



TWO VEGAN SISTAS JULY 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 Arugula Salad (live, gf)

Consists of arugula, spring mix, carrots, tomatoes, celery, bell peppers, and homemade vegan salad dressing



Kale Salad (live, gf)

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

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.

Green bean Casserole (gf)

Green beans, potatoes, mushrooms, onions, celery, herbs, and spices

Baked Sweet Potato Fries (gf)

Sweet Potatoes, herbs, and spices

Steamed Asparagus (gf)

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

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.

Organic Cornbread Patties (cgf, cbf)

Organic cornmeal, oat flour, flaxseeds, almond milk, sunflower oil

Beverages

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

Meal Replacement Smoothie (Flavors:

Chocolate, Vanilla, Berry, Pineapple) (gf)

Contains 26 grams of protein, also high in iron and vitamin K. Contains fruit (based on flavor), oats, dates, hemp and soy protein, supergreens. flax

Hibiscus Ginger Tea (gf)

Freshly brewed hibiscus flowers with fresh ginger, and maple syrup.

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 Taco Salad (live, gf)

Consists of spring mix, bell peppers, tomatoes, avocados, cashew cheese, carrots, sometimes purple cabbage, sunflower taco meat, and homemade tortilla chips.

Live Pizza (live, gf)

Consists of organic corn crust or cashew crust, topped with homemade sundried tomato sauce, cashew cheese and seasonal vegetables such as (spring mix, avocado, purple cabbage, carrots, bell peppers, olives, sundried tomatoes, tomatoes, herbs and spices) **Whole Pizza=\$40**

Whole Cooked Pizza (cbf)

Consists of home made wheat crust, pizza sauce, cashew cheese, seasonal vegetables, herbs and spices. **Whole Pizza=\$30**

Organic High Protein Burger (gf, cbf)

Consists of bell peppers, celery, onions, herbs/spices, oat flour, flax seeds, 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.

Cashew Burger (live, gf, cbf)

Consists of cashews, sunflower seeds, 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)

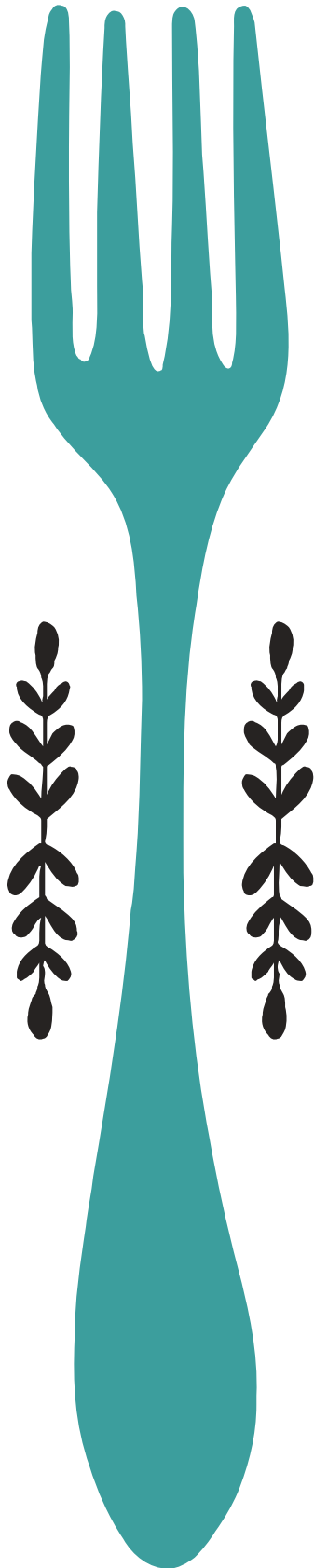
Consists of your choice of wheat noodles or chickpea noodles or zucchini noodles. Topped with homemade tomato sauce, celery, onions, mushrooms, herbs, and spices. Can come with vegan meat balls by request.

Organic Meal Replacement Salad (live, gf)

Consists of spring mix, tomatoes, sea vegetables, purple cabbage, avocado, zucchini, bell peppers, cashew burger crumbs, no salt seasoning, carrots, celery, kelp noodles, and homemade vegan salad dressing.

Jackfruit Taco (cgf, cbf)

Consists of jackfruit, tomato sauce, onions, celery, bell peppers, herbs, and spices. Comes on an organic tortilla with cashew cheese, avocado, spring mix, and tomato.



BBQ Pulled Un-Pork (cgf)

Consists of Jackfruit topped with homemade BBQ sauce, onions, bell peppers, celery, herbs, and spices. Comes on wheat bun or Ezekiel Bread, or as a wrap.

Vegan Macaroni (cgf)

Consists of your choice of wheat noodles or chickpea noodles topped with cashew cheese, herbs, and spices.

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 topped with cashew cheese, homemade tomato sauce, celery, onions, spring mix or mixed vegetables, bell peppers, mushrooms, herbs, & spices.

Stir Fry (gf)

Consists celery, onions, mushroom, mixed vegetables, herbs, and spices, over quinoa or wheat noodles, or chickpea noodles.

Chickpea Tuna (cgf, bf)

Consists of chickpeas, onions, celery, pickles, vegan mayo, mustard, nori, Irish moss, herbs, and spices. Comes on a wheat bun or Ezekiel bread, pita, or lettuce leaf topped with tomatoes and spring mix.

Hashbrown (gf)

Consists shredded potatoes, herbs and spices

Oat Waffles OR Pancakes (gf, cbf)

Consists of oats, dates, nutmilk, vanilla, cinnamon, nutmeg, banana. Topped with date syrup and berries

Veggie Sausage

Jackfruit, herbs and spices

High Protein Veggie 'Scrambles'

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

Dessert

No Bake Cheesecake (gf, live, cbf)

Consists of cashews, nutmilk, dates, vanilla, lemon juice, almonds. Topped with berries or organic cream filled cookies.

(Whole Pie=\$30)

Fruit Tart (gf, cbf, live