

VEGGIE HEAVEN

-Vegetarian Cuisine-

Food for the five senses

-We Deliver-

(Minimum \$20.00)

-Open 7 Days a Week~

Mon.-Thur.: 11:30 AM~ 10:00 PM

Fri.- Sat.: 11:30 AM~ 11:00 PM

Sunday: 11:30 AM~ 10:00PM

631 Valley Rd., Upper Montclair, New Jersey 07043

Tel: (973) 783-1088/7088 Fax: (973) 783-8138

SOUP

Mixed Vegetable Soup	1.95
Miso w. Tofu Soup	1.95
Homemade Hot & Sour Soup	1.95
Vege Wonton Soup	1.95
Spinach w. Tofu Soup (2)	4.95
Bean Curd w. Corn Soup (2)	4.95
Vege Shark Fin Soup (2)	5.95
House Special Soup (2)	5.95
West Lake Soup (2)	5.95
Chef's Special Soup (2)	5.95

APPETIZER

Spring Roll (2)	2.50
Moo Shu Basil Roll (2)	3.50
Crispy Sesame Seaweed	3.50
Yam Fries	4.95
Garlic Seaweed	4.95
B.B.Q. Stick (Beef or Chicken)	4.95
Cold Noodle w. Sesame Sauce	4.95
Hunan Dumplings (10)	4.95
Noodle Peking Style	4.95
Steamed or Fried Dumplings (6)	4.95
Shu Mai (6)	4.95
Steamed Spinach Dumplings	5.50
Crispy Golden Shrimp Ball	5.50
Vege Duck	5.95
Chicken Roll	6.25
Assorted Steamed Dim Sum (8)	6.25
Roast Pork	6.25
Vege Lobster Ball on Skewer	6.25
Barbecued Ribs	6.25
Scallion Pancakes	(Reg.) 3.95 (Deluxe) 6.25
Drum Stick	6.25
Chicken Nugget	6.95
Mix Chinese Hors D'oeuvres	12.95

FRIED RICE & NOODLE

Vegetable Fried Rice (Brown or White Rice)	5.95
Roast Pork Fried Rice (Brown or White Rice)	6.25
House Special Fried Rice (Brown or White Rice)	6.25
Vegetable Lo Mein	5.95
Roast Pork Lo Mein	6.25
House Special Lo Mein	6.25
House Special Rice Noodle	6.25
House Special Chow Fun	6.25
House Special Spinach Noodle	6.25

BIG BOWL NOODLE SOUP

Choice of Noodle:

Mee Fun Thin Rice Noodle Shanghai Noodle

Chow Fun Flat Soft Rice Noodle Spinach Noodle

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| 44. Vegetable Noodle Soup | 5.95 |
| 45. Vege Duck Noodle Soup | 6.95 |
| 46. Curry Chicken Noodle Soup | 6.95 |
| 47. Beef Noodle Soup | 6.95 |
| 48. Seafood Noodle Soup | 7.50 |
| 49. Heaven's Special Noodle Soup | 6.95 |
| 50. Little Bit of Everything Noodle Soup | 6.95 |

