Menu & Restaurant Guide

A complete listing of Shape up Somerville's approved menus at participating restaurants.

SHAPE UP SOMERVILLE

As Somerville's popularity grows as a food destination and more and more restaurants open up, these businesses bring more than just great places to dine to our neighborhoods, they bring new community partners. In Somerville, we are proud to have restaurants with deep roots in our community, that are as diverse as our people, and that share our community values.

One of those shared values is health, and Somerville eateries are playing an important role in supporting the goal of making it easy for our community to make healthy choices. Since 2002, Somerville restaurants have partnered with the City's Shape Up Approved healthy restaurant program to highlight healthy options on their menus. With every option reviewed and recommended by a certified nutritionist, this program provides a guide for eating healthy when out. Not only do residents benefit, our Shape Up Approved partnership is a model recognized by First Lady Michelle Obama, and we have advised communities around the country on how to start a similar program.

This booklet is a reminder of this great service and that healthy food can also be tasty! Enjoy.

Joseph A. Curtatone
Mayor

Shape Up Approved menu items feature some of the following:

- Lean proteins like chicken, fish, tofu or beans
- Small amounts of heart healthy oils / dressings
- Whole grains such as bread, brown rice, oats, quinoa
- Unsweetened or low fat dairy
- Items that are not deep fried or in creamy sauces

Look for this logo in restaurant windows.

The Shape Up Approved healthy restaurant program proudly partners with The Welcome Project's YUM project to highlight immigrant- run restaurants in Somerville.
Our YUM partners are identified with this logo.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

Table of Contents

Mayor's Welcome 1
Shape Up Somerville logo & criteria 2
East Broadway Neighborhood
Fasika Ethiopian Restaurant 4
East End Grille 6
Gauchao Brazilian Cuisine 7
La Brasa 8
Lotus Xpress 9
Rincon Mexicano 10
Vinny's 11
Gilman Square
Royal Bengal 12
Thurston Spa 13
Spring Hill/Porter Square
Aguacate Verde 14
Arts at the Armory 15
Union Square
Cantina La Mexicana 16
The Neighborhood Restaurant and Bakery 17
Sally O'Brien's 18
Sweet Ginger 19
Davis Square
Dave's Fresh Pasta 20
Meju 21
Mr. Crepe 22
Teele Square
Istanbul'lu 23
Masala 24
Tu Y Yo 25

FASIKA
ETHIOPIAN RESTAURANT

145 Broadway, Somerville, MA 02145
(617)628-9300

APPETIZER

ETHIOPIAN SALAD
Shredded romaine lettuce, tomatoes, red onion and jalapeno in lemon vinaigrette.

AZIFA
Lentil salad with jalapeno, onion and vinegar.

TIMATIM FITFIT
Diced fresh tomatoes, onions, jalapenos, in a lemon and dressing blended with injera.

AYEB BEGOMEN
Homemade cottage cheese mixed with fine chopped collared green, herbs and spices. Served with injera.
It can be served spicy or mild.

BEEF

KITFO
Minced lean beef with spicy seasoning blended in spicy butter (usually served rare). Homemade cheese and collard greens.

KITFO DULET
Sautéed onions jalapenos and lean beef, blended in seasoned butter and hot cayenne pepper.

(There is a small amount of butter in these dishes, but, may made without the butter)

CHICKEN & FISH

DORO KEY WOT SPICY
Tender skinned chicken cooked in Berbere/spicy sauce and served with hard-boiled eggs.

DORO ALICHA WOT MILD
Tender skinned chicken cooked in turmeric sauce and served with hard-boiled eggs.

FASIKA FISH
Fresh water tilapia heavily seasoned with herbs and spices and cooked in red wine served with collard greens.

YEDORO TIBS
Sautéed chicken breast, onion, pepper, tomatoes and mild curry sauce.

VEGETARIAN

TEGABINO
Traditional sauce of roasted legumes and berbere.

YEMISIR WOT
Red split lentil in berbere sauce.

YEKIK ALICHA
Split yellow pea cooked in garlic ginger sauce.

FASIKA
ETHIOPIAN RESTAURANT

YEMISIR ALICHA
Cooked lentil in ginger, turmeric & garlic sauce.

GOMEN WOT
Collard greens sautéed with onions & garlic.

YATAKILT KILIKI
Green beans, carrots, potatoes and onions in mild sauce.

TIKIL GOMEN
Cabbage, carrots, potatoes and green pepper cooked in a turmeric sauce.

VEGETABLE CURRY
Eggplants, squash, green and red peppers cooked in curry sauce.

VEGETARIAN COMBINATION
Choose any five vegetables or appetizers except vegetable curry & sambosa.

COMBO SPECIAL FOR TWO
Make your own combination of four vegetables and any three of the meat.

