



peacefood cafe

today's special:

macho nachos (appetizer)	\$11.5
Homemade black bean sauce, salsa, guacamole topped with black olives & melted daiya vegan cheese	
pfc un-chicken basket	\$12.5
(please ask for chipotle sauce for a spicy palate)	
penne un-chicken parmesan	\$14.5
our popular breaded plant based protein served with vegetables and melted daiya cheese over penne pasta	
green thai curry	\$13.5
tofu and assorted vegetables with curry and coconut milk served with brown rice and jicama salad	
peace bowl	\$11.95
choice of 3 daily roasted vegetables served over brown rice with ginger scallion oil	
protein packed kale salad	\$13.5
kale leaves, diced seasoned tofu, tempeh bacon, pumpkin seeds and raisins tossed with our chef's secret dressing	
pan seared tofu, sauteed kale & bean stew	\$12.5
charlie brown rice	\$13.5
our popular red bean chili, salsa, guacamole, lettuce, radish, cilantro & fried tortilla	
roasted seasonal squash	\$14.5
topped with roasted cauliflower florets & garlic; wild mushroom gravy and served with mashed potatoes (squash can be substituted with pfc un-chicken cutlets)	

hot drinks

- \$4 apple ginger soy
- \$4.5 brazilian nut chai
- \$4 orange apple cider
- \$4 hot chocolate
- \$2.75 bag tea
- \$8 kettle of formosa tea
- \$2.25 organic fairtrade coffee (no refills)
- \$4.5 soy latte
- \$2.5 espresso
- \$3.5 double espresso
- \$3 americano
- \$3 macchiato
- \$4.5 cappuccino
- \$3.5 cafe au lait

cold drinks

- \$5 non-alcoholic beer
- \$3 ice black tea
- \$3 iced peppermint tea
- \$3 iced coffee
- \$4 fresh squeezed gingerade
- \$3 soy milk
- \$5 pellegrino

juices 12 oz/16 oz

- wake up \$6/\$7
grapefruit, orange, lemon
- energize \$7/\$8
beet, carrot, spinach, cucumber
- hangover cure \$7/\$8
apple, orange, carrot, celery, ginger root
- asian roots \$7/\$8
green daikon, sweet potato, apple, ginger root
- green lemonade \$7/\$8
mixed greens, apple, lemon, ginger root
- pineapple beet lime \$7/\$8
pineapple, beet, lime, cucumber

smoothies 12 oz/16 oz

- mocha breakfast \$7/\$8
banana, cocoa, espresso, soy milk, agave (optional)
- acai fat-burner \$7/\$8
acai, strawberries, cranberries, apple juice
- green power \$7/\$8
banana, mixed berries, orange juice, leaf vegetables, date, spirulina
- bombay delight \$7/\$8
coconut, banana, date, cardamom, nut-milk
- mango lassi \$7/\$8
mango, soy yogurt, soy milk, cardamom, agave
- summer cooler \$7/\$8 (seasonal)
watermelon, mint, agave, ice

We strive to be an innovative and exceptional vegan cafe. Our cuisine is transformational, healthy and delicious; prepared and served with mindfulness, gratitude and the intention to nurture. We offer the highest quality seasonal ingredients, selecting those that are locally grown whenever possible endeavoring to ensure that your eating experience at Peacefood Cafe is joyful and memorable.

evening daily specials served from 5 -10pm daily

We offer an exciting & extensive selection of gourmet vegan & raw food cuisine. please ask about our specials or read them online at www.peacefoodcafe.com

a vegan kitchen & bakery



peacefood cafe
eat differently

t. 212.362.2266

460 amsterdam ave. (@ 82nd St)
www.peacefoodcafe.com

salads

the other caesar \$9.95

crisp romaine lettuce, tomatoes, smoked tempeh, red onions, and crostini with our secret winning dressing

