



TWO VEGAN SISTAS AUGUST MENU

WWW.TWOVEGANSISTAS.COM

Live= not heated or heated at temps
below 118 degrees

gf=gluten free

cgf=can be made gluten free

cbf=can be frozen

Prices:

- Half gallon of beverage \$20
- Gallon of beverage \$30
- Square pan of side (approx. 4 servings/6 eight oz cups) = \$25
- square pan of entrée (approx. 4 servings/6 eight oz cups) = \$40
- Rectangular pan of side (approx. 6-8 servings/8 eight oz cups) \$49
- Rectangular pan of entrée (approx. 6-8 servings/8 eight oz cups) \$79
- Meal Plan (10 meals) \$150
- Meal Plan (14 meals) \$179
- Dessert Add On. (5 desserts \$30 /7 desserts \$40)
- Beverage Add On (5 beverages \$25 /7 beverages \$35)
- Sampler Platters, \$10, \$20, \$30
- Individual Plates \$8.99 up to \$17.99 (see www.twovegansistas.com for details)
- Breakfast platter \$17.99
- Protein Poppers (see description below) \$10 per container.

Salads and Sides

Organic Kale Salad (live, gf)

Kale massaged with avocado, lemon juice, herbs, and spices. Topped with tomatoes and other seasonal vegetables.



Organic Fruit Salad (live, gf)

Consists of a variety of seasonal fruits can include berries, apples, pears, grapes, kiwi, pineapple, mango. Beautifully decorated and can be topped with granola or our home-made fruit bowl sauce

Organic Fries (gf)

Healthy French fries made from potatoes, herbs and spices, with minimal oil.

Organic Steamed Asparagus (gf)

Asparagus, celery, onions, mushrooms, herbs/spices.

Organic Collard/Kale Greens (gf)

Sauteed collards, kale, mushrooms, onions, celery, tomatoes, herbs, and spices.

Organic Protein Poppers (gf)

Consists of freshly popped organic popcorn, spirulina (a vegan source of protein), and herbs/spices.

Beverages

Sold as gallon, half gallon or 16 oz meal plan add-ons

Irish Moss (aka Sea Moss) Smoothie (Flavors: Chocolate, Vanilla, Berry, Pineapple) (live, gf)

Great for maintaining blood sugar, lowering blood pressure & cholesterol, a great source of iodine,

Herbal Tea (gf)

***Choose from either:** dandelion, detox, turmeric, medicinal mushroom, green tea, peppermint, yerba mate, chai, OR, raspberry leaf, comes with nut milk and maple syrup*

Entrees

Organic Eggplant 'Fish' (cgf, cgf)

Consists of eggplant, sunflower oil, flour, nori, herbs and spices.

Organic Low Fat/Low Calorie Pizza (cbf)

Consists of a thin home made wheat crust, pizza sauce, cashew cheese, seasonal vegetables, herbs and spices.

Whole Pizza=\$30

Organic High Protein Burger (cgf, cbf)

Consists of bell peppers, celery, onions, herbs/spices, flour, hemp, quinoa, tomatoes, cashews and your choice of one of the following: lentils, black beans, black eyed peas, chickpeas. Quinoa may be added by request. Comes on a



*whole wheat bun, or Ezekiel Bread, or lettuce leaf with spring mix, tomatoes, mustard, and ketchup. **Contains over 20 grams of protein.***

Organic Cashew Burger (live,cgf, cbf)

Consists of cashews, herbs, and spices. Comes on a whole wheat bun, or Ezekiel Bread, or lettuce leaf with spring mix, tomatoes, mustard, and ketchup. Can add pickles and onions by request.

Organic Spaghetti (cgf)

Consists of your choice of wheat noodles or chickpea noodles or zucchini noodles (live version). Topped with homemade tomato sauce, celery, onions, mushrooms, herbs, and spices. Can come with vegan meat balls by request.

Organic Rainbow Chik 'Un' Salad (cgf, cbf)

Consists of spring mix, tomatoes, bell peppers, avocado, celery, carrots, sprouts, purple cabbage, cucumbers, yellow squash, zucchini, air fried tofu and house dressing.

Organic Veggie 'Riblet'

Seitan (wheat protein), vegan BBQ sauce, herbs and spices

Organic Lasagna (cgf, live if choose zucchini)

Consists of your choice of wheat lasagna noodles or zucchini(live version) topped with cashew cheese, homemade tomato sauce, celery, onions, spring mix or mixed vegetables, bell peppers, mushrooms, herbs,& spices.

Organic Kale Wrap (cgf, bf)

Consists of kale, avocado, tomatoes, sundried tomatoes, herbs, and spices on wheat wrap

Organic Vegetable Potpie (cgf, bf)

Consists of wheat crust, celery, onion, mixed vegetables, vegetable broth

Breakfast Items

Organic Hashbrown (gf)

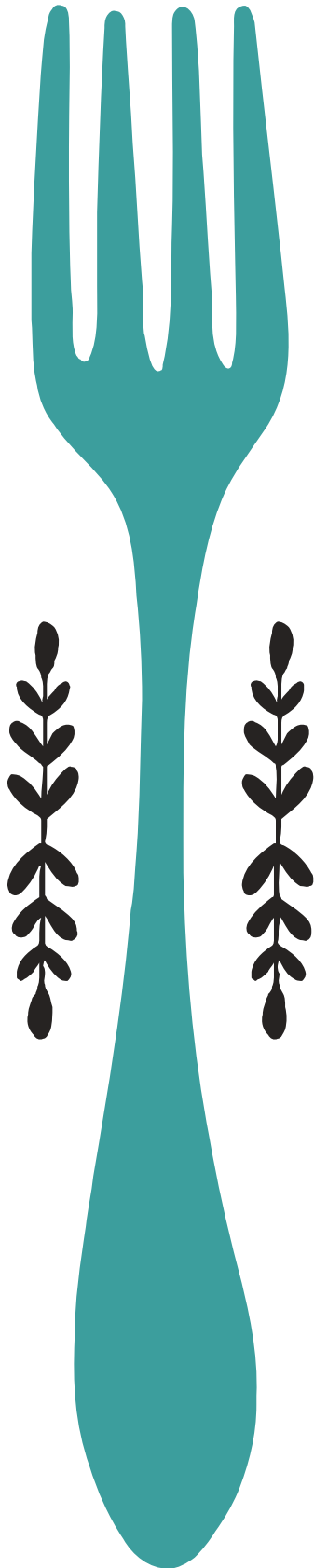
Consists shredded potatoes, herbs and spices

Organic Oat Waffles OR Pancakes (gf, cbf)

Consists of oats, dates, nutmilk, vanilla, cinnamon, nutmeg, banana. Topped with maple syrup, vegan whipped cream, and berries

Organic Veggie Sausage

Jackfruit, herbs and spices



Organic High Protein Veggie 'Scrambles'

Soy protein, tomatoes, peppers, onions, herbs and spices.

Dessert

Live Organic Cream Filled Cookies (gf, live, cbf)

*Consists of cashews, nutmilk, dates, vanilla, almonds, chocolate
OR carob, might remind you of 'oreos'*

Live Organic Fruit Tart (gf, cbf, live)

*Consists of blueberries, dates, mulberries, cashews, mango,
strawberries, pineapple, raspberries, blackberries, and
sometimes kiwi, pears, apples. (Whole Pie \$30)*

Organic Strawberry Cupcakes (cgf)

*Consists of flour, strawberries, cane sugar, nutmilk, and
sunflower oil*