



## AN INTRODUCTION

# The Green Door Restaurant

198 Main Street, Ottawa K1S 1C6

telephone: 613-234-9597 fax: 613-234-6771

e-mail: [info@thegreendoor.ca](mailto:info@thegreendoor.ca) [www.thegreendoor.ca](http://www.thegreendoor.ca)

Printed on 100% Recycled FSC Paper

AN INTRODUCTION FROM

# The Green Door Restaurant

Since 1988, the daily practice in the kitchen and bakery of the Green Door Restaurant reflects our desire to create delicious and wholesome food that is as close to its natural state as possible. We do this by keeping things simple; there are no fillers, processed ingredients, or preservatives in any of our dishes.

We work from 6:00 am until 10:30 pm kneading bread, creating desserts, stirring soups, preparing vegetables, cooking, chopping, slicing, blanching, sprouting, blending, baking, roasting, serving, juicing, brewing, wiping, washing, dishing, scrubbing and placing food on the buffet. Thirty people on our team repeat the same process, behind the scenes and in front at the cash, 6 days a week.

## LABELING

We do not have a set menu. Every morning we assess the day's supply of fresh vegetables, and create the menu based on what ingredients are in season or in plentiful supply. Some popular dishes are produced daily, however, such as the broccoli tofu stir-fry, quiche, lasagna, spanakopita, and mashed potato-kale.

Hand-made laminated labels identify each menu item and its key ingredients. There are over 1000 such labels, and they include information that our customers most often seek. Usually they want to know if a dish contains dairy, eggs, nuts, soy, wheat, or gluten.

Our labeling conventions are to specifically mention when an item contains:

🥛 dairy

🥚 eggs

🌾 gluten

🌾 wheat

🌰 nuts

🥛 soy

🌰 sesame

IF YOU ARE VERY SENSITIVE TO THESE OR ANY OTHER INGREDIENTS, PLEASE NOTE THAT THESE ITEMS OR INGREDIENTS CONTAINING THEM ARE USED IN OUR RESTAURANT. IN SPITE OF OUR CAREFUL EFFORTS, CROSS CONTAMINATION CAN OCCUR.

The words **WHEAT-FREE**, **GLUTEN-FREE** and/or **TYPES OF FLOUR** will be mentioned on our signs for deserts, béchamel sauce, miso barley stew, seitan stew, pasta, and phyllo dishes.

It's important to note that **GLUTEN-FREE ALWAYS MEANS WHEAT-FREE, BUT WHEAT-FREE DOES NOT NECESSARILY MEAN THAT THE FOOD IS GLUTEN-FREE.**

For instance, rice flour is gluten-free; it does not contain gluten or wheat. Spelt flour is considered wheat-free; it does not contain wheat but does contain gluten.

## OUR EVERYDAY KEY INGREDIENTS

Unlike the vast majority of restaurants, we do not use any processed commercial food-service mixes that contain preservatives or fillers. All our foods are made with whole and natural ingredients, and we know exactly what goes into every single dish and recipe. Every day we happily answer detailed questions from our customers about ingredients and how the food is made.

## OILS AND FATS

We use:

- 🌱 Organic extra virgin cold pressed olive oil in all our cooking, salads and baked goods. The oil is shipped from the island of Crete in Greece directly to the Green Door. This same oil is available for sale at the cash.
- 🌱 Organic cold pressed canola oil in our baked goods (Western Canada).
- 🌱 Pure sesame oil from Japan in some salads and cooking.
- 🌱 Natural butter and organic coconut milk in our kitchen and bakery.

## SEASONINGS

Our major seasonings are:

- 🌱 Le Paludier sea salt (from the salt marshes of Guérande in France).
- 🌱 Organic San-J Gold Label Wheat-free Tamari: Tamari is naturally brewed, with a slow aging process, from whole soybeans, salt and the microorganism *Aspergillus oryzae*. Traditional shoyu is commonly 50% wheat, and therefore slightly sharper in flavour. Modern inexpensive 'chemical soy sauce' is not brewed, but made from hydrolized soy protein and cara-

mel colouring; it is completely unlike brewed tamari or shoyu.

- 🍷 Umesu: the liquid by-product of the Japanese umeboshi plum. The 'ume' are packed in barrels with salt; the juice which is then drawn off is 'umesu'. It is salty and sour. 'Umesu' is often translated as 'ume vinegar' or 'umeboshi vinegar', although it is not a true vinegar but a brine.
- 🍷 La Maison Orphée organic yellow mustard: made in Québec City from Canadian mustard seed. It contains apple cider vinegar. We use it in a few dishes, including Caesar salad dressing, our baked marinated tofu salad and some hot dishes.
- 🍷 Organic balsamic vinegar in one or two salad recipes.
- 🍷 Brown rice vinegar: made from whole brown rice and spring water, naturally fermented and aged through the changing seasons.
- 🍷 Mirin: an exquisite and authentic Japanese seasoning. Ours is traditionally made from sweet rice and rice koji (natural rice culture), naturally aged over nine months. We use Brown Rice Vinegar and Mirin in a selection of our salads: Japanese noodle, spicy Thai noodle, lemon-ginger noodle, roasted yam, and squash salads.