❁ fluffy quinoa \$9.95

beans, baby greens & sprouts of the day, avocado, sweet peppers, corn & onions tossed with creamy lime mustard vinaigrette

asian greens \$9.95

seasonal baby Asian vegetables, mixed sprouts, shredded carrots, tomatoes, marinated & baked tempeh, ground peanuts, in a garlic, ginger, cilantro, ponzu & sesame dressing

daily soups \$5.95

vegetables

roasted: japanese pumpkin, chinese eggplant, zucchini, cauliflower, brussel sprouts
sautéed: broccoli, choyote squash, kale, baby bok choy heart

❁ large (choice of four) \$11.95

❁ small (choice of two) \$6.95

choice of two and soup \$11.95

extra vegetable \$3.5

raw

❁ sushi roll \$13.95

walnut pate & seasonal julienne vegetables
sushi roll, served with a jicama-carrot medley, topped with avocado

❁ lasagna \$13.95

zucchini, mushrooms, walnut cheese, spinach basil mix & tomato sauce

❁ pizza \$17

buckwheat, sweet potato, flaxseed crust, topped with red bell peppers, olives, onions, basil, choice of marinara sauce or pesto

sandwiches

healthy & whole: served with toasted whole spelt rye bread, these recipes are adapted from urban spring café, and are best sandwich winners in the 2010 nyc vegan guide

tempeh avocado \$9.75

baked marinated tempeh, creamy avocado, pickled radishes, shredded carrots and cilantro

tahini sprouts \$9.75

mixed sprouts, creamy avocado, cucumber, onions, shredded carrots and our miso tahini with poppy seeds spread

roasted japanese pumpkin \$9.75

mashed and seasoned with a little sea salt, ground black pepper and extra virgin olive oil, topped with caramelized onions, ground walnuts, vegan cheese and seasonal greens

panini

served on our homemade focaccia

pan-seared french horn mushrooms \$11.95

with sun-dried tomatoes, arugula, artichoke aioli, mint & basil pesto

mediterranean oven-dried seasonal vegetables \$11.95

with cashew cheese, basil spinach pesto

fried seitan medallion \$12.95

with cashew, arugula, tomatoes and pesto

extras

crostini \$2 side of sauce \$1.5

avocado \$2 brown rice \$3

tempeh \$3 vegan butter \$1

seitan \$3 cashew cheese \$3

pesto \$3 fruit spread \$1.5

quinoa \$3.5 daiya vegan cheese \$3.5

pizze

mushroom duxelle \$11.95

with roasted sweet peppers, onions and zucchini

roasted seasonal vegetables \$11.95

with chunky tomato sauce

roasted potatoes \$11.95

with sautéed mushrooms, arugula, oil cured black olives, pesto and truffle oil

add daiya vegan cheese \$3.5

daiya vegan cheese is made with tapioca & arrow root flours

side dishes

baked soy nuggets \$7

served with fresh herbed vegan mayo

❁ chef's potato salad \$6.5

chunky potatoes mixed with celery, capers, a touch of onion juice & vegan mayo

❁ chickpea fries \$7.95

an award winning recipe with a hint of indian spices, served with our house dipping sauce

vegetable tempura \$8.95

served with minced daikon, ginger & soy sauce

pan-seared shanghai-style dumplings \$7.95

homemade dumplings filled with chinese chives, shitake & wood ear mushrooms, marinated tofu and vegetarian protein, served with a ginger balsamic dipping sauce

❁ vegetable tamale \$7

served with diced tomatoes cilantro oil

Please inform your server any of your food allergy.

Please refrain from use of wifi internet during peak hours and weekends.

20% gratuity will be added to party of 6 or more.

