VEGETARIAN FOOD MENU





IARO	
Taro + Potatoes + carrots + pumpkin cooked in fresh coconut juice	
AUBERGINE	
Grilled aubergines (aka egg plants) with garlic relish	
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TOFU	
	Tofu cooked in freshly-made tomato sauce
	Total Council III III III III III III III III III I
MORNING GLORY	
Morning Glory cooked w	ith virgin alive ail and garlic
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SALAD	
Mixea garden saida delic	cately flavored with a lime-based soya vinaigrette
FAMILY NAME:	SIGNATURE:

HEALTH NOTES:

- 1. All dishes are prepared without MSG (monosodium glutamate) and without any artificial color additives.
- 2. We do not use any of the customarily used poisonous Vietnamese aluminum cookware (only stainless steel and DUREX glass cookware).
- 3. All traditional Vietnamese "clay pot dishes" are prepared and served in lead-free ceramic pots, not lead-contaminated day pots
- 4. All our ice cubes are home-made from bottled La Vie water (Nestle).
- 5. All salad leaves are properly washed in clean, reverse-osmosis processed water
- 6. We do not use any garlic and onions imported from China