For our complete menu, visit us at
www.fasikarestaurant.com

Fasika is the recipient of the 2016 YUM award

East End Grille

118 Broadway, Somerville, MA 02145 • 617-628-6000

STARTERS

P.E.I MUSSELS
Spicy tomato or coconut curry sauce

SHRIMP COCKTAIL
Jumbo shrimp with cocktail sauce

SLIDERS
Grilled Chicken

SALADS

EAST END GRILLE SALAD
Iceberg, carrots, cheese, green & red peppers, cucumbers, onions

SPINACH SALAD
Spinach, hard-boiled egg, gorgonzola, strawberries (omit bacon)

DRESSINGS
Balsamic; Vinaigrette; Oil and Vinegar

SIDES

Brussels Sprouts
Spinach

Sautéed Vegetables, zucchini, Squash, onions

Corn on the Cob
Rice

ENTREES

BAKED COD
Baked with lemon & white wine

ROASTED PORK TENDERLOIN
Lightly seasoned

GRILLED CHICKEN BREAST
Pepper jack cheese, green, red peppers and onions

SANDWICHES

GRILLED VEGETABLE WRAP
Zucchini, squash, mushrooms, peppers, garlic mayo, smoked cheddar & lettuce

TURKEY BURGER
8oz turkey burger, cheddar cheese, & cranberry chutney

TURKEY CLUB
Triple decker with sliced turkey, cheddar, lettuce onion spicy mustard on rye bread

GRILLED FLAT BREADS

CAPRESE
Tomato, mozzarella cheese, marinara, & basil oil

SWEET CHILI SHRIMP
Marinara mozzarella cheese & sweet chili shrimp

VEGETABLE
Zucchini, squash, onions, marinara sauce, mozzarella cheese

For our complete menu, visit us at: www.eastendgrille.com

GAUCHAO

BRAZILIAN CUISINE

102 Broadway, Somerville, MA 02145
(617)625-6100

BUFFET

Salad Bar
Fresh Vegetable
Lettuce
Fresh Fruit
½ Cup Rice with Fresh Vegetables
Butternut Squash
Boiled Okra
Roasted Chicken Breast

O MEHLOR CHURRASCO GAUCHO TODOS OS DIAS

Roasted Chicken Breast
Linguica De Frango/Chicken Sausage

Temos Todos as Dias / Served Daily
½ xícara Arroz branco, ½ xícara arroz com vegetais, feijão preto, feijão vermelho, feijão tropeiro.

½ cup rice with vegetables, black beans, red beans, with farofa.

SEGUNDA-FEIRA / MONDAY
Special Plates are served with ½ cup of rice, beans and salad.
Polenta
Brazilian Corn
Frango com Quiabo/Chicken with Okra

TERÇA-FEIRA / TUESDAY
Estrogonofe De Frango/Chicken Stroganoff

SEXTA-FEIRA / FRIDAY
GALINHA CAIPIRA ENSOPADA COM BATATA
Heavy Fowl with Potatoes
BACALHOADA
Dish of Codfish
MUQUECA
Fish Stew

SABADO / SATURDAY
Feijoada/Brazilian Style Black Beans
Couve/Collard Greens

DOMINGO / SUNDAY
Frango Assado/Grilled Chicken

Marmitex Completo com Churrasco
Prato completo servido pelo funcionário com sua escolha de 2 tipos de carne da churrasqueira: Lingüiça de Frango ou Frango Assado.

Complete Plate To Go with BBQ

Complete plate served by the employee with 2 choice of meat from the BBQ: Chicken Sausage and/or Roasted Chicken.

la BRASA

Address: 124 Broadway, Somerville, MA 02145
Phone:(617) 764-1412

SNACKS

Oysters* – beet mignonette, fresh horseradish

Soy Pickled egg

Roasted mixed nuts – maple, sea salt, rosemary

SMALL

Romaine Salad – radish, avocado, jalapeno dressing

Mussels – tecate, white beans

Roasted Sweet potato – Vermont goat cheese, fermented cider & squash seed oil

Empanada – Swiss chard, quinoa, piperade poached egg, parmesan

Wood roasted beets – fennel vinaigrette, mustard seeds

Grilled green beans – tatemada sauce, sesame seeds

MAIN

Atlantic cod loin – pipian sauce, chickpeas, pearl onions, braised celery

Wood roasted ½ chicken – jerk seasoning,
Fingerling potatoes, chicken broth

Whole Bronzino (Mediterranean Sea Bass)-
Tomatillo sofrito, citrus, jalapenos, Rosemary oil

Our menu changes Daily and Seasonally.
Please visit us at: www.labrasasomerville.com

**consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness*

167 Broadway, Somerville, MA 02145
(617) 629-5909

Appetizers

AVOCADO SALAD
Cucumber, crab, and a slight hint of Japanese mayonnaise

SEAWEED SALAD
Cucumber, seaweed

EDAMAME
A classic Japanese snack, lightly tossed with salt

Soups

HOT & SOUR SOUP
Oyster sauce, tofu, chicken base

MISO SOUP
Soybean paste, soft tofu, seaweed and scallion

Seafood

SZECHUAN SPICY FISH
White fish, napa cabbage, and scallion

SZECHUAN SPICY MALA SHRIMP
Succulent shrimp tossed in our spicy mala sauce with vegetables

