



lunch

served daily, from 11 AM to 4 PM

STARTERS

GI SOUP CUP 4 BOWL 6

Green curry lentil soup with coconut milk, potato, celery, carrot and kale. VEGAN

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

NUT "CHEESE" TRIO 11

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

MEDITERRANEAN TRIO 9

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

VEGGIE SALAD MIX & MATCH EACH 5 / ANY 2 9 / ANY 2 + PROTEIN SALAD 14 PROTEIN SALADS 7

GI HOUSE

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

WATERMELON ARUGULA

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

RAW "PASTA" PESTO OR MARINARA

Shoestring vegetables, bell peppers and amino marinated onion. VEGAN

ROASTED CAULIFLOWER & BEETS

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

SOUTHWESTERN QUINOA SALAD

Organic quinoa with organic yellow corn, black beans and pico. VEGAN

MEDITERRANEAN

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

CHIA FRUIT SALAD

Fresh seasonal fruit with lime yogurt chia dressing.

TUNA EGG & QUINOA SALAD

Tuna, hard boiled egg, sprouted quinoa and yogo-mayo.

CURRIED CHICKEN SALAD

Poached free-range chicken breast, grapes and pecans in a yogo-mayo madras curry dressing.

ADD A SIDE OF ...	
• Grilled Portabella 4	• Asparagus 2
• Salmon fillet 6	• Pickled veggies 2
• Chicken breast 5	• Steamed brown rice 2
• Avocado 1	• Spaghetti squash 4
• Organic fried egg 2	• Tostitos 1

SANDWICHES & MORE add soup or any veggie salad to your sandwich for only 4

CURRIED CHICKEN SALAD PITA 8

Wheat pita, poached free range chicken breast, grapes, pecans, yogo-mayo curry dressing.

RAW "TACO" 10

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

CHIPOTLE SALMON BURGER 11

House-made salmon patty, chipotle, cilantro and scallions, caramelized shallots and assorted sprouts.

GI PANINI 9

Grilled Portabella, eggplant, red bell peppers, red onion balsamic marinade, hummus and arugula. VEGAN

TUNA PANINI 9

Wheat focaccia, tuna, organic hard boiled egg, organic sprouted quinoa, roasted red bell pepper and pesto.

MEDITERRANEAN CHICKEN PITA 11

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

CHICKEN STRIPS 7

Crispy baked all-natural chicken breast, breaded with panko and coconut flakes.



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MAINS add soup or any veggie salad to your entree for only 4

DUCK SALAD 19

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

QUINOA STUFFED AVOCADO 15 HALF 9

Avocado filled with organic quinoa, corn and pico over a bed of organic baby greens. VEGAN

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)

ASK YOUR SERVER ABOUT OUR DAILY SPECIALS

Meatless Monday

Veggie Burger Tuesday

Breakfast Wednesday

Turkey Meatball Thursday

Sweet Friday

TIME FOR SOMETHING SWEET

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

DRINKS

GI WATER 3.5

Cucumber, lime, chlorophyll, very refreshing.

DAILY MIX WATER 3.5

Selection changes daily, ask your waiter!

ASSORTED TEAS (HOT OR COLD) 4

Variety of loose leaf, blossom or infusions.

BOTTLED DRINKS

Ginger beer, sparkling water, Izze.

the green ingredient

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