

# BonAppétit



POUGHKEEPSIE: 1955 South Rd. 296-1069  
KINGSTON: Kings Mall, Rt. 9W N 336-5541



Fresh fruit with custard filling



Fakin' bacon wrap with colored vegetable chips

## Menu Favorites

### Sandwiches & Wraps

#### Mother's Gardenburger

A homemade wheat-free patty packed with fresh veggies, on whole wheat bread with tomato, lettuce, and vegenaïse.

#### Fakin' Bacon BLT

Thinly sliced and seasoned Tempeh grilled and placed on whole wheat toast with lettuce, tomato, and vegenaïse.

#### Spicy Garden

Fresh avocado with tomato, lettuce, onion, and sprouts on multigrain bread with vegenaïse and a natural hot sauce.

#### Tempeh Ruben

A Classic! Baked tempeh grilled with cheese (dairy or soy), sauerkraut, and Russian dressing on all-natural rye.

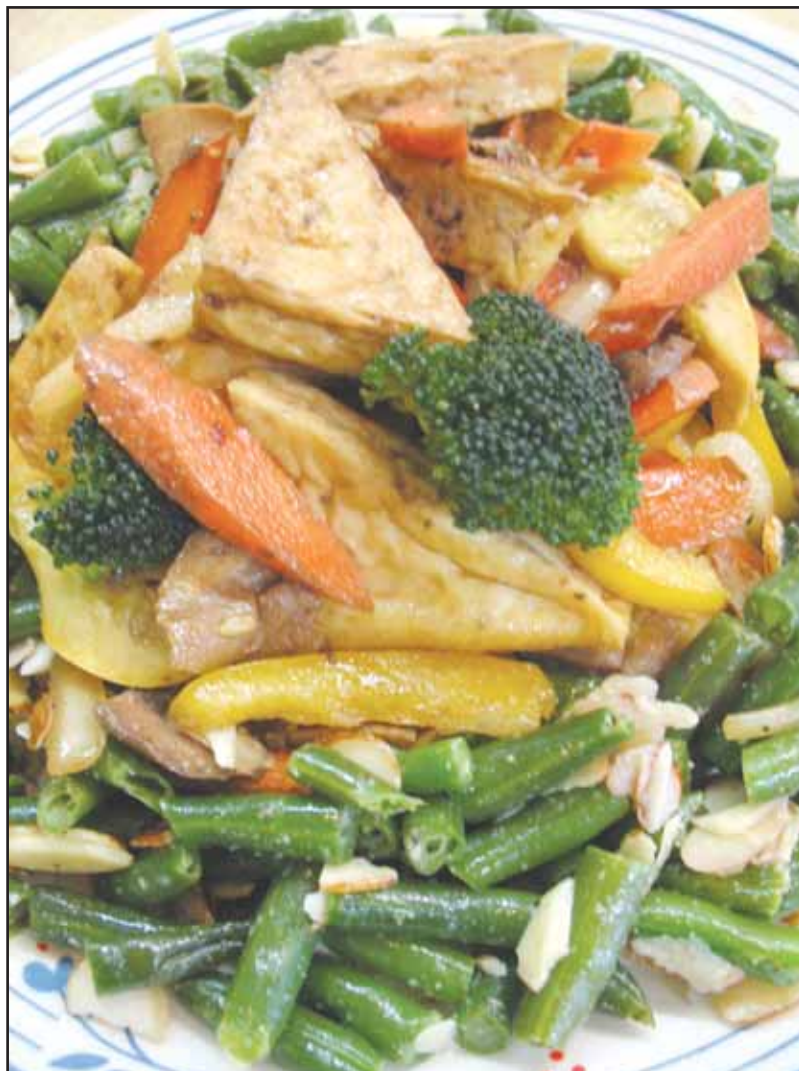
#### UnChicken Salad

Our ever-popular soy-based UnChicken salad with tomato and lettuce on your choice of bread or in a wrap. Look for our Curried UnChicken and Mediterranean UnChicken, as well as the classic.

**Our fresh case salads, or "sides" to the sandwiches, include a wide assortment of cold salads and items that change daily. Ranging from filling High-Protein and Soy-Based to light fresh fruits and vegetables. At Mother Earth's, the vast majority of our salads are Vegan and Gluten-Free.**



Spicy garden sandwich with vegetable chips



Asian tofu and vegetables surrounded by green beans and almonds salad



Vegan cinnamon buns



Pear Almond Galette

**30th Anniversary**

**Rewards Plus Card**

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- Earn 1 point for every dollar of purchase
- 250 points = \$10 REWARD!
- Express Check Acceptance - No ID Required
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- **1% of all member purchases will be donated to the Food Bank of the Hudson Valley**

POUGHKEEPSIE: 1955 South Rd. 296-1069  
KINGSTON: Kings Mall, Rt. 9W N 336-5541  
SAUGERTIES: 249 Main St. 246-9614  
www.motherearthstorehouse.com

**Lo Stivale**  
Family Style Italian Restaurant

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or order individually from our menu from \$12.95

**Daily Special**  
All-You-Can-Eat Lunch Buffet \$9.95  
12pm-3pm Mon.-Fri.

Happy Hours Daily Mon.-Fri. 5-7pm  
Drink Specials - ask your server  
Any Draft Beer \$2 ~ Free hor d oeuvres  
Open for Dinner 7 days a week from 4pm

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To view previously featured restaurants go to: [www.sdnprint.com/papers/eat](http://www.sdnprint.com/papers/eat) • Call 297-3723 to participate in Bon Appétit

**Summer Special**

**LOBSTER BAKE! ONLY...**

**\$27.95** 7 days a week

**INCLUDES:**

- 1 1/4 LB Lobster
- Clams • Mussels • Shrimp
- Corn on the cob
- Bread & butter • Salad

**Greenbaum & Gilhooley's**  
Route 9, Wappingers Falls 297-9700  
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**Hopewell Plaza**  
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**Other locations**  
**Pastry Garden** 473-5220  
-Route 44 (near Adams)  
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**Other locations:**  
22 Quaker Rd. Cornwall, NY 534-3446  
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Stadium Plaza  
1475 Rt. 9D, Wappingers Falls, NY