CHEF'S SPECIALTIES

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| 01. Hunan Special Garden | 9.25 |
| A splendiferous array of vegetables enhanced by a bed of wood ear, shredded dried bean curd sheets. | |
| 02. Crystal Spinach Rolls | 12.95 |
| Seasoned spinach wrapped in snow white crepes, steamed and topped w. chef's special fruit sauce. | |
| 03. Taro Chicken A La King | 13.95 |
| A remarkable dish! Finely diced zucchini, yams, red pepper and vege chicken over crispy taro dried sauteed. | |
| 04. Crispy Chicken (or Beef) w. Honey Walnut | 13.95 |
| Breaded gluten chicken (or beef) w. a bed of steam broccoli in a sweet brown sauce. | |
| 05. Sesame Chicken | 12.95 |
| Chunks of vege chicken w. fresh mushroom and broccoli. | |
| 06. Almond Chicken | 13.95 |
| Soy chicken on top of steam broccolis sprinkled w. roasted almonds in a chef special sauce. | |
| 07. Shitake Supreme | 13.95 |
| Shitake mushroom stuffed w. water chestnuts, carrots & snow peas w. a bed of steamed spinach & topped w. soy chicken in a brown sauce. | |
| 08. Five Flavored Crispy Golden Eel | 13.95 |
| Crispy strips of black mushroom sauteed w. sesame sauce topped w. water chestnuts & spinach noodle. | |
| 09. Five Flavored Chicken | 13.95 |
| Combination of soy chicken, Chinese broccoli, sun dried tomato & wheat gluten la a chef special sauce. | |
| 10. Fresh Garden Walnuts | 13.95 |
| Sauteed stringbeans, snow peas, apple and strips of chicken topped with honey walnuts. | |
| 11. Glorious Sensation | 13.95 |

CHEF'S SPECIALTIES

12. **Shredded Heaven** 13.95
Tofu skin wrapped with shredded bean sprouts snow peas, carrots and black mushroom pan fried with peanut sauce on the side.
13. **Double Delight Eggplant** 13.95
Combination of soy chicken, soy shrimp, eggplant, Chinese green in a spicy garlic sauce.
14. **Mango Flavor Chicken** 13.95
Sautéed snow peas, red pepper, fresh slice mango and soy chicken in a sweet fruit sauce.
15. **House Special Vege Chicken** 13.95
Marinated roast chicken w. broccoli, snow peas, red pepper and water chestnut in chef special sauce.
16. **Crispy Vege Jumbo Shrimp** 14.95
Dried sautéed Vege Shrimp Seasoned w. parsley, garlic & hot peppers.
17. **Sizzling Beef w. Black Pepper Sauce** 14.95
Mix of broccoli, snow peas, carrots & onion w. soy steak in black pepper sauce.
18. **Bird's Nest** 14.95
Fresh snow peas w. red & green peppers, wild mushroom, vege shrimp, squid served in the potato nest.
19. **Vege Chicken Hot Pot** 14.95
Deliciously prepared soy protein w. ginger, basil & sliced black mushroom in chef's special brown sauce.
20. **Triple Delight Hot Pot** 14.95
Combination of vege shrimp, squid and lobster ball w. snow peas, black mushroom and cabbage.
21. **Jumbo Shrimp in Chili Sauce** 14.95
22. **Vegetarian Salmon** 14.95
Smoked soy salmon w. mixture of vegetables in chef special sauce.
23. **Happy House** 15.95
Slice beef, lamb, chunk chicken, wheat gluten w. snow pea, cauliflower, pumpkin sautéed in brown sauce.
24. **Vege Peking Duck** 15.95
Texturized soy protein w. side pancakes, scallion, cucumber & plum sauce.
25. **Crispy Soul Shrimp** 15.95
Crispy shrimp w. wild mushroom, snow peas, roast soy pork.
26. **Crispy Chicken Outlet Supreme** 15.95
Crispy soy chicken breaded w. oregano, basil, rosemary w. wild mushroom, snow peas, roast soy pork.
27. **Crispy Golden Whole Vegetable Fish** 14.95
Vegetable fish deep fried with black mushroom carrot