desserts & bakery

all desserts are baked in our kitchen. no dairy, egg, or refined sugar is used in our recipes

pastry chef: kristin kolnacki

cookies made with spelt flour

chocolate chip **\$1.35**

oatmeal raisin **\$1.35**

magic cookie **\$1.95**

❁ gluten free double chocolate cookie **\$1.95**

❁ gluten free chocolate chip cookie **\$1.95**

chocolate chip cookie sandwich \$3.5

with chocolate filling

❁ grasshopper cookie sandwich \$4.5

double chocolate cookie with mint filling

macaroons

plain **\$1.5**

chocolate-dipped **\$1.95**

brownies

miniature **\$1.35**

strawberry shortcake (seasonal) \$5.95

cheesecakes

plain **\$5**

peanut butter **\$6**

tiramisu \$7

cakes

carrot cake **\$6.5**

vanilla **\$5.75**

cupcakes **\$2.95**

chocolate ganache **\$5.75**

banana bread \$3.5

raspberry jam spelt crumb bar \$4

❁ raw: keylime pie \$7

young coconut, cashew, avocado agave lime filling in an almond brazil nut crust

❁ raw: cocoa mousse pie \$7

cocoa, date, avocado mousse in a walnut coconut date crust

❁ raw: cashew cream cheesecake \$7

cashews, lemon juice, coconut oil, agave on raisin walnut crust

❁ gluten free



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Restaurant review

Peacefood Café

Vegan food never tasted so good



One can't overstate the excitement a vegetarian feels when a new meat-free option opens in this foie gras-loving city—especially when it turns out to be as good as **Peacefood Cafe**. Just a couple of months ago, the affable **Eric Yu** opened this vegan gem, with soothing sage-colored walls, soft amber lighting and a buzzing, cheerily staffed counter at which to order. It's a welcome addition to the only slightly veggie-compliant Upper West Side, offering a small but diverse selection of wholesome café dishes, from soups and salads to sandwiches and pastries—and none contain a single animal product. (A small selection of dinner entrées will join the menu by the end of October.) Disappointments—standard fare at most vegetarian spots—could not be found here. An earthy salad combined red quinoa, white beans, corn, red peppers, avocado and lime-mustard vinaigrette in an invigoratingly fresh starter. It provided a light counterpoint to the fried seitan medallion panino, a creation that teams a—sorry—meaty wheat-gluten cutlet with cashew-based “goat cheese,” peppery arugula and chopped tomatoes on a hunk of yeasty homemade focaccia. The tempeh avocado sandwich followed suit with yet another satisfying juxtaposition—the baked marinated tempeh, avocado, wisps of pickled radish, shredded carrots and cilantro on dense spelt-rye toast were zingy, cool and creamy all at once. Smoothies and fresh-juice blends—like the pineapple-beet-lime concoction—are thoughtfully crafted, as are the desserts. They're just as good as their cream-and-butter cousins. The standout not-too-sweet coconut cream pie gets its silky texture from a dose of tofu, and mini brownies are impossibly rich and fudgy. This café is a stellar antidote to the 'hood's many meat-and-potato joints, whether you're a meat eater or not. — **TONY**

Peacefood Café Press Release: October 7, 2009



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460 amsterdam ave. (@ 82nd St)

www.peacefoodcafe.com

The New York Times

Food Stuff by Florence Fabricant – September 22, 2009



Vegan Fare, Spiced With Sophistication

Eric Yu offers enough sophistication in the vegan food at Peacefood Café on the Upper West Side that you do not need Birkenstocks. The setting is simple and airy, with a counter for taking orders that are then served at the tables or packed to go. At present the menu is an all-day affair but soon, Mr. Yu said, he will start serving dinner specials nightly.



Chester Higgins Jr./The New York Times

WHETHER OR NOT YOU ARE VEGAN

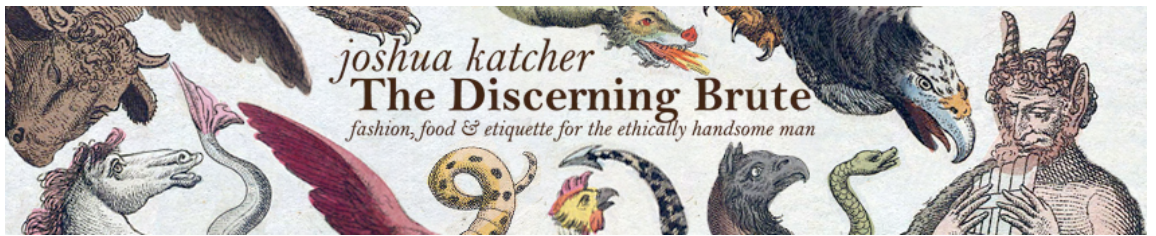
Among the standouts are slightly spicy chickpea fries, above (\$6); mushroom dumplings, left (\$6); flatbread pizzas with vegetable topping or with roasted potatoes, mushrooms and olives, best ordered without truffle oil (each \$9); crisp vegetable tempura (\$8); potato salad with capers (\$6); mushroom panini with artichoke aioli (\$9); coconut “custard” pie with [tofu](#) (\$3.95 a slice), and small chocolate cupcakes (\$2.50).

