

# QUIET STORM

VEGETARIAN & VEGAN CAFE SINCE 2001

## share+start

### Soup of the Day V GF

Made daily in-house, usually vegan. 4 bowl, 3 cup / add bread for 1

### House Salad V GF

Mixed greens, tomatoes, cucumbers, carrots & choice of lemon-tarragon vinaigrette or peanut-ginger dressing. 5 / 3 side salad

### Nachos V GF

Basket of tortilla chips served with a trio of dips: warm black beans, queso & house salsa. 9.50 / 10 with sour cream

### Chips + Salsa V GF

Mexican homestyle: A puree of roasted garlic, jalapeños & onions mixed with tomato & cilantro. 5

### Vegan Queso V GF

Our version of "not-cho" cheese – spicy, nutty, creamy. With a basket of tortilla chips. 5

### Green Chile Dip V GF

Smoky green chiles blended with white beans, roasted garlic & lime. With tortilla chips or pita. 5

### Hummus V

Puree of chickpeas, tahini, lemon, garlic, olive oil & cumin. With white & wheat pita wedges. 5 / 6 with raw vegetables GF

### Peanut Noodles V

Spaghetti noodles mixed with peanut-ginger sauce, house pickled vegetables, cucumbers & peanuts. 6 / 8 with tofu

### Breadstyx

Grilled garlicky flatbread oozing three cheeses. With housemade marinara for dipping. 6.50

### Tofu Tenders V

Oven-"fried" tofu sticks served plain or buffalo-sauced with celery & carrot sticks. Choose vegan BBQ, vegan ranch or blue cheese dressing for dunking. 9

## SIDES

FYG (FRUIT/YOGURT/GRANOLA) . 5  
MAC & CHEESE . . . . . 5 / 3.5  
SMASHED TATERS . . . . . 2.50  
ROASTED SWEETS . . . . . 3.50  
BLACK BEANS & RICE . . . . . 3.50  
LEMONY KALE . . . . . 3  
VEG DU JOUR . . . . . 3  
GRILLED CHEESE . . . . . 3  
FRESH FRUIT . . . . . 3  
PBJ . . . . . 3  
EGGS OR TOFU . . . . . 3  
PITA OR TORTILLA . . . . . 1.50

## BAGELS+BREAD

PLAIN, SESAME, MULTIGRAIN OR EVERYTHING BAGELS.  
WHEAT, WHITE OR SUN-DRIED TOMATO BREAD.  
WITH BUTTER, MARGARINE, JAM, APPLE BUTTER >> 1.50  
WITH CREAM CHEESE, PEANUT BUTTER, HUMMUS >> 2  
WITH FLAVORED OR VEGAN HERB CREAM CHEESE >> 2.50

## quesadillas

### Pulled Pork

Sweet & spicy BBQ seitan, cheddar, tomatoes, red cabbage & hot pepper rings, with ranch dip & slaw. 9

### Lucky 7

Zucchini, squash, peppers, carrots, mushrooms, tomato, spinach & cheddar, with curry sauce or spicy mayo & house salad. 8.50

### Blackadilla

Black beans, brown rice, sweet potatoes, pineapple & cheddar, with sour cream & corn+bean salad. 9

### Maelstrom

10th anniversary commemorative quesadilla! Spinach, chickpeas, mushrooms, roasted red peppers, hot peppers & mozzarella, with cucumber yogurt & house salad. 8.50

V=VEGAN OR VEGAN OPTION / GF=GLUTEN-FREE OPTION

## HOME FRIES\*

Our legendary pile of grub! Swap eggs for tofu or vice versa. No substitutions. Add toast or tortilla for \$1.

### OHF

Eggs or tofu, housemade seisage, three cheeses, pickled onions & aioli on top of smashed taters. 8

### firefighter

Classic home fries (above) PLUS vegetable medley, tomatoes & spicy mayo. 9

### Ranchero

Classic home fries (at top) PLUS housemade chili & sour cream. 9

### VHF V

Vegan version: smashed red taters, tofu & seisage PLUS roasted vegetables & your choice of red pepper mayo or queso. 8

Bacon-ize it! With bacon crumbs instead of seisage. Also makes it GF!

## Pro-Choice Plate

PICK TWO: SOUP, SALAD, GRILLED CHEESE. 5 / 6 WITH CHILI OR CURRY

## PREPARATIONS

**TOFU TENDERS:** BREADED WITH SOY SAUCE & SEASONED FLOUR; BAKED; MEATY & CHEWY. **SCRAMBLED TOFU:** SEASONED WITH TURMERIC & SPICES; BAKED; MEATY. **TOFU CUTLETS:** GARLIC-MARINATED & ROASTED; CRISPY. **SEITAN:** MADE FROM SCRATCH WITH WHEAT GLUTEN & SOY; OVEN-BRAISED; CHEWY. **TVP (BACON):** TEXTURIZED VEGGIE PROTEIN BLENDED WITH HERBS & SPICES; BAKED. WE DON'T FRY!

We prepare almost everything on our menu & in our pastry case from scratch. We get the rest from such local independent businesses as Allegro Hearth Bakery, Squirrel Hill (bread, large cookies); Ed's Beans, Cranberry (coffee); Turner Dairy, Penn Hills; Spring Creek Tofu, WV; Quality Quick Ice Cream, North Side; and My Goodies Vegan Bakery, Bloomfield (cinnamon buns). Support small business!