SHRIMP WITH VEGETABLES
Sautéed in white wine with scallion

STEAMED SHRIMP WITH VEGETABLES
Ginger sauce on the side

For Our Complete Menu Visit Us At: www.lotusxpress.com

Chicken

KUNG PAO CHICKEN WITH PEANUTS
Diced chicken with celery, peanuts & chili

CHICKEN WITH VEGETABLES
Assorted vegetables sautéed with a light sauce

STEAMED CHICKEN WITH VEGETABLES
Ginger sauce on side

JAPANESE CURRY CHICKEN
Sliced white meat, peppers, and onions

Vegetables

SEASONAL GREENS
BROCCOLI IN GARLIC SAUCE
EGGPLANT WITH BASIL IN GARLIC SAUCE

Sides

BROWN RICE
Available with all dishes upon request

SUSHI ROLLS
Sushi is made fresh and is a Shape Up Approved dish if ordered without tempura.

RINCÓN MEXICANO

99 Broadway, Somerville, MA 02145 (617) 776-1200

Bocadillos/Appetizers
Order soft or corn tortillas for a healthier option

GUACAMOLE EN MOLCAJETE
Hand-mashed avocados mixed with chopped cilantro, onions, jalapenos, garlic, tomatoes and a hint of lime.

COCTEL DE CAMARONES
Shrimp mixed with chopped onions, tomatoes, cilantro, and ketchup topped with avocado.

ENSALADA MEXICANA
Mixed greens, strawberries, avocado and cilantro dressing topped with white cheese, and crispy house-made tortilla strips on the side.

TACOS
All served with cilantro and onions

- Pollo, chicken

BURRITOS
Served with rice, black beans, pico de gallo, guacamole, sour cream, cheese, and jalapenos.

CHOICE OF ONE:

- Vegetables
- Pollo, chicken

Mexican Plates
Served with rice and beans

ENCHILADAS
Three corn tortillas topped with white cheese with choice of mole or green sauce
Choice of: chicken, Mexican sour cream on side

Flour tortilla with Monterrey Cheese with guacamole and Mexican sour cream on side.
Choice of: chicken, or vegetarian

TACOS DE CAMARON
Three corn tortillas filled with grilled shrimp, cabbage, cilantro peso, with chipotle mayo on side

MOLCAJETE
a combination of beef, Chicken and Shrimp with green salsa, green peppers and onions. Oaxaca Cheese, cactus and scallion

For our complete meu, please visit us at:
www.rinconmexicanosomerville.com

76 Broadway, Somerville, MA 02145
(617) 628-1921

Lunch Menu

Appetizers
Broccoli Rabe or Spinach

Mesclun Salad

Tomatoes and onion
with fresh mozzarella

Seafood
Shrimp Scampi or Fra diavolo

Scallops Cacciatore, marinara or
scampi sauce

Haddock plum tomatoes & basil

Little Necks, garlic & oil or marinara sauce

Mussels

All served with pasta:
Ziti, Linguini, Angel Hair
Substitute whole wheat pasta

Chicken
Grilled Chicken

Chicken Stir Fry

Chicken alla Panna

Chunks of chicken sautéed with onion and
broccoli in a light garlic sauce

Salads
Garden Salad
Turkey Salad
Dressing:
Oil & Vinegar,

Cold Sandwiches
Turkey
Honey roasted turkey

Vinny's Specials
Filet Mignon

Vinny's at Night

Appetizers
New Zealand Mussels

Little Necks in white wine, garlic
& olive oil or marinara sauce

Broccoli Rabe or Spinach

Caprice Salad

Seafood
Shrimp Fra Diavolo,

Shrimp Putanesca
Shrimps, celery, black olives and capers in a
mild red wine marinara sauce

Lobster Fra Diavolo
Split tail shrimps, scallops, celery and
onions in spicy white wine marinara sauce

Little Necks Marinara or garlic & Olive Oil

Grilled split lobster tail, shrimps, scallops
and mussels served with spinach

New Zealand Mussels Marinara or garlic &
Olive Oil

Haddock with vegetables in garlic & olive
oil sauce or Fresh tomato & Basil

Seafood Extravaganza
Shrimps, scallops, clams, mussels, calamari
and fish of the day in zesty marinara sauce

Scallops
sautéed: garlic & olive oil, marinara or
tomato & basil sauce

Chicken
Chicken Cacciatore
Chicken Stir Fry

A Taste of Immigrant City

For our complete menu visit us at: www.vinnysatnight.com

Royal Bengal

364 Medford Street, Somerville, MA 02145
(617) 491-1988

Appetizers

Mulligatawny Soup
Spicy hot soup, w/ lentils, vegetables and spices

Indian Breads

Tandoori Roti
Whole wheat baked bread without oil
Chapatti
Whole wheat bread baked on fry pan without oil