Peacefood Café Press Release: September 23, 2009



peacefood cafe
eat differently





VEGANIK: NYC's Upper West Side Just Got More Peaceful

Posted May 3rd 2010 at 7:34 pm by joshuakatcher



by contributor [Nik Tyler](#)

During my latest visit to my old stomping ground, NYC, I found myself trekking in the cold through the Upper West Side, on an epic quest for something delicious to eat. Lucky for me, a rad vegan restaurant had moved into the neighborhood! [PEACEFOOD CAFE](#), located @ 460 Amsterdam Avenue (on 82nd Street) is my new favorite Upper West Side eatery. The energy in this vegan haven is totally chill, free n' clear of the cities all-too-common chaos and disorder. The funky-chic decor is casual and eclectic; comfortable seating awaits you, as well as a warm and smiling staff that is as energetic as they are informative. In addition to this undeniable charm, the food is out-of-this-world delicious!



I started my delectable dinner with "The Other Caesar" (I suggest adding in some avo!) which was definitely one of the best vegan caesar salads I've ever had; their secret winning dressing is the ultimate! I followed this with the "Chickpea Fries" which might possibly be the best fries I've ever had. They are light, warm and after being dunked in a creamy house dipping sauce, they effortlessly melt in your mouth. After much agonizing over the many delicious sounding entrees, I finally selected a basic four Veggie Plate & the Mediterranean Oven-Dried Seasonal Vegetable Panini. WOA! The veggie medley was delicious and it was the best vegan sandwich I've had in years, hands down. Made up of their homemade crisp n' light foccacia bread (which honestly tastes like a dessert), the sandwich is filled with alkalizing veggies (broccoli, zucchini, onions, spinach & arugula) and glazed perfectly with basil-spinach pesto and vegan cashew cheese. Mmmm Mmmm!! For dessert, I chowed the Chocolate Chip Banana Spelt Poundcake (sweetened w/

agave) which was was a moist and semi-sweet match made in heaven.



Following this extremely satisfying meal, I had the privilege of speaking with the founder of PeaceFood, Eric Yu, who opened the restaurant on June 22nd. Eric is truly a unique man, both enlightened, passionate and personable, he runs the restaurant with the mindset of “serving the universe... understanding that everything has energy, vibrations...” and because of that mindfulness, he, along with his staff strive to “always bring good energy into the food and to work.” He firmly believes “the most crucial aspect...” to running a restaurant “is the cooking, serving and a good attitude.” With that in mind, PeaceFood Cafe can be experienced, by both staff and patron, as a sort of “learning school”... how to eat healthy, be happy & maintain a peaceful state of mind.

All in all, an extraordinary dining experience! And I am sure you will agree! So if you live in the city or plan on visiting from outta’ town, I highly recommend you give PeaceFood Cafe a visit. Not only will you get a delicious meal in a beautiful and calm setting, but you’ll be supporting a nutritional and ecological restaurant that most definitely lives up to it’s mission statement: an innovative and exceptional vegan cafe, with cuisine that is delicious; prepared and served with mindfulness, gratitude and the intention to nurture & love!



- • PEACEFOOD CAFE: <http://peacefoodcafe.com/>
- • PEACEFOOD Menu: <http://peacefoodcafe.com/PeacefoodCafeMenu.pdf>

February 14, 2010

Donna Fish

This is the print preview: [Back to normal view »](#)

Licensed clinical social worker with a private practice in Manhattan

Posted: February 1, 2010 09:08 AM

Hey, All You 'Foodies' and Vegans!

