

INN SEASON KITCHEN

www.innseasonkitchen.com | 32867 Woodward Ave., Royal Oak, MI 48073 | (248) 850-8500

STARTERS

Budapest Mushroom Cup – 5.50/Bowl – 7.50

Cashew Vegetable Chili Seasonal (GF/SF) Cup – 6.50/Bowl – 8.50

Nori Roll (GF) – 14.50

Organic sushi rice, daikon, carrot, pickle and avocado in a toasted nori roll, with house made pickled organic ginger and wasabi mayo and ponzu sauce for dipping.

Mini Macro Bowl (GF) – 12.00

Brown rice, adzuki beans, and tofu in a shiitake-miso sauce.

SIDES

Sautéed Tempeh or Tofu – 7.35

Choose from sesame dijon, ginger tamari, or garlic herb seasoning.

Inn Season Bread – 1 lb. – 5 / Slices – .50

Salad Dressings – 2oz. – 1.85

4oz. – 3.50

16oz. – 11.00

SALADS

Baby Kale Caesar Salad (GF option, SF) – 15.5

Caesar style salad with romaine and baby kale, cucumber, marinated red onion with vegan Caesar dressing. Topped with house-made whole grain croutons.

Cafe (GF/SF) – 7.25

Mesclun lettuces garnished with tomato, cucumber, marinated red onion and fresh sprouts. Served with your choice of dressing.

Greek (GF/SF/Optional vegan feta – N/C) – 15.85

Romaine lettuce, roasted beets, feta cheese, tomato, garbanzo beans, cucumber, kalamata olives and marinated red onion. Served with Greek dressing on the side.

Brown Rice Salad (GF/SF) – 12.00

Brown rice tossed with sweet red peppers, cucumber, scallion, celery, carrot, fresh herbs, pecans, currants, garlic, lemon and olive oil. Served on a bed of mixed greens.

Inn Season (GF/SF option) – 15.85

Robust salad of romaine lettuce, broccoli, cauliflower, carrot, red cabbage, tomato, cucumber, garbanzo beans, fresh sprouts, marinated red onion and raisin-nut mix. Choice of dressing.

Includes two toppings. Additional items will be charged accordingly.

Choose from (all GF): Sautéed tofu, cheese, vegan cheese or avocado.

SALAD DRESSINGS (All GF):

Balsamic Vinaigrette (SF) – Olive oil, salt, pepper, balsamic vinegar

Sesame Ginger Vinaigrette (SF) – Sesame oil, garbanzo miso, brown rice vinegar, ginger, lemon juice, salt, pepper

Caesar (SF) – Olive oil, non-dairy mayo, roasted garlic, lemon juice, basil, nutritional yeast, brown rice vinegar, whole-grain mustard

Greek (SF) – Olive oil, red wine vinegar, lemon juice, garlic, salt, pepper, herbs

Honey Poppy Seed (SF) – Dijon mustard, honey, safflower oil, poppy seeds, cider vinegar

Tahini – Sesame butter, lemon juice, orange juice, cider vinegar, garlic, safflower oil, maple syrup, tamari, herbs, spices

Thousand Island (SF) – Non-dairy mayo, tomato, red pepper, scallions, cider vinegar, onion, pickles, capers

STIR FRY BOWLS

Classic Bowl (GF, SF option) – 17.00

Broccoli, cauliflower, celery, carrot, red cabbage, onion and snow peas (no substitutions) sautéed with tamari and served with brown rice.

Additions:

Substitute udon whole wheat noodles +2, Brown Rice noodles +3, add Tofu (GF), +2, Cashew Ginger (GF) +2, or Shiitake Mushrooms (GF) +200

Sauces: Shittake Miso (GF) or Szechuan Peanut (GF).

Additional Sauce 4oz +3.

Please Note:

All of our food is prepared VEGAN.

Our food is prepared to order to maintain its freshness and integrity. Please be patient. Nuts and soy products are used in many of our dishes. If you have allergies, please advise us.