Chicken

Chicken Curry
Chicken cooked in spicy curried sauce
Dal Chicken
Chicken cooked in special yellow lentil
Chicken Tikka Masala
Boneless pieces of Tandoori Chicken cooked in a delicate tangy and spicy paprika sauce
Chicken Do-Piaza
Chicken breast marinade, with diced tomatoes
Chicken Saag
Tender pieces of chicken breast delicately spiced and cooked with spinach
Chicken Karahi
Fresh chicken breast simmered with diced tomatoes, bell pepper and spices
Chili Chicken
Boneless chicken cooked with green chilies and onions

Rice

Chicken or Shrimp Biryani
Basmati rice cooked with chicken chunks or Jumbo Shrimp and nuts and spices
Vegetable Biryani
Basmati rice cooked with exotic spices, herbs and fresh vegetables

Vegetable

Aloo Gobhi
Cauliflower and potatoes cooked with tomatoes, onions, herbs and spices
Chana Masala
Gently cooked chickpeas, onions, herbs and tomatoes
Chana Saag
Fresh Spinach and chickpeas cooked with a touch of diced onions, fresh tomatoes, herbs and spices
Aloo Saag
Fresh Spinach and diced potatoes cooked with diced onions, fresh tomatoes, herbs and spices

Tandoori

Chicken Tikka
Tender pieces of chicken marinated in spices and yogurt and cooked on skewers in Tandoor
Reshmi Kebab
Chicken breast marinated in spices then cooked under our Tandoor's slow heat
Tandoori Shrimp
Fresh Jumbo shrimps marinated in delicate yogurt. Baked on skewers in our Tandoor
Tandoori Chicken
Spring Chicken marinated in tandoori masala and yogurt for 24 hours and it is baked until tender and juicy

For our complete menu, Please visit us at:
www.bengalicafe.com

YUM
A Taste of Immigrant City

NEW THURSTON SPA

393 Medford Street. Somerville, MA 02145
(617) 710-6801

BREAKFAST SERVED ALL DAY

Breakfast and Breakfast Specials

Cereal with 3 grams of fiber

Eggs or Egg whites with cheese
English muffin, whole wheat

Dropped Egg on Whole Wheat toast

LUNCH SPECIALS
Substitute water and side salad for the can soda and chips.

Deli Sandwiches
Served on Whole Wheat bread or Wraps
With lettuce, tomato, onions & pickles

Turkey
Chicken
Veggie
Cheese

Salads

Grilled Chicken on Mixed Greens
Chef Salad
Dressing: Oil & Vinegar

Soup

Chicken
Minestrone

Subs
Substitute sub roll for whole wheat bread

Grilled Chicken
Pepper and Egg
Turkey Breast

Free Delivery!!

Aguacate Verde

13 Elm Street, Somerville, MA 02143 (617) 666-0677

Peruvian Appetizers

Palta Rellena
Stuffed Avocado (logo dish)
Avocado, peas, corn, carrots, green beans, Lima beans, potatoes, (mayonaise on side).
Aguacates, alvejas, choclo, zanahorias, vainitas, pallares, papa y mayonesa.

Choros a la Chalaca
Mussels, onions, tomatoes, lime, fresh yellow chili, corn kernel, cilantro.
Choros, cebolla, tomate, limon, aji amarillo choclo y cilantro.

Peruvian Dishes Cebiche
Fish, celery, onion, ginger, garlic, lime juice, yellow chili, shrimp, calamari, Mussels, cilantro, lettuce, corn, sweet potatoes.
Pescado, apio, cebolla, jengibre, ajos, limon, aji Amarillo, camarones, calamares, choros, cilantro, lechuga, maiz camote.

Lomo Saltado
Potatoes, beef tenderloin, onions, yellow chili, vinegar, tomatoes, cilantro, garlic over rice.
Papas, carne de res, cebollas, aji, vinagre, tomates, cilantro, ajos, arroz

Arroz con Mariscos (Peruvian Paella)
Shellfish, garlic, onions, rice, green peas, paprika, yellow chile and cilantro.
Mariscos, ajos, ceblla, arroz, alverjitas, pimenton, aji amarillo y cilantro.

For our complete menu, visit us at:
visit us at: www.aguacateverde.us

YUM
A Taste of Immigrant City

Tacos
Fresh corn tortilla stuffed w/ourhomemade Fillings, tomatoes, onions, cilantro, green sauce
Pollo….Chicken
Aguacate y/o frijoles….Avocado and/or beans

Huaraches
Homemade corn tortilla w/meat, beans, cheese, lettuce, tomatoes and cream
Pollo……..Chicken
Aguacate…….Avocado

Burritos
Rice, beans, meat, tomatoes, onions, cilantro in a wheat tortillla
Tortilla de harina o integral con carne, frijoles, arroz, tomate, cebolla, cilantro
Saludable: Pollo…….Chicken
Vegetarainao: Rice, beans, onions, tomatoes, cilantro

