



May 2012

2803 Rosewood Drive Columbia, SC 29205
 Store: (803) 765-1083 Deli: (803) 256-6410
 Hours: Mon - Sat 8am to 8pm Sun 9am to 6pm

Color Codes: Red = Macrobiotic, Green = Vegan, Black = Contains Animal Products

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Deli Open 9am-6pm Brunch Served 9am-2pm		1 Italian Tofu Cake Mediterranean Pizza Lower Carb: Quiche	2 Broccoli Tofu Quiche Roasted Veggies w/ Sesame Tofu Lower Carb: Cornish Hen	3 Bulgar Walnut Loaf Crawfish Gumbo Lower Carb: Shrimp Burger	4 Black Bean Tostada Spinach Lasagna Lower Carb: Chicken Pesto Melt	5 Market closed for Crawfish Festival Come by for Shrimp Burgers, Crawfish Gumbo, Cold Watermelon and Drinks!
Deli 6 Deli Open 9am-6pm Brunch Served 9am-2pm	7 Cauliflower Maranca Coconut Shrimp Lower Carb: Lemon Butter Salmon	8 Tofu Chop Suey Pasta Fagioli Lower Carb: Quiche	9 Shepherd's Pie French pâté w/ Brie & Gazpacho Lower Carb: Cornish Hen	10 Country Fried Seitan Caribbean Stew Lower Carb: Shrimp Burger	11 Red Bean Burrito Pasta Marinara w/ Tofu Meatballs Lower Carb: Chicken Pesto Melt	12 Breakfast 8-11am Tofu Yung Ratatouille Lower Carb: Shrimp Burger
13 Deli Open 9am-6pm Brunch Served 9am-2pm	14 Lentil Loaf Tempeh Reuben Lower Carb: Lemon Butter Salmon	15 Teriyaki Tofu Catfish Stew Lower Carb: Quiche	16 Russian Vegetable Pie Chicken or Tofu Caesar Salad Lower Carb: Cornish Hen	17 Miso Tofu Sandwich Tomato Avocado Sandwich Lower Carb: Shrimp Burger	18 Black Bean Tostada Spinach Lasagna Lower Carb: Chicken Pesto Melt	19 Breakfast 8-11am Hoppin' John Persian Eggplant Lower Carb: Shrimp Burger
20 Deli Open 9am-6pm Brunch Served 9am-2pm	21 Oven Fried Tofu Seitan Quesadilla Lower Carb: Lemon Butter Salmon	22 Seaside Cakes Moroccan Chicken Couscous Lower Carb: Quiche	23 Mushroom Onion Tofu Quiche Middle Eastern Feast Lower Carb: Cornish Hen	24 Tofu Loaf Asparagus Pasta Bake Lower Carb: Shrimp Burger	25 Red Bean Burrito Pasta Marinara w/ Tofu Meatballs Lower Carb: Chicken Pesto Melt	26 Breakfast 8-11am Curried Chick Peas Chicken Tetrazzini Lower Carb: Shrimp Burger
27 Deli Open 9am-6pm Brunch Served 9am-2pm	28 Honey Mustard Tempeh Bean & Cheese Chalupa Lower Carb: Lemon Butter Salmon	29 Oriental BBQ Tofu Thai Fish Cake Lower Carb: Quiche	30 Alsation Onion Pie Channa Massala Lower Carb: Cornish Hen	31 Tempeh Satay Eggplant Parmesan Lower Carb: Shrimp Burger		

Saturday Brunch – From 8am to 11am • Sunday Brunch – From 9am to 2pm • Breakfast Served 8-10:30 Monday–Friday•

Lunch Served 11:30am to 2:30pm Monday – Saturday • Dinner Served 5:00pm to 7:30pm Monday – Saturday • www.rosewoodmarket.com