herbal dressing.

Sandwiches

Substitute gluten-free bread, 1.00 per slice

The Steak Burger6.45
Soy fripat, with melted Swiss, tomato,
carrots, cabbage, and lettuce in a pita.
Add soy bacon 1.25 Extra fripat 2.25

BLT4.75
Three slices of soy bacon, lettuce and
tomato with mayo on whole wheat or rye bread.
Add egg, 1.00. Add cheese, 1.00

Turkey Club7.95
A triple decker sandwich with soy turkey,
three slices of soy bacon, lettuce and tomato.
Add cheese 1.00

Grilled Cheese3.95
Choice of cheddar, swiss or smoked gouda.
Add tomatoes 0.75 Add fresh pesto 1.00

Steak on a Roll5.25
Soy fripat with cheese, grilled onions, lettuce
and tomato on a kaiser roll. *Extra fripat 2.25*

Supreme Sandwich7.75
Soy fripat, cheese, one egg over hard, grilled onions,
two slices of soy bacon, lettuce and tomatoes on a
kaiser roll, bagel or toast.
Extra fripat 2.25

Sides & Extras

Home fries. 2.50
One egg 1.00
Two eggs. 2.00
..... *Organic eggs add 0.50 per egg*
Add/sub tofu 1.00
Gluten-free bread, one slice 1.75
Gluten-free bread, two slices 3.25

Soy sausage (2 slices) 2.50
Soy bacon (3 slices) 2.50
Per slice bacon 0.85

Bagel with butter 1.50
Roll with butter 1.25
Bagel with cream cheese 1.95
Side order of cream cheese 0.75
One egg on a roll 2.50
One egg on a roll with cheese 3.25

Beans 2.50
Rice 2.50
Grilled Veggies 4.95
Fresh Salsa 2.00
Avocado (one quarter). 1.25
Guacamole (2oz.) 2.00

Beverages

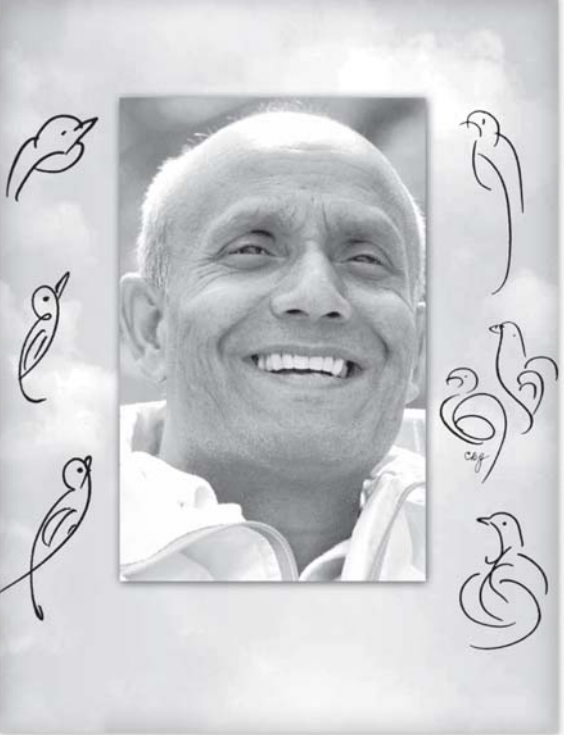
The Smile's Custom Arabica Coffee 2.00
unlimited refills (dine in only)

To Go Sm 1.75 Lg 2.25
..... *Incl. tax*
..... *organic add 0.50 /0.75*
Black tea 1.50
Herbal and special blends 1.75
Pero 1.75
Hot Chocolate 1.75
San Pellegrino sodas 2.00
Seltzer water 1.25
Fiji water (500ml) 1.75
Coke or Diet Coke 1.65
Ginger Blast: *fresh ginger, fresh lemon juice,
honey and a touch of cayenne pepper.*
Hot or cold with seltzer 3.50

Discover Breakfast Heaven!

Smile of the Beyond Vegetarian Diner

EST. 1972



86-14 Parsons Blvd. Jamaica, NY
718-739-7453

Monday - Friday: 7 am - 3 pm
Saturday: 8 am - 3 pm
Closed Sunday

www.smileofthebeyond.com

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WORLDWIDE MISSION OF SRI CHINMOY