This is a 'Shout-Out' to the Vegan Community since my "Help! My Daughter's a Vegan" piece: (which I have to say, I got tons of attention for, mostly negative, but hey, they say no publicity is bad publicity, right?) I have come a long way, baby!

For the last few months I have observed my daughter's commitment to veganism and have made a real effort to support her in her efforts; buying the right foods, figuring out how to cook some meals that we can all eat, and finally, accompanying her to her favorite vegan restaurant yesterday.

Now I have to admit, I went grudgingly. I have had some negative associations with the idea of a vegan restaurant, mostly based on past experiences where there seemed to be little, if no flavor to the food served.

My life has been changed. No, I don't mean that I have sworn off meat and dairy; that will probably never happen, as I love all foods equally. However, the object of my passion is now a restaurant called "peacefood café" on the upper west side.

From the moment we stepped in, I was happy. I know you will be suspicious of this. I am always skeptical of any 'new age-ey' think positive messages'; they always bring out the irreverent brat in me. But this place is first off, a beautiful space. And dare I say, it has a great vibe. Every person who works there is incredibly nice. Not in a treacly sweet or obsequious way either. Just simply and genuinely, nice. ('Nice' being an underrated, under-expected, and under-appreciated quality as to its effect on daily life, I might add.)

Eric Yu, the owner and manager, was, prior to this career, an antiques dealer. The restaurant itself is airy and open, with beautiful pieces on the walls. I sat there contentedly drinking my Brazilian nut chai latte, sharing my daughters' concoction, and awaited our food.

My expectations were not high, I must admit. But from the moment I had my first bite of the chickpea fries, I was in heaven. Foodie heaven. The fries had a bite to them that

was utterly satisfying, and then there was the Caesar Salad. The combination of salty to mild flavors with the proportion of crispy freshness in the romaine lettuce and croutons all under the perfect amount of sublime creamy dressing, was pitch perfect. There are other ingredients in the Caesar salad I think, onions perhaps, but hey, I never claimed to be a restaurant critic.

We shared a sandwich that had caramelized onions and of course pumpkin seeds in the perfectly mashed pumpkin; again, I don't have the exact ingredients, but at that point in the meal, I knew that anything I would eat at this café would be good.

It is just that fabulous. You know the feeling when you go to a restaurant and you aren't disappointed by anything? Isn't that incredibly rare? There is usually something; the ambiance, the décor, the surly waiter, or one crappy entrée. Then there are the restaurants that you can truly relax and settle in because you know that every bite will satisfy. There are those chefs who can create a balance and combination of flavors and tastes that are always pitch perfect.

This is one of those rare gems. So all you foodies, (and you don't have to be a vegan to appreciate this restaurant), it is called "peacefood café" and is on 460 Amsterdam Ave. at 82nd St. in New York City. 212-362-2276
www.peacefoodcafe.com

Happy Eating!

Visit me at: www.donnafish.com.

Follow Donna Fish on Twitter: [www.twitter.com/Donna Fish](http://www.twitter.com/DonnaFish)



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A Soy Bean

thoughts from a vegan bean



TUESDAY, MAY 4, 2010

[A Meal at Peacefood Cafe](#)

I finally had the opportunity to return to [Peacefood Cafe](#) on an empty stomach, with the intention of trying just about everything enticing I had spied but not tried on [my previous visit](#) when I enjoyed only breakfast (and dessert).

very little about me:

ABIGAIL S. BEAN
animal lover, ethical
vegan, east coaster

[View my complete profile](#)

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Upon entering the bright, airy restaurant, you can't help but ogle the impressive dessert case, along with all of the fresh breakfast treats that fill covered dishes along the top and side of the case. But I was here for some serious eating; the bakery items would have to wait (who said that?).

As with last time, the rules of the restaurant are a little confusing. It gives off a very casual vibe, but a little indication: verbal or written, of where to go would be greatly appreciated. Wait to be seated? Order at the counter? It's a bit of a mystery and the waitstaff's acknowledgement and assistance of obviously confused clientele is still hit or miss. In their defense, it is relentlessly busy.

