



FEBRUARY 2012

2803 ROSEWOOD DRIVE
COLUMBIA, SC 29205

STORE: (803) 765-1083 DELI: (803) 256-6410

HOURS: MON - SAT 8AM TO 8PM SUN 9AM

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Mushroom Onion Tofu Quiche Mexican Bean Pie Lower Carb: Cornish Hen	2 Bulgar Walnut Loaf Caribbean Stew w/ Jerk Tofu Lower Carb: Shrimp Burger	3 Red Bean Burrito Pasta Marinara w/ Tofu Meatballs Lower Carb: Chicken Pesto Melt	4 Breakfast 8-11am Tofu Yung Ginger Salmon Lower Carb: Shrimp Burger
5 Deli Open 9am-6pm Brunch Served 9am-2pm	6 Cauliflower Maranca Seitan Quesadilla Lower Carb: Lemon Butter Salmon	7 Italian Tofu Cake Crawfish Gumbo Lower Carb: Quiche	8 Shepherd's Pie Eggplant Parmesan Lower Carb: Cornish Hen	9 Country Fried Seitan Broccoli Pasta Bake Lower Carb: Shrimp Burger	10 Black Bean Tostada Spinach Lasagna Lower Carb: Chicken Pesto Melt	11 Breakfast 8-11am Broccoli Tofu Quiche Persian Eggplant Lower Carb: Shrimp Burger
12 Deli Open 9am-6pm Brunch Served 9am-2pm	13 Bean Pie Coconut Shrimp Lower Carb: Lemon Butter Salmon	14 Tofu Chop Suey Mediterranean Pizza Lower Carb: Quiche	15 Russian Vegetable Pie Roasted Vegetables w/ Sesame Tofu Lower Carb: Cornish Hen	16 Miso Tofu Sandwich Tomato Avocado Sandwich Lower Carb: Shrimp Burger	17 Red Bean Burrito Pasta Marinara w/ Tofu Meatballs Lower Carb: Chicken Pesto Melt	18 Breakfast 8-11am Curried Chick Peas Chicken Tetrazzini Lower Carb: Shrimp Burger
19 Deli Open 9am-6pm Brunch Served 9am-2pm	20 Honey Mustard Tempeh Pasta Fagioli Lower Carb: Lemon Butter Salmon	21 Seaside Cakes Thai Fish Cakes Lower Carb: Quiche	22 Seitan à la Normandie Moroccan Chicken Couscous Lower Carb: Cornish Hen	23 Tofu Loaf Channa Masala Lower Carb: Shrimp Burger	24 Black Bean Tostada Spinach Lasagna Lower Carb: Chicken Pesto Melt	25 Breakfast 8-11am Oven Fried Tofu Jambalaya w/ Chicken Sausage Lower Carb: Shrimp Burger
26 Deli Open 9am-6pm Brunch Served 9am-2pm	27 Lentil Loaf Bean & Cheese Chalupa Lower Carb: Lemon Butter Salmon	28 Teriyaki Tofu Catfish Stew Lower Carb: Quiche	29 Alsatian Onion Pie Middle Eastern Feast Lower Carb: Cornish Hen			

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