Quesadillas
Wheat tortilla w/meat, lettuce, beans, rice, tomatoes. Onion, cilantro, cheese and sour cream on side
Tortillo de harina o integral con carne, lechuga, frijoles, arroz, tomate, cebolla, cilantro, queso y crema por el lado
Pollo……Chicken
Aguacate, arroz y frijoles …Avocado, rice, beans

Kids Menu
Kid's Plate (rice, beans & chicken)
Kids veggie taco
Small Burrito rice & beans w/cheese

Salads
Grilled Chicken or Quinoa

ARTS AT THE ARMORY CAFÉ

191 Highland Ave., Somerville, MA 02143
(617) 718-2192
Artsatthearmory.org/café

Breakfast:

Oatmeal with dried cranberries

English muffin
Egg Sandwich (On your choice of Bagel,
Toast (Whole Wheat, Rye)

Salads:

Chef: Turkey, Cheddar, Tomato, Cucumber, Avocado

Chicken Salad: Chicken, Cucumbers, Walnuts, Cranberries

Hummus Plate: Celery, Carrots, Peppers and Pita Bread

Boston – Apples, Walnuts, and Goat Cheese

Quiche – Artichoke, Spinach & Sweet Pepper Spinach, & Tomato

Sandwiches:
With your choice of Whole Wheat, Rye,

Cali Tuna: Tuna Salad with Cheddar, Avocado, Spinach & Tomatoes

617: Turkey, Bacon, Cheddar Cheese, Romaine, Tomatoes, Avocado & light Mayonnaise (omit bacon)

Patriots: Turkey, Roast Beef, Cheddar Cheese, Lettuce, Tomato

Sunny Beef: Roast Beef, Cheddar Cheese, Arugula, & Sundried Tomatoes

Bruins: Salmon, Cream Cheese (ask for small amount), Cucumbers

Veggie: Cheddar Cheese, Spinach, Tomatoes, Cucumber, Avocado, Onions

Chicken Salad: Chicken, Mayonnaise, Cranberries, & Walnuts

Sweet Turkey: Turkey, Fig Spread, Cheese, & Arugula

Brie: Brie Cheese, Fig Spread, Arugula, & Sliced Apples

THE NEIGHBORHOOD RESTAURANT & BAKERY

25 Bow St, Somerville, MA 02143
(617) 623-9710

Breakfast

Oatmeal Wheat Waffle topped with Bananas
Multigrain Oatmeal Waffle topped with Bananas
Grapenut Wheat Pancakes topped with Berries
Multigrain Belgian Waffle topped w/Blackberries & Bananas

Whole Wheat French toast (homemade bread)
Topped W/Granola & Drizzled w/ Vanilla Yogurt

Wheat pancakes
(topped with seasonal fruit)

Egg Whites Scrambled w/ Broccoli & Mushroom,
1 Slice Cheese, side of Turkey Bacon

Egg White Omelets w/ Assorted Vegetables
Scrambled Egg Whites w/ Tomatoes Spinach,
1 Slice Cheese, Side of Turkey Bacon

Fresh fruit
Wheat Toast
Cream of Wheat made w/ Whole Milk, NO BUTTER

Our menu changes daily, please visit us to see what's on for today or visit us at:

www.theneighborhoodrestaurant.com

YUM
A Taste of Immigrant City

Sally O'Brien's

335 Somerville Ave., Somerville, MA 02143
617-666-3589

BAR SNACKS & APPETIZERS

CHICKEN TENDERS
Grilled Buffalo Style

SALADS

GARDEN SALAD
Romaine with onions, carrots & Tomatoes
Add grilled chicken
Balsamic and Italian dressing

BURGERS

½ lb. lean patty
-Substitute salad for fries or slaw

SALLY'S PUB BURGER
Cooked just the way you like it

TEXAS CHILI BURGER
Homemade chili, jalapenos & cheddar

GUAC & ROLL
Guacamole, salsa, & cheddar

PORTOBELLO MUSHROOM BURGER
With cheddar or American cheese

VEGGIE BURGER
For the herbivores!!!

SALLY'S ENTREES

GRILLED SHRIMP-BUFFALO
OR CAJUN STYLE
Over steamed rice & salad

GRILLED CHICKEN BREAST
In house marinade. Served with rice,
roasted veggies & salad

Available: Roasted veggies, steamed
rice & salad

SANDWICHES

Includes lettuce, tomato, onion & a pickle.
Wheat rolls & wraps available upon request

FISH SANDWICH
Fresh grilled or pan seared catch

BUFFALO CHICKEN SANDWICH
Grilled chicken in spicy hot sauce

GRILLED CHICKEN
In our house marinade

Our Specials change daily,
(call to see what's on for today)
or visit us at:
www.sallyobriensbar.com
for our complete menu

Sweet Ginger is proud to offer Shape Up Approved dishes.
Order from this menu for guaranteed healthy eating!
22 Bow St., Somerville, MA 02143 • 617-625-5015

APPETIZERS

SATAY
Chicken barbecued on skewers, served with peanut sauce and cucumber salad.
STEAMED MUSSELS
Steamed mussels with onion, bell pepper and basil leaves, served with Thai spicy lime sauce.
EDAMAME
Steamed soybeans in pod lightly salted.