## hot stuff

### Curry Plate V GF

Inspired by global spices & seasonal local produce, we prepare a different robust stew each day. With brown rice, slaw, white or wheat pita & cucumber yogurt. *9 / curry & rice only, 6*

### Gyro Burrito V

Greek-spiced seitan beef, brown rice, lettuce, tomatoes, onions, cucumbers & tahini sauce. Optional feta & cucumber yogurt. *9*

### Boystown Combo V GF

An homage to the Chicago Diner: Brown rice, kale, scrambled tofu & roasted vegetables. Delicious plain or with sesame or tahini sauce. *8*

### Original Burrito

We've been serving this one up since 2002: Spicy black beans, scrambled eggs, smashed red taters & cheddar. Topped with salsa. *8 / 8.50 with sour cream*

### Spaghetti V

**NEW!** Bowl of housemade marinara & noodles with garlic pita. Optional parm. *5 / 6 with mushrooms, seisage or olives / 7 loaded*

### Ginger Sunflower V GF

Our irresistible peanut-ginger sauce over brown rice, scrambled tofu, broccoli, sweet potatoes, carrots & sunflower seeds. *8*

### Chili V GF

Long-simmered two-bean stew, seasoned with chipotle. A little spicy. *4.50 / 5 with cheddar & sour cream OR tortilla / 6 with the works OR with mac & cheese*

### Asada Burrito V

Chipotle BBQ seitan with brown rice, spicy black beans, roasted vegetables & salsa. Muy bueno with cheddar & sour cream. *9*

## big salads

*No substitutions please. Add garlic pita chips to any salad for 1.*

### Greek GF

**NEW!** Classic combo of romaine, chickpeas, roasted red peppers, tomatoes, cucumbers, red onions, green peppers & tangy olives, with our dynamite vegan tahini dressing. Optional feta cheese. *9*

### Apple-Walnut

Spinach salad with apples, walnuts, raisins, chickpeas & our umami-licious sesame vinaigrette. Possible but not recommended without blue cheese crumble. *9*

### Sunny Kale V GF

Raw julienned kale tossed with sun-dried tomatoes, red onions, sunflower seeds, TVP bacon crumbs & lemon-tarragon vinaigrette. Optional parmesan. *8.50*

### Spicy Caesar V GF

Shredded romaine & kale kissed with our zesty vegan Caesar dressing, and topped with lots of crispy tofu, red onions & roasted red peppers. Optional parmesan cheese. *9.50*

## sandwiches

*Choose any side: salsa & chips, house salad, slaw, corn+bean salad or veg du jour. They're all vegan!*

### Graham Street Tofu V

Our signature sandwich! Savory tofu cutlets with tomatoes, spinach & pickled onions on wheat bread or pita. With aioli, spicy mayo or vegan mayo. *8.50*

### Spicy Peanut V

Favorite tortilla wrap of mixed greens, scrambled tofu, cucumbers, raisins, peanut butter & Sriracha. *8.50*

*What is tofu? Originating in ancient China, tofu is made by coagulating soybean milk & pressing the curds into blocks.*

### Cubano

Another longtime favorite. Pressed kaiser roll stuffed with smoky tempeh, mozzarella, mustard, pickles & aioli. *8*

### Albuquerque Jerky V

Southwestern wrap of smoky tempeh, green chiles, black beans, corn, greens, carrots, red cabbage & red onions. *8.50*

*What is tempeh? It's made from fermented soybeans, and is high in vitamin B, omega 3 & fiber.*

### QLT Club V

A double decker sandwich of housemade TVP bacon crumble, lettuce, tomato & mayo or vegan mayo. On white toast. *8.50*

### House Burger V

Ask your server what's in today's burger. Comes with lettuce, tomato & pickle; optional ketchup, mustard, mayo or vegan mayo. *9 plain or with vegan queso, American or blue cheese*

### Cheesy Snake V

Philly-inspired hot seitan steak hoagie, loaded with American & cheddar cheese or vegan queso, plus pickled red onions, lettuce & tomato. *9.50*

*What is seitan? Vital wheat gluten (it's what makes pizza dough chewy) mixed with spices to make meat-like fillets.*

### Apple Panini

Granny Smith apple, our housemade seisage, apple butter, and cheddar & cream cheeses on sun-dried tomato bread. Warning, highly addictive. *8*

### Banh Mi V

Toasted hoagie of seitan sausage, garlicky tofu cutlets, jalapeño-pickled vegetables & choice of spicy mayo or Sriracha. *8.50*

### Coffee Beans

Take home a bag of  
**QUIET STORM HOUSE BLEND**  
\$6 half-lb, \$11 lb.  
Beans or ground.

*Fine print: one check per table, two-card split maximum, sorry... \$10 minimum on cards, please!... Wifi is free, but we appreciate you dining at our tables... Please take cell phones & unhappy kids outside... Smokers,*

*please use our benches & ashtray on Graham Street... We love reservations for large groups! A 20% gratuity will be added to parties of 6 or more... Thank you!*

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