(GF) = Gluten Free | (SF) = Soy Free

Pricing and all substitutions, are subject to change or charge.

July 2022

BURGERS

Fourth Street Burger (GF option) – 14.50

House-made multi-grain patty (oats, lentils, brown rice, millet, gluten-free flour, cornmeal, sesame seeds, sunflower seeds) on our whole grain bun with cheese or vegan cheese, sautéed onions, lettuce and tomato. Served with coleslaw, blue corn tortilla chips and your choice of sauce.

The Big Baprawski – 14.50

Double-decker tempeh patties served on our whole grain bun with cheese or vegan cheese, sautéed onions, lettuce and tomato. Served with coleslaw, blue corn tortilla chips and Thousand Island sauce.

Burger sauces: *Barbecue, Dijon Mustard, Vegan Mayonnaise, Thousand Island, Tahini*

MEXICAN

Botana (GF) – 15.85

Blue corn tortilla chips topped with pinto beans, green pepper, tomato, green olives and red onion. Baked with cheese or vegan cheese. Served with avocado and salsa.

San Antonio Burrito (GF option) – 15.85

Whole Wheat tortilla filled with pinto beans, brown rice, and your choice of cheese or vegan cheese. Garnished with lettuce, tomatoes, avocado and green olives. Served with salsa and blue corn chips.

Quesadilla Grande (GF option, SF) – 15.85

Whole Wheat tortilla (Brown Rice GF tortilla available) filled with maple baked black beans and your choice of cheese or vegan cheese. Garnished with lettuce, avocado, and green olives.

Enchiladas (SF) – 15.85

Two corn tortillas filled with our maple baked black beans, and your choice of cheese or vegan cheese, covered in Ancho Chili sauce. Garnished with brown rice, sautéed onions, green peppers and tomato, with lettuce, tomatoes, avocado and olives on the side.

Mexican dish options: *Mexican dishes can be made SF with black beans. Fresh jalapeños and sour cream optional for any of the Mexican dishes. Gluten-free brown rice tortilla available. Extra Salsa 4oz +2.00*

DESSERT

Carrot Cake (GF) – 7.85

Organic carrot, currant, and walnut cake layered with a cashew creme frosting and garnished with orange sauce.

Opera Cake (GF) – 7.85

Layers of hazelnut cake, mocha creme, raspberry, chocolate cake, vegan chocolate mousse and coconut- almond frosting. Garnished with raspberry sauce.

Seasonal Fruit Crisp (GF) – 7.85

Seasonal fruit sweetened with maple syrup topped with an oat, nut, and seed crumble.

PIZZA

9.5 by 11 inch square deep dish gluten free crust, with regular cheese or vegan cheese.

Basic (SF) – 18.50

Tomato sauce

Personalized – 22.50

Includes three toppings.

Add tomato sauce and then your choice of two items from **Traditional Toppings** and one item from **Gourmet Toppings**.

Traditional Toppings: 2.00 each

Garlic, onion, fresh tomato, mushroom, fresh basil, green pepper, green olives, broccoli, caramelized onions

Gourmet Toppings: 1.00 each

Tofu, kalamata olives, garlic-roasted walnuts, capers, extra sauce, spinach

Additional Toppings +3.00 each

Additional cheese, Feta, vegan cheese

BEVERAGES

Organic Smoothie – 12 oz. – 8.00

A refreshing blend of mango, blueberries, peaches, pineapple and strawberries.

Organic Juices – 12 oz. – 7.00

Made to order. Start with carrot and add apples, beet, celery, or fresh ginger.

Organic Lemonade* – 3.00

Sodas (Various) – 3.00

Organic Apple Juice – 3.00

Organic Kombucha – 4.00

Various flavors, 16 oz. bottle

Mushroom Coffee – 4.00

Local-made Chai* – 4.00

Sweet, Indian-style tea with soy milk. Served hot or iced.

Organic Kukicha Tea* – 3.00

Our house tea. Traditional twig tea, rich in minerals. Served hot or iced. Trace amounts of caffeine.

** Sweetened with organic cane sugar*

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