VEGETARIAN CORNER

STRING BEAN DELIGHT
Sautéed fresh string bean and red bell pepper in yellow bean house sauce. Served with steamed rice and imitation meat available.

SOUPS

TOM YUM (SHRIMP, CHICKEN)
The famous Thai hot & sour soup spiced with chili, lemon grass, mushrooms, cilantro and lime juice.
CRYSTAL SOUP (SHRIMP OR CHICKEN)
Bean threads, snow peas, carrots, onion, peas, baby corn, and cilantro in clear broth.
MISO SOUP
Soy bean paste, fresh cubed tofu, wakame seaweed and sliced scallion.
SEAFOOD NOODLE SOUP
Scallop, shrimp, squid, noodles, bean sprout, string bean, cilantro and crispy garlic.

STIR-FRIED

Assorted stir fried dishes with choice of: chicken / tofu / shrimp scallop.

For our complete menu, please visit us at:
www.sweetgingerunionsq.com

SWEET GINGER SPECIALTIES

DELIGHT OF TWO
Sautéed chicken and shrimp with assorted vegetables in light house sauce.
TERIYAKI SALMON / CHICKEN
Grilled Salmon/Chicken in teriyaki sauce, topped with sesame served with sautéed assorted vegetables on a sizzling plate.
BOSTON CHICKEN
Sautéed chicken with onion, celery, carrots, snow peas, roasted peanuts and bell pepper in a spicy house sauce.
MANGO CURRY
Shrimp, chicken, fresh mango, onion, carrot, yellow squash, bell pepper and tomatoes in our most popular yellow curry sauce.

SEAFOOD OFFERINGS

SEAFOOD MADNESS
Sautéed shrimps, mussels, squids and scallops with baby corn, snow peas, mushroom, carrot, onion, bell peppers and scallion in a house spicy sauce.
SEAFOOD ROYAL
Sautéed shrimps, mussels, squid and scallops with assorted vegetables in a light house sauce.
SEAFOOD VOLCANO
Sautéed shrimps, mussels, squids and scallops with baby corn, snow peas, mushroom, carrot, onion, bell peppers and basil in house spicy sauce, served on a hot sizzling plate.
SALMON TERIYAKI
Grilled salmon in teriyaki sauce topped with sesame and served with assorted sautéed vegetables on a sizzling plate.

SIDE ORDERS

Steamed Brown Rice
Steamed Mixed Vegetables

Dave's Fresh Pasta & Specialty Market

81 Holland Street, Somerville MA 02144
(617) 623-0867

SPECIALTY SANDWICHES

Choice of Bread
light rye · pita wrap · multigrain
we only use real pita bread for our wraps, no flour tortillas

NON-VEGGIE SANDWICHES

Pesto Chicken
grilled chicken, homemade basil pesto, aged asiago, roasted pepper

Grilled Chicken #2
grilled chicken, boursin cheese, roasted peppers, caramelized onions, greens

Sun-Dried Tomato Turkey
plainville turkey, sun-dried tomato pesto, aged asiago, caramelized onions, baby spinach

VEGGIE SANDWICHES

Caprese
handmade fresh mozzarella, tomato, basil pesto, balsamic reduction, evoo

Artichoke & Arugula
artichoke & lemon pesto, handmade fresh mozzarella, grilled portabella, baby arugula

VEGGIE WRAPS

Lentil & Brown Rice Wrap
lentils & brown rice (majudarrah), baby spinach, shredded carrots, tomato, red onion, alfalfa sprouts, tamari tahini dressing

Veggie Hummus Wrap (Vegan)
hummus, greens, tomato, shredded carrots, red onion, roasted peppers, cucumbers, kalamata olives, fresh oregano, evoo

Mediterranean Wrap
tzatziki, greens, tomato, red onion, shredded carrots, cucumbers, kalamata olives, evoo

GREEN SALADS

Dressings are house-made and are served on the side

Garden salad
mixed greens, tomato, cucumbers, red onion, shredded carrots, red wine vinaigrette

Spinach Salad
baby spinach, french brie, green apple, walnuts, honey-poppy seed dressing

Hippie Salad
mixed greens, tomato, cucumbers, shredded carrots, red onion, alfalfa sprouts, sunflower seeds,tamari tahini dressing

For an additional cost, add to your salad:
grilled chicken · plainville turkey · avocado · portabella · grilled flank steak · grilled shrimp

Don't see a sandwich you like on the menu? You can build your own with our variety of choices.