## SOY PRODUCTS

- 🌱 La Soyarie Organic Tofu (ingredients: organic soybeans, water, and magnesium chloride) (Québec)
- 🌱 Noble Bean Tempeh (ingredients: soybeans, deep well water and rhizopus culture) (Ontario)
- 🌱 San J Gold Label Tamari (see SEASONINGS)
- 🌱 NATURA Soymilk in a few desserts (e.g. rice pudding). It is vegan and contains no grain products.

## THICKENING AGENTS

- 🌱 Arrowroot flour: an easily digested starch from the root of the arrowroot plant. We use it to thicken the broccoli tofu stir-fry sauce, stews and some desserts. This is an alternative to corn starch or tapioca flour.
- 🌱 Agar agar: a gelatinous substance derived from seaweed also used in our bakery.

## FLOUR, PASTA AND GRAIN PRODUCTS

- 🌱 Organic whole flours locally milled by Mountain Path (in South Mountain, Ontario). See section on BREADS.
- 🌱 Organic quinoa, millet, cornmeal, brown rice, sweet brown rice, arborio rice (for risotto), jasmine rice, wehani rice, wild rice, buckwheat

kasha, oats, oat groats, rye berries, barley, and spelt. Some of the grains are kosher and Canadian. Basmati rice is conventional but is of top quality, grown in northern India.

🌱 Spelt and buckwheat noodles.

🌱 Rice and wild rice noodles.

For those who have sensitivities to wheat, there are only a few items in our entire menu that contain wheat. They are:

🌱 Phyllo laden dishes

🌱 Lasagna

🌱 Seitan

🌱 Orzo Salad

🌱 Pesto Noodle Salad

## BEANS

🌱 Every evening we soak organic dried beans and legumes for the next day's menu.

## VEGETABLES

🌱 Vegetables are a central building block for all our hot foods and salads. Our priority is fresh, local, organic and seasonal. We receive deliveries every day.

- 🌱 90-95% of our vegetables we use are either organic, local, or both throughout the year.

### FRESH AND DRIED FRUITS

- 🌱 We choose organic for our fruits – both fresh and dried. There are no sulfites in the organic dried fruits. We use organic lemons in desserts and salads, 99% of the time.

### DAIRY PRODUCTS

- 🌱 Rennet-free organic cheddar cheese from Québec, and goat's milk feta cheese (Canada)
- 🌱 Organic 35% whipping cream, 2% milk, 10% cream, and 4.9% natural yogurt (Ontario)
- 🌱 Natural cream cheese and butter (Québec and Ontario).

### EGGS

- 🌱 Local free-range eggs, delivered weekly.

### SWEETENERS

- 🌱 Sweeteners are used only in our desserts. No sweeteners are used in soups, breads, hot dishes or salads.
- 🌱 We use over 500 gallons of pure local maple syrup in the bakery every year. The syrup comes from Lanark County just west of Ottawa.

🌱 Organic cane sugar, sucanat, brown rice syrup, barley malt, apple butter, and blackstrap molasses are used in much smaller quantities.

## NUTS

🌱 Whole almonds, pecans, walnuts, natural cashew butter, almond butter, and organic tahini in some of our baked goods, hot food and salads.

🌱 Organic pine nuts are used mainly in pesto sauce.

🌱 Organic peanut butter is used in the spicy Thai peanut noodle salad, spicy Indonesian peanut tempeh in the hot buffet, and in 2 desserts: peanut butter cookies and chocolate peanut butter pie. All are clearly indicated on the signs.

## COCOA

🌱 We use organic fairly traded pure dark cocoa powder and semisweet chocolate chips in our baking.

## CONDIMENTS

🌱 Organic Kalamata and Matzanila olives from Crete, Greece.

- 🌱 Organic Eden sauerkraut (cabbage, water, sea salt).
- 🌱 Cucumber dill pickles made by us. The ingredients are: local cucumbers, fresh dill, sea salt and garlic.
- 🌱 Toasted organic sunflower seeds with a bit of San-J wheat free tamari.
- 🌱 Toasted organic sesame seeds with a bit of sea salt.

## SOUPS

- 🌱 Our soups are always vegan, and made from scratch every morning.
- 🌱 The soup is *nearly* always gluten free. Our creamy soups are thickened with brown rice, millet, potato or red lentil. The only time that our soup is not gluten free is when barley is an ingredient, which is then indicated on the label.

## SUSHI

The sushi is always vegan and gluten free. It is made with organic sushi rice, nori seaweed, umesu, and raw vegetables. Our wasabi is pure hot radish from Japan which we mix with wheat-free San-J tamari.

## PESTO

We make our pesto sauce in house and we are proud of it! We use organic garlic and basil which we grow ourselves in Lanark County. Other ingredients are: organic pine nuts, olive oil, fresh spinach, parsley, and French sea salt. Each summer during the basil season, over 200 litres are made and frozen to use throughout the year. Our pesto is vegan.