Once seated, the somewhat tag-team service comes across as significantly unbalanced since it ranges from super-efficient and friendly to not at all interested. Sometimes the table is set with paper menus, sometimes you mosey yourself up to the counter to grab one yourself (it's difficult to see the menu that

► 2009 (54)



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is printed on the wall from your seat in the dining area). No one tells you the specials; you can read them off the board at the counter.

Because the place is perpetually packed and bustling, any of the teamwork-oriented staff is ready to take your order as soon as your ready. The only problem is, that's where the efficiency dwindles. The selections don't necessarily come out in any discernable order, and there is ~~minimal~~ no effort made to ensure that everyone at the table has received at least one portion of their request at any given time. In other words, the food comes out in dribs & drabs. But, because it is all so delicious, you can't help but just eat it as it comes. This is fine for diners who like to share, but not so much for those who don't.

The goods:
 Our side order of **chick-pea fries** was inexplicably served first, and alone. They were completely different from the ones I covet from Candle 79, but equally fantastic in their own



way. Although the menu description is, well, non-descript: they are actually served deliciously Indian-spiced with a cooling dipping sauce. Highly recommend. In fact, much like Candle 79, I probably wouldn't visit without ordering this dish.



Next served was our side order of **potato salad**. While it looks like ordinary potato salad with celery and capers, it also had a very pleasant something extra. Going over the menu

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description I can only attribute it to the addition of onion juice...and now I want to get some for when I make potato salad at home. Actually no, now I just want to go to Peacefood when I feel like having delicious potato salad.

My somewhat random order of a **veggie savory biscuit with cheese** no longer seemed odd considering the bizarre order the courses were being served in, and I was anxious to dig in. I asked our main server if the cheese was [Daiya](#) and he said he didn't know. I confirmed that they use Daiya in other menu offerings and he responded, "Yeah. So, probably." Indifference be damned, that was one delicious veggie cheese biscuit! I think it would have been even better had I taken it home, warmed it in the oven, and covered it in gads more melty cheddar Daiya.

The **fluffy quinoa salad**

was a huge plate of "beans, baby greens, sprouts of the day, avocado, sweet peppers, corn & onions" in a light lime mustard vinaigrette with a very generous



sprinkling of quinoa. I don't usually order salad when I'm out, but this was so fresh and delicious that not only would I highly recommend it, but I would certainly try any of the other salad offerings on future visits. Head's up, Asian greens; I'm talking to you (minus cilantro).



As a tempeh lover I had to try the **tempeh avocado sandwich**. Given how fresh all of the salad ingredients were, I was a little disappointed that the

avocado spread seemed a little discolored- even though this

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The Foodie Blogroll

doesn't and didn't affect the taste. Served with a generous helping of pickled radish, carrots, and jicama (hold the cilantro), I assembled myself quite the alterna-Banh-Mi between the baked, marinated tempeh, and toasted whole spelt rye. I think it would have been less messy to eat had it been served on fresh, un-toasted bread; but it was very good. My vegetarian dining companion wanted to go for the mushroom panini, but I unabashedly veto-ed her. So, it is definitely on the list for next time, along with the vegetable tempura and the surprisingly incredible-looking raw plate I eyed at another table.

And then it was time for dessert and I was stuffed. The begrudging omni had chosen to order separately and had eaten only dessert up until this point (as well as a few bites of our seemingly irresistible potato salad; see photo), and the vegetarian was in general lightweight form: leaving the bulk of the lunch consumption up to me. Therefore I could not fit in another bite. The answer? Take-out!



I had to bring home some of their tried & true **chocolate-covered macaroons**. While I recall them having had more of an almond flavoring in the past, they were as fresh (soft and moist) and yummy as I expected: even days later.