1.	Tofu w. Tomato & Basil	8.50
2.	Tofu w. Ginger & Scallion Sauce	8.50
3.	☛ Tofu w. Szechuan Style	8.50
4.	Tofu w. Black Bean Sauce	8.50
5.	☛ Curry Tofu w. Mix Vegetable	8.50
6.	Sauteed Mix Vegetable	8.50
7.	Dried Sauteed String Bean	8.50
8.	☛ Sauteed Broccoli w. Garlic Sauce	8.50
9.	Sauteed Spinach	8.50
10.	☛ Eggplant w. Garlic Sauce	8.50
11.	Sauteed String Bean w. Snow Peas & Broccoli	8.50
12.	Moo Shu Chicken or Beef (4 Pancakes)	10.50
13.	Tofu w. Three Kinds of Mushroom	10.50
14.	☛ General Tso's Chicken	(Ball) 10.50 (Sliced) 12.95
15.	Sweet & Sour Chicken	10.50
16.	☛ Curry Vegetarian Chicken	10.50
17.	☛ General Tso's Crispy Tofu	10.95
18.	Crispy Stuffed Tofu	10.95
19.	Chicken (or Beef) w. Broccoli	10.95
20.	House Tofu Hot Pot	10.95
21.	☛ Spicy Totu Hot Pot	10.95
22.	☛ Chicken (or Beef) w. Garlic Sauce	11.50
23.	Ginger Chicken or Beef	11.50
24.	Asparagus Chicken or Beef	11.50
25.	Garden Cashew Chicken	11.50
26.	☛ Orange Flavored Chicken (or Beef)	11.50
27.	Black Mushroom w. Chinese Green	11.50

HEAVEN'S TEA LIST (Per Person)

1.	Green Tea	1.25
2.	Green Tea (Decafe)	1.25
3.	Green Tea (Organic)	1.50
4.	Jasmine Tea	1.25
5.	Ginger Tea (Decafe)	1.25

BEVERAGES

6.	Soda	1.25
7.	Bottle Water	1.50
8.	Homemade Ice Tea (Cranberry, apple, pineapple)	3.50
9.	Fresh Squeezed Juice	4.25
	Orange, carrot, vegetable, watermelon, kiwi juice	

(LUNCH HOURS: 11:30 A.M. -3:00 P.M.)

Served with Spring Roll or Choice of Soup:

Hot & Sour, Wonton or Vegetable Soup and Brown Rice or White Rice
(Except Fried Rice & Noodles)

1. 🍄 Tofu Szechuan Style	5.95
2. Tofu w. Tomato & Basil	5.95
3. Tofu w. Ginger & Scallion Sauce	5.95
4. 🍄 Curry Tofu w. Mix Vegetable	5.95
5. Tofu w. Three Kinds of Mushroom	5.95
6. Dried Sauteed String Bean	5.95
7. 🍄 Sauteed Broccoli w. Garlic Sauce	5.95
8. 🍄 Eggplant w. Garlic Sauce	5.95
9. Sweet & Sour Chicken	(Ball) 5.95 (Sliced) 6.95
10. 🍄 General Tso's Chicken	(Ball) 5.95 (Sliced) 6.95
11. Chicken or (Beef) w. Broccoli	6.95
12. Ginger Chicken or Beef	6.95
13. Sesame Chicken or Beef	(Ball) 5.95 (Sliced) 6.95
14. 🍄 Baby Shrimp w. Garlic Sauce	6.95
15. 🍄 Baby Shrimp in Chili Sauce	6.95
16. 🍄 Curry Vegetarian Chicken	(Ball) 5.95 (Sliced) 6.95
17. Sliced Chicken w. Mix Vegetable	6.95
18. Bean Sprouts w. Tender Chicken	6.95
19. 🍄 Chicken (or Beef) w. Garlic Sauce	6.95
20. 🍄 Paradise Chicken or Beef	6.95
21. House Special Fried Rice (Brown or White Rice)	5.95
22. House Special Lo Mein	5.95
23. House Special Chow Mein	5.95
24. House Special Mee Fun	5.95
25. Vegetable Fried Rice (Brown or White Rice)	5.95
26. Vegetable Lo Mein	5.95

DESSERT

1. Tofu Ice Cream	3.50
Vanilla almond bark, wild berry, chocolate, butter pecan	
2. Vanilla Soy Cheese Cake	4.25
Almond, strawberry or blueberry Topp.ng extra 25¢	
3. Carrot Cake	slice 4.25 whole 35.00
4. Chocolate Cake	slice 4.25 whole 35.00
5. Green Tea Cake	slice 4.50 whole 45.00
6. Coconut Cake	slice 4.95 whole 45.00