## DRESSINGS AND SAUCES

The following are gluten free and vegan:

- 🌱 Tahini dressing
- 🌱 Basil-garlic dressing
- 🌱 The Caesar salad dressing (contain soy and mustard)
- 🌱 Most curries
- 🌱 The broccoli stir-fry sauce
- 🌱 Root stew sauce (unless it contains seitan)

The following are wheat free:

- 🌱 Béchamel sauce is made with spelt flour and dairy
- 🌱 Barley miso sauce

## SOURDOUGH BREADS

- ☞ Our sourdough breads are made by hand, fresh daily.
- ☞ Our sourdough starter is replenished each day and has been kept going for over 30 years when it was given to the Green Door.
- ☞ Our bread is unsweetened, vegan (except cheese bread) wheat free and yeast free, but not gluten free.
- ☞ Rye bread contains rye berries, sweet brown rice and rye flour.
- ☞ Spelt bread, raisin bread, cheese bread, seed bread and herb & onion bread contain spelt flour, sweet brown rice, oat groats, and flax seeds.
- ☞ Seed bread contains sunflower, flax and sesame seeds.
- ☞ Cheese bread is made with organic rennet-free cheddar cheese.
- ☞ Olive oil is used to oil the loaf pans.
- ☞ French sea salt is used in the bread
- ☞ Sourdough vegan cinnamon buns (with pecans and organic apple butter) are made in the fall and winter. They are made with spelt flour.

## PASTRY

- 🌱 The pastry for quiche and dessert pies are made with spelt flour, olive oil and sea salt.

## CAKES, SQUARES, COOKIES AND MORE

- 🌱 Almost all the cakes and cookies are sweetened with maple syrup.
- 🌱 We use spelt flour instead of whole wheat flour in the bakery
- 🌱 Every day we have gluten-free choices on our dessert buffet: gluten-free cookies, tofu cheesecakes, three berry pies and squares.
- 🌱 A separate dessert brochure is available for items which can be ordered.
- 🌱 For Christmas, we make gluten-free, wheat-free and vegan fruit cakes.

## ICING

- 🌱 The icing for our vegan chocolate cakes contains tahini, orange, cashew butter, soy, and maple syrup.
- 🌱 For our white cakes, we make our own icing using organic pure vanilla extract, whipping cream, cream cheese and maple syrup.

## COFFEE, TEA AND HOT CHOCOLATE

- ☕ Organic fair trade coffee.
- ☕ Teabags are organic but not all are fair trade.
- ☕ We brew our own Chai Tea using organic Darjeeling Black tea and a blend of spices.
- ☕ Kukicha is roasted organic twig tea, imported from Japan.
- ☕ Mugs for coffee and tea are kept behind the cash. We charge for refills on coffee, chai and kukicha.
- ☕ Hot chocolate is organic and fairly traded. It does contain dairy.

## WATER

- ☕ We provide our customers with filtered city water for free.
- ☕ We wash and cook with filtered water.
- ☕ Our filter is a combination charcoal / ceramic system.

## ALCOHOL

We serve organic wine and beer as well as conventional.

## FRESH VEGETABLE JUICE

We serve fresh vegetable juice using only organic vegetables such as carrots, celery and beets. The ginger is conventional.

## ENVIRONMENTAL ETHICS

It is important for us to minimise waste. Our vegetables are cut and washed with care and efficiency. We buy in bulk. Containers are reused. We cook and bake from scratch as much as possible, thereby not utilizing processed food. For example, we do not use canned pumpkin for pies, but fresh organic pumpkins from a local farmer, which are baked, puréed and then made into pies.

We use Druide biodegradable laundry and dish soap. For laundry and cleaning we use borax, washing soda, and white vinegar. We use a natural cleaner for wiping our customers' tables.

## PAY-BY-WEIGHT

This method allows the customer to choose the specific dishes and quantity one wants. It helps to reduce waste. The price per kilogram is \$19.25\* for hot food and salads, \$22.50\* per kilogram for desserts. Bread is \$6.00\* per kilogram. Sweet loaves are \$10.00\* per kilogram. Some desserts are sold by unit, as are soups, spanakopita and sliced bread (please refer to signs).

\* Price at the time of printing

## BRINGING YOUR OWN CONTAINERS

We encourage our customers to bring their own containers for take-out food. If you do bring your own containers, simply take them to one of the cashiers before filling them, so that your containers' weight can be tared. We do provide take out containers and are currently in the process of looking for biodegradable alternatives.

## COMPOSTING

🌱 We save our kitchen vegetable scraps for composting. Local farmers normally pick up the compost when making deliveries to the Green Door.

## FEEDBACK

We would like to thank you for your interest in reading this and your continued support of the Green Door. We appreciate both positive and negative feedback, and will consider all suggestions and comments as we strive to do our best.

Please feel free to contact us regarding any questions or feedback either in person, in writing or by phone, fax or email. We hope too see you soon.

Please share this booklet with your friends.

Thank you.



# The Green Door Restaurant

198 Main Street, Ottawa, K1S 1C6

telephone: 613-234-9597

fax: 613-234-6771

e-mail: [info@thegreendoor.ca](mailto:info@thegreendoor.ca)

[www.thegreendoor.ca](http://www.thegreendoor.ca)