And, I could not help but to order a **chocolate chip cookie sandwich** after having watched the omni devour one that he inexplicably couldn't describe. Well, I can:



YUM. And,
WOW. I've heard of places offering frosting/icing filled cookies and the idea has never appealed to me in the least. But this extraordinary creation consisted of two deliciously crisp chocolate chip cookies sandwiching a minimally-oozy chocolate pudding like center: making for a scrumptious treat...merely minutes later when I decided that ~~I did have room after all~~ it was entirely too warm of a day to carry around such a dessert and expect it to survive intact.

So there you have it: Peacefood Cafe's food continues to be of extremely high standard, while the service and organization a little less so. If the crowd is any indication, they have nothing to worry about; I too will be back: repeatedly. But some semblance of order would still be appreciated to do justice to their incredible food!



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peacefood cafe
eat differently



Breaking Spelt Bread with Vegans at Peace Food on Amsterdam



An inviting bench is part of the Peacefood mission. Photo: Steven Richter

The Upper West Side's roomy and embracing new vegan retreat, **Peacefood Cafe** on Amsterdam, is not as serene as partner/veganologist Eric Yu means it to be. Locals stumble in demanding milk in their coffee only to decamp in puzzled disappointment. Soy milk? Rice milk? Almond milk? Forget it. A quartet of young women, settled dipping into Everests of salad at a round in the big front window, don't mind being photographed.



Please don't speak of meat when vegans are eating. Photo: Steven Richter

Impulsively I start telling them the story of a vegan I know who suddenly found herself craving eggs and weeks later surrenders to fish. I am cut off sharply. “We prefer not to hear about animals while we’re eating,” one announces. Obviously there is a whole other etiquette that must be learned if you’re hanging out with people who have sworn off eating anything human and that includes eggs, milk and cheese.

I’m here carrying a clip of FloFab’s encouraging ode in the *Times* to the shop’s “sophistication.” “You don’t need Birkenstocks,” she writes. My guy and I are sharing what the menu calls “the other Caesar” (obviously our customary carnivorean Caesar with its egg and anchovy would be a sacrilege here where near-bacon-like smoked tempah, red onions and tasteless tomatoes don’t quite make up the difference.) Even so, the entree size salad (\$9) with its spelt rye croutons is good enough that the two of us are polishing it off.



Eric Yu doles out fabulous mini-brownies in a mission of peace and health. Photo: Steven Richter

What is endearing about Peacefood, besides the bakery's range of biscuits, cookies and old-fashioned looking layer cakes, is the amiable sweetness of our waiter (are vegans more gentle or did he just arrive from Kansas?), and the energy and missionary zeal of alpha partner Eric Yu. He's everywhere in his orange newsboy cap, like a Disney elf, plucking muffins and scones from the display, jollyng and explaining the mission. It's about peace, obviously, an untroubled existence for all living creatures and good health whether you dig it or not. No eggs, refined flours or sugar pollute his bakings. He blends juices that detox and cure a hangover and brews Brazilian nut chai tea, squeezing the nuts himself. That must be made daily, he explains, and is extremely labor intensive. Yes, he serves real espresso but your cappuccino will be foamed with soy milk.



The Road Food Warrior is content with this vegan pizza. Photo: Steven Richter

Infidels that we are to the core, both of us are digging this pleasant time-out in our lives of excess. I really like my sandwich: roasted and mashed Japanese pumpkin with vegan goat cheese and ground walnuts on marvelous toasted spelt rye, oozing caramelized onions that I am recapturing with my finger. And the Road Food Warrior, normally a pizza savant, is content to sip his green lemonade and polish off the house's not-exactly-pizza-like flatbread frisbee with seasonal veggies – broccoli and cauliflower, zucchini and yellow squash, carrots and a pallid tomato sauce. Probably we should have tried the spicy chickpea fries and the mushroom dumplings Flo singled out.

Now I get to check out the sweets department for dessert. So many choices. I want to try a dozen or so, cherry velvet cake, apricot almond biscuits, macarons, mocha truffle – after all, “It’s My Job” – but caution prevails. I would not repeat the apple galette in its tough pastry casing but definitely recommend the mini-brownie (just 99 cents) and the chocolate chip cookie. And you might want to stop if only for the anthropological adventure.

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