



# The Oneness-Fountain-Heart



Lunch 11:30-4 · Dinner 4-9 · Sunday brunch 11:30-3 · Closed Wednesday

718-591-FOOD

157-19 72nd Avenue · Flushing, NY · 11432

## Soups

**Soup of the Day**      small 2.95      large 3.50

*A generous portion of our delectable soup served with a warm roll and butter*

**Lite Lunch**      4.95

*A real deal! A bowl of soup and a side salad with bread and butter*

## Appetizers

**Magic Mushrooms** 🌱 3.75

*A magical blend of aromatic mushrooms, sautéed in a delicate ginger sauce and served with chopped fresh spinach*

**Grilled Vegetables alla Mediterranea** 🌱 3.75

*Eggplant, zucchini, artichoke heart and red pepper marinated in olive oil, garlic and fresh herbs*

**The Nacho Blues** 🌱      small 4.95      large 7.95

*Crispy blue corn chips smothered in oven melted mozzarella, topped with black beans, tomatoes and hot peppers and served with homemade salsa, guacamole, and luscious sour cream*

## Salads

Served with a warm roll and butter

**Soup and Salad Special**      Add 2.50

*Choose any salad and add a delicious bowl of soup for only 2.50*

**The Athenian** 🌱      6.95

*A large Greek salad with feta cheese, cucumbers, red peppers, olives, tomatoes and onions, served with homemade lemon vinaigrette dressing*

**Infinite Bleu** 🌱      6.95

**Mother Nature** 🌱      regular 3.75      large 5.95

*Lettuce, carrots, beets, broccoli, cucumbers, tomatoes, mushrooms and sprouts with your choice of homemade dressing*

✳️ **Dressings** · (Vegan) honey dijon · lemon vinaigrette  
· extra virgin olive oil · balsamic vinegar  
(Non-vegan) bleu cheese · tamari mayo

✳️ **Toppings** · veggie duck · grilled tofu      1.25 each

## Specialties of the Heart

Entrées are served a la carte

**Soup or Salad Special**      Add 2.50

*Add a delicious bowl of soup or a side salad to any entrée for only 2.50*

**Neat Loaf**      9.95

*A great American classic... vegetarian style. We bake rice, grains, eggs, ricotta cheese and tofu, then top it all with a zesty secret sauce. Served with a mound of creamy mashed potatoes and hearty mushroom gravy.*

**Duck Surprise** 🌱      9.95

*Tender chunks of garlic-sautéed vegetarian duck with butter-braised broccoli, served over royal rice with sweet and spicy pineapple dipping sauce*

**Souvlaki Fountainopolis** 🌱      9.95

*Grilled vegetarian beef spiced with garlic, lemon juice and oregano, served with cucumber-yogurt tzaziki, brown rice pilaf and a Greek salad garnish*

**Pasta Pesto Primavera**      7.95

*Imported Italian fresh pasta served with our basil-pine nut pesto and sautéed spring vegetables*

**Thai Heaven** 🌱      9.95

*Carrots, potatoes, yams and cashews in a mildly spicy coconut cashew curry sauce served with sautéed veggie chicken, cucumbers and royal rice*

## Burger Central

Burger platters are served with your choice of side salad or homemade mashed potatoes and mushroom gravy.  
At dinner only the platters are available.

### Bliss Burger Lunch 4.95 Platter 7.25

*A juicy, hickory smoked, flame broiled, low fat soy burger with lettuce, tomato and sprouts, served on an organic whole grain bun with tamari mayo sauce*

*\* Toppings · melted cheese .50 each  
· sautéed onions or mushrooms*

### The Ponderosa Lunch 7.50 Platter 9.75

*The ultimate burger! Our famous burger patty, a whole portobello mushroom cap, grilled onions, two strips of veggie bacon, tomato, lettuce and sprouts on an organic whole grain bun with our own special BBQ sauce.*

### BBQ Chicken Burger Lunch 5.95 Dinner 8.25

*Grilled nuggets of tasty vegetarian chicken, served on a toasted Italian ciabatta roll with lettuce, tomato, sprouts and our homemade chipotle BBQ sauce*

## Sandwiches

Except where noted, all sandwiches come with guacamole and blue corn chips at dinner

### Soup or Salad Sandwich Special Add 2.50

*Make it a meal — add a delicious bowl of soup or a side salad to any sandwich for only 2.50*

### Mama Mia! Lunch 5.95 Dinner 8.50

*Eggplant, zucchini, artichoke hearts and red peppers grilled in extra virgin olive oil and fresh herbs, all in a spinach wrap with melted mozzarella, served with basil-pine nut pesto.*

### Portobello Mellow Lunch 5.95 Dinner 8.50

*Grilled portobello mushrooms, red peppers, fresh spinach and melted mozzarella in a spinach wrap, served with homemade salsa.*

### El Burrito del Corazón Lunch 5.95 Dinner 8.50

*Mexican black beans, veggie meat, onions, tomatoes, sour cream, spinach and cheese in a spinach wrap, served with homemade salsa.*

### Neatwich Lunch 6.95 Dinner 8.95

*Our famous Neat Loaf on a toasted Italian ciabatta roll with lettuce, tomato, sprouts and a tantalizing combination of homemade tamari mayo sauce and chipotle BBQ sauce. Comes with mashed potatoes and gravy at dinner.*

## Side Orders

Grilled tofu/veg. duck/veg. chicken nuggets/veg. shrimp	2.50
Grilled veg. ham/veg. lamb/striples	2.50
Royal rice / brown rice pilaf	1.50
Mashed potatoes with gravy	2.50
Stir-fried vegetables	3.95
Steamed vegetables	2.50
Guacamole	1.95
Guacamole and chips	2.95
Pesto or Duck Sauce	1.00
Side salad with roll and butter	2.95
Basket of three rolls with butter	1.95
Single roll with butter	.75

## Drinks

### Smoothies small 2.75 large 3.50

Super Spirulina · Mixed fruit with a blast of spirulina  
Very Berry · Blueberries, strawberries and bananas  
Pina Colada · A Caribbean classic  
Mango Lassi · Yogurt and sour cream with mango

### Coffee

Espresso · Decaf available	1.50
Cappucino · Decaf available	2.75
Coffee · Decaf available	1.00
Iced coffee · Decaf available	small 1.25 large 1.75

### Tea

Herbal teas · Chamomile, Peppermint, Red Zinger, Cinnamon Apple Spice, Bengal Spice	1.50
Green / Black tea · Jasmine, Earl Grey, English Breakfast	1.50
Iced Red Zinger / Earl Grey	small 1.25 large 1.75
Thai iced tea · An exotic drink experience	2.50

### Soda, Bottled Water and Juice

Coke, Diet Coke, Sprite, Ginger Ale, Seltzer	1.25
All natural Root Beer or Vanilla Creme Soda	1.75
All natural Fruit Spritzer · Strawberry, peach, mango	1.50
Sparkling spring water	1.75
Apple juice	small 1.25 large 1.75

## Desserts

### Tiramisú 3.75

*We make it... and it's to die for*

### Gourmet Cakes, Flans and Tarts

*Please ask for today's tempting taste treats*

### Ice Cream (dairy/non-dairy) per scoop 1.00

*We have an exquisite selection of frozen desserts.  
Please ask for today's exciting flavors.*