

VEGAN MENU



HORS D'OEUVRES

CAULIFOLOWER PAKORA

Fried cauliflower patties with turmeric, garlic & chile powder, with mint & date chutneys - GF

FRUIT ENSALADA

Spears of pineapple, melon, mango & jicama (as available) with a squeeze of lime & Tajin Mexican chile powder - GF



POLENTA CAKES WITH CHILI-GARLIC SAUCE

House-made polenta cakes made with local bell peppers, rosemary, basil, onions, garlic, & fresh basil, served with a chili garlic sauce - GF

SEASONAL DIP TRIO

Our house made Cauliflower-tahini hummus, Roasted beet dip, Edamame hummus Served with La Panzanella crackers



TOMATO-BASIL BRUSCHETTA

Locally sourced tomato & basil with garlic, olive oil & balsamic vinegar. Served on our house made grill bread

VEGAN CEVICHE

Fresh and flavorful "ceviche" with local carrots, cauliflower, tomatoes, cucumbers, peppers, cilantro and fresh squeezed lime juice. Served with plantain chips - GF



SKEWERS

Churrasco tofu, fresh fruit, or grilled veggies

501 2nd Ave W, Seattle, WA, 98119
info@madreskitchen.com - (206) 227-7478

madres
KITCHEN
FARM TO FORK

VEGAN MENU

MAIN COURSES



CAULIFLOWER TIKKA MASALA (GOBI MASALA)

Savory Indian cauliflower stew with cumin, turmeric, cayenne, tomatoes and onions - GF

FALAFEL PLATTER

House-made chickpea cakes presented with our Greek style cucumber salad with feta. House made tahini sauce & warm pita wedges - GF



FILIPINO TOFU ADOBO

Tofu cooked in vinegar, gluten free soy sauce and garlic - GF

PORTOBELLO STEAKS

Roasted with balsamic glaze. Sweet potato wheel, Mama Lil's peppers & garbanzo beans. Finished with our house-made mushroom demi drizzle - GF



ROASTED VEGETABLE RATATOUILLE POLENTA

Veggies, tomatoes & cannellini beans atop our house-made polenta cakes. Finished with fresh basil - GF

VEGAN JAMBALAYA

Rice cooked in cumin and paprika spiced tomato broth with red beans, okra, bell peppers, onions and garlic - GF



WHITE WINE FETTUCCHINE

Tossed in our house made white wine sauce with peas and local, organic, roasted asparagus
Gluten free pasta available

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SIDE DISHES

RICE

Abuelitas Rice, Basmati Rice Pilaf, Coconut Rice, Dirty rice, Mexican Rice, Madres' Yellow Rice Pilaf, or Shiitake Fried Rice

CUMIN BLACK BEANS

Slow cooked black beans in vegetable stock with cumin, onions, salt and pepper - GF



FARM TO TABLE VEGGIES

Oven roasted seasonal and organic veggies straight from local farms! with fresh basil, salt and pepper. Served perfectly cooked & at room temp - to allow the veggies to shine - GF



GARLIC BRAISED GREENS

Harvested from local farms. A seasonal selection with sauteed garlic, chiles finished with fresh squeezed lemon juice - GF

LEMON AND ROSEMARY ROASTED POTATOES

Seasoned, roasted Yukon Gold potatoes with fresh squeezed lemon, olive oil, garlic and sea salt - GF



ROASTED ROOT VEGETABLES

Local, seasonal root veggies with garlic oil and sea salt - GF

SAUTÉED VEGETABLES WITH CUMIN AND GARLIC

Seasonal squash, zucchini, carrots, red peppers, mushrooms and onions sautéed with olive oil, garlic, cumin, chili peppers, and spices - GF

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