For our complete menu, please visit us at:
www.davesfreshpasta.com

MEJU

KOREAN RESTAURANT
243 Elm Street, Somerville, MA 02144
(617) 764-3053

LUNCH
SMALL PLATES

STEAMED DUMPLINGS 6pc
Tofu and onion stuffing

PAN ROASTED MUSHROOMS V GF
Oyster, shiitake, button, enoki glazed with garlic soy

TOFU KIMCHI V
Pan-fried tofu topped with kimchi

TOFU SALAD V GF
Baby arugula, radicchio, toasted pecans, lotus root chips, gluten-free soy lime dressing

SWEET POTATO FRIES
Hand-cut sweet potato, jalapeno aioli

SPICY RICE CAKE
Mozzarella, fishcake, onion, cabbage

DINNER
BIG PLATES

STONE POT BIBIMPAP GF
Sizzling rice bowl with sautéed veggies, raw egg on top/ side of chili pepper or gluten free soy sauce and soup of the day sautéed veggies: carrot, spinach, bean sprout, zucchini, bracken, radish, shitake

Choice of tofu/chili octopus/soy eel
Choice white & brown rice mix or purple rice

MUSHROOM JABCHAE V GF
-add chicken
Sweet potato noodles with shiitake, oyster, king oyster, button mushrooms stir fried in gluten free soy sauce with onion, yellow peppers

SEAFOOD BOKKEUM
Scallop, shrimp, squid, and oyster with peppers and onions choice of sauce: mild or spicy

Choice side of white & brown mix or purple rice

GRILLED SEAFOOD
Scallop, shrimp, squid with zucchini, onion and King Oyster

Choice side of white & brown mix or purple rice

For Our Complete Menu Visit Us At: www.mejudavis.com
V: vegetarian
GF: Gluten free

Mr. Crêpe

Crêperie & Café

51 Davis Sq., Somerville, MA 02144
(617) 623-0661

We offer gluten free buckwheat/Oatmeal flour.

Gourmet Savory Crêpes

Cheese choices: • Monterey Jack • Swiss • Ricotta & Parmesan • Marinated fresh Mozzarella • Sharp Cheddar • Brie • Crumbled Blue cheese • Feta goat cheese

Add a layer of egg to the inside of any savory crêpe.

Fresh Sliced Apples, Grapes and Brie
Roasted Mushrooms with fresh thyme
Fresh tomatoes with scallions and cilantro
Baby Spinach, roasted Portobello mushrooms and basil
Baby Spinach, tomatoes, basil
Smoked Turkey with homemade cranberry sauce (lightly)

BYOC - Build Your Own Crêpe

First Choice
Select your cheese; Select your choice of greens: baby spinach, arugula, or mesclun mix; Select a vegetable choice: fresh tomatoes, sundried tomatoes, caramelized onions, roasted bell peppers, roasted mushrooms, corn relish, avocado, pears

Second Choice
Select a side garnish/spice: basil, cilantro, scallions, black olives, green olives, mango chutney, pesto, toasted almonds, toasted walnuts, coconut shavings

Third Choice
Smoked chicken, smoked turkey, Grilled Salmon, Chicken Tagine (chicken and vegetables stew

Vegetarian Super Crêpe

Super Fennel
Super Avocado
Super Pear
Super Bell Pepper

Super Crepes

Super Tangine
Super Chicken
Super Spinach
Super Pesto
Super Turkey
Super Salmon
Super Chutney

Salads

Garden Salad
Mesclun mix, tomato, cucumber, red onion, red and yellow bell peppers, and house dressing. Served with bread.

Greek Salad
Mesclun mix, tomato, cucumber, red onion, red and yellow bell peppers, stuffed grape leaves, olives, pickled peppers, Feta, and balsamic vinaigrette. Served with bread.

Spiced Pear Salad
Baby spinach, spiced pears, toasted walnuts, grapes, blue cheese, and house dressing. Served with bread.

Other Yummies

Fruit Cup: Watermelon, honey dew melon, cantaloupe, and blueberries garnished with sliced strawberry and orange.

Homemade Granola

Toasted oatmeal, almonds, coconut, sesame seed, honey, and brown sugar. Served with plain yogurt and strawberries

For our complete menu visit:
www.mrcrepe.com

Istanbul'lu Restaurant

237 Holland Street
Somerville, MA 02144
617 440-7387

Turkish Style eggs

Menemen
Turkish style omelet with tomatoes, onions, red bell peppers, green peppers, cooked with beyaz peynir and spices

Firinda Kahvaltilik
Tomatoes, red bell peppers, green peppers. Cooked with Turkish bread and Kasar peynir. Baked in the oven.

Soups

Mercimek
Red lentil cooked with tomato, pepper sauce and mint

Salads

Coban Salad
Very famous Turkish salad made with tomatoes, pickle cucumbers, chopped red onions, parsley, scallions mixed with olive oil and lemon juice toped with Turkish beyaz penir

Piyaz Salat
White beans marinated in lemon juiced, olive oil, chopped red onions sumac and parsley

Cacik Salad
Very cooling salad, made with plain yogurt, shredded cucumbers, garlic and dill

Turkish Style Hot Tapas

Kirmizi Beyaz
Roasted red pepper stuffed with suzme mixed with garlic and spices.

Mercimek
Steamed red lentil mixed with tomatoes, pepper sauce, parsley and scallion topped with yogurt

For our complete menu, please visit us at:
www.istanbul-lu.com

Turkish Veggie sandwiches

Dolma
Stuffed grape leaves with yogurt, sliced tomatoes and mixed greens

Kirmizi Beyaz
Sliced tomatoes, scallions, feta cheese, olive oil

Kasarli
Turkish Kasar cheese with tomatoes, mixed greens, scallions and cucumbers, topped with olive oil

Hummus
Regular Hummus with sliced tomatoes and mixed greens

Patlican Salad
Roasted eggplant with mixed greens and tomatoes

Turkish Style Cold Tapas

Peynir Plate
Turkish cheeses like Beyaz peynir, kasar, suzme with fresh tomatoes and cucumber and topped with olive oil

Patlican Salad
Roasted Eggplant mixed with roasted bell peppers, tahini, garlic, olive oil and spiced

Engina
Artichoke hearts cooked with peas, carrots and potatoes

Masala

AUTHENTIC INDIAN & NEPALI CUISINE

1127 Broadway, Somerville, MA 02144
(617) 718-0703

Indian Cuisine

Soups/Salads

Lentil Soup
Yellow lentil soup cooked with herbs and spices

Chicken Salad
Chicken Tikka with lettuce, tomatoes, cucumbers, onion and lemon wedges

Appetizers

Chicken Tikka
Tender pieces of boneless chicken marinated in spices and yogurt then cooked in tandoor

Entrees

All entrees served with Basmati rice and Raita

Tandoor (Clay Oven) Specialties

Tandoori Chicken, Fish or Shrimp
Marinated with yogurt, ginger, lemon, and spices

Bhindi Masala
Fresh stir fried okra sautéed with tomatoes and onion

Seafood Specialties

Shrimp Vindaloo
Shrimp marinated in spices and vinegar, cooked with potatoes in a traditional sauce

Chicken Specialties

Chicken Curry
Typical home style curry made with chicken and a fine blend of spices

Chicken Methi
Boneless chicken cooked with onion and tomato sauce simmered with fenugreek leaves

Vegetarian Specialties

Chana Masala
Whole chickpeas cooked with onion, tomatoes, herbs and spices

Khatta Metha Baigan
Strips of eggplant simmered in sweet and sour tomato sauce enhanced with fenugreek

Nepali Cuisine

Soup

Kiwatti Soup
Prepared from a colorful array of mixed beans with Himalayan herbs, (jimba). This wholesome soup is highly nutritious and aids digestion.

Appetizers

Chicken Sekuwa
Boneless chicken meat marinated overnight in masala and grilled

Kukhara Ko Chhoyla
Shredded dry chicken flavored with herbs and masala with a touch of chili and lime

Non-Vegetarian Specialties

Chicken Chilli
Stir-fried chicken with green chilli, onion and bell pepper

Macha Ko Jhol
Boneless haddock fish cooked with mild masala and a splash of lime

Vegetarian Specialties

Panir Chilli
Stir fried panir with green chilli, onion and bell pepper

Simi Ko Daal
Delicious daal made of brown beans cooked with ginger and garlic

Aloo Dam
Typical Nepali style potato cooked with cumin seeds and Nepali herbs

This booklet highlights the owner's favorite Shape Up Approved items. When dining at the restaurant, ask for the full Shape Up Approved menu. For a complete menu go to www.somervillemasala.com

YUM
A Taste of Immigrant City

858 Broadway,
Somerville, Ma 02144
(617) 623-5411

Appetizers

Crepa De Camaron
Thin crepe filled with shrimp, olives and cheese served with a chipotle pepper sauce.

Soups

Caldo Tlalpeno
Chicken soup from Tlalpan, Mexico City, made with chipotle pepper, chickpeas, rice, cheese, herbs and spices

Dinner Menu

Calamares Enjitomatados
Calamari sautee

Chile Relleno De Camaron
Poblano pepper stuffed with shrimp, goat cheese and black olives drizzled in a red bell pepper sauce

Pipian Paskal
chopped chayote squash in pipian made of, pumpkin seeds, peanuts, cilantro, herbs, ancho and guajillo peppers

Bisteces "mama Eveli"

Angus chopped tender sirloin cooked in onion and tomatillo-chipotle sauce.

Tinga Poblana
shredded chicken breast cooked in assorted chipotle peppers and tomatoes.

Kids menu

Pollo Al Grill
Grilled chicken, served with rice and beans.

Kid's Quesadilla
corn tortillas with melted cheese.

www.facebook.com/TuYYoMexicanFonda

SHAPE UP
SOMERVILLE

Phone number: 617-625-6600 ext. 4312
Email: sus@somervillema.gov
Facebook: https://www.facebook.com/shapeupsomerville
Twitter: @shapeupsville