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The bill of fare, totally vegetarian, includes omelets, sea vegetables, salads, homemade breads and desserts, herb teas, honey-sweetened ice cream, sandwiches, tempura, tofu casseroles, fresh fruit. Prices range from under $2 to $3.25 for lunch, and $4.50 for a complete dinner. Entertainment, featured every evening, ranges from jazz, classical piano, and folk to bluegrass.

☐ **The Tofu Shop**, 686 Monroe Ave., 244-4270. Across the street from The Regular Restaurant, the Tofu Shop opened nearly two years ago. Greg Weaver, one of the owners, explained that the business began as a tofu manufacturer and distributor, the first in western New York. The restaurant was opened as a way of demonstrating the uses of the product, which is a curd made from soy beans. "We wanted people to see that the people eating it weren't so strange," Weaver said.

With only 16 seats, the shop is small, but the food is also available to take out, delicatessen-style. Available are salads, tofu dips, tofu pies, tofu mayonnaise, a "Not-Dog" served with barbecue sauce and organic sauerkraut on a whole wheat bun, tofu burgers, casseroles, quiches, tofu shakes, soups and other items. The Tofu Shop serves no dairy or egg products, nor meat. Prices range from under $2 to about $3 for specials, and the shop is open Monday, Tuesday, Thursday and Saturday from 10 a.m. to 6 p.m. and Wednesday and Friday from 10 a.m. to 8 p.m. It's closed Sunday.

☐ **Snake Sisters Cafe**, 666 South Ave., 271-6405. "Everyone asks why we call it Snake Sisters," said Susan Plunkett, the chef. "It's because snakes are very important in healing powers for women" in mythology, she said. The restuarant, near the corner of Gregory Street, is owned and run by women. Plunkett got her experience cooking at Hoosier Bill's Homestyle Kitchen, now closed. The vegetarian menu changes frequently, but includes items such as deep-fried burritos, tempura, Greek and other international dishes, salads, soups, sandwiches. It can accommodate about 45 diners, and customers place their own orders at a counter. A complete meal costs $4 to $5. "I think people are real surprised vegetarian food can taste this way," Plunkett said, describing it as "vegetarian gourmet." Snake Sisters is open Wednesday through Saturday from 5:30 to 11 p.m. and for Sunday brunch from 11 a.m. to 3 p.m.

☐ **Red Creek Inn**, 300 Jefferson Road, Henrietta, 424-1080. A popular night spot and restuarant, Red Creek serves plenty of dishes for non-vegetarians. But the "From Nature's Pantry" menu section offers literally dozens of appetizers, soups, sandwiches and entrees made without meat. Fresh vegetables come from a local farm market. Prices range from $1.85 for an appetizer to under $5 for some of the special plates. Red Creek is open from 11:30 a.m. to 2 a.m. Tuesday through Saturday, and from 4 p.m. to 2 a.m. Sunday.

☐ **Wild Winds Organic Farm**, Hunts Hollow Road, Naples, 374-5523. A pretty drive south to Naples will take you to this interesting restaurant and organic farm store. Not totally vegetarian, Wild Winds specializes in natural, organic and fresh foods. Quiches, crepes, omelets, fruit, cheese, soups, many salads, sandwiches, Widmer's wine and their own Wild Winds organic hot dogs and bacon are served at lunch and dinner. Prices range from $1 to $13 for the chef's special, Salmon Wellington. Lunches are served indoors or outside under a canopy, and white tablecloths and candles set the mood inside the rustic restaurant for dinner. Reservations are suggested for dinner, especially for large groups. The resturant only holds 50 people.

Lunch hours are noon to 3 p.m. Tuesday through Saturday, noon to 4 p.m. Sunday. Dinners are only served on Friday and Saturday nights from 6 to 9.

— **KATHY LINDSLEY**

Lindsley also edits the Food Guide *pages, which appear every Tuesday in the* Times-Union upfront *section. Have an idea for* Food Stuff, *which lists restaurant specialities and where to find them? Write to* Food Stuff, Rochester, Times-Union.

Snake Sister's Susan Plunkett & vegetarian food

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Nov 25, 2025

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