



dinner

served Friday, from 4 PM to 8 PM

STARTERS

CAUSA LIMEÑA 8

Layered lemony potato puree filled with avocado and marinated veggies. VEGAN

HOT BUFFALO "WINGS" 9

Cauliflower "drumsticks", served with carrot, celery, cucumber and tofu-ranch dipping sauce. VEGAN

MEDITERRANEAN TRIO 9

Hummus, roasted eggplant dip and pickled veggies served with house made pita chips. VEGAN

SALADS

ADD GRILLED PORTABELLA \$4 HORMONE FREE CHICKEN BREAST \$5 WILD CAUGHT SALMON FILLET \$6

GI HOUSE 6

Organic baby greens, sunflower seeds, amino vinaigrette and roasted sweet potato fries. VEGAN

WATERMELON ARUGULA 6

Served with feta, red onion, olive oil and balsamic reduction.

NUT "CHEESE" TRIO 11

Fermented nut puree, served with oven roasted tomatoes, vegan pesto and Kalamata olive tapenade. VEGAN

RAW "TACO" 10

Walnut-pecan taco "meat" with pico and tofu-avocado cream in Romaine hearts. VEGAN

ROASTED CAULIFLOWER & BEETS 6

Served on organic baby greens, feta and house Dijon vinaigrette.

MEDITERRANEAN 6

Organic baby greens, feta, cucumber, olives, tomato, radish, onion, red wine vinaigrette.

MAINS

add any half salad to your entree for only 4

DUCK SALAD 19

Medium rare duck breast, Yukon gold potato, dried cranberry, mixed greens, strawberries, walnut, orange and balsamic vinaigrette.

RAW "PASTA" PESTO OR MARINARA 9

Shoestring vegetables, bell peppers and amino marinated onion. VEGAN

MEDITERRANEAN CHICKEN PITA 11

Wheat pita, hummus, Mediterranean salad and a perfectly grilled chicken breast.

VEGGIE "LASAGNA" 15

Layers of Portabella, zucchini, squash, yam, eggplant, quinoa and house-made arrabbiata sauce, served with garlic bread. VEGAN

FEEL GOOD FALAFEL 15

Baked falafel on pita bread served with Mediterranean salad, quinoa tabbouleh and tzatziki.

GI SALMON 15

Roasted house-cured wild salmon served with spring pea-arugula puree over brown rice and sautéed veggies.

TOFU (OR CHICKEN) STIR FRY 17

Choice of protein, seasonal veggies and miso glaze, stir fried. Served with brown rice and grilled bok-choy. VEGAN (with tofu)

LENTIL AND WALNUT "MEATLOAF" 15

With house-made BBQ sauce, served with sautéed veggies. VEGAN

DESSERTS

BLONDIES 9

A delicious mix of pecans and cashews topped with coconut flakes and cacao nibs. VEGAN

BERRY-FRUITY TART 10

Almond crust filled with hibiscus tea pastry cream, topped with fruits and berries. Served with side of cucumber-mint granite.

VEGAN

NUTTY-CHOCOLATE TART 10

Macadamia nuts covered in spicy cacao ganache topped off with salted caramel and raspberries.

AVOCADO CHOCOLATE MOUSSE 9

A smooth creamy chocolate mousse made of avocado, walnuts and dates, served with seasonal fruits and berries. VEGAN

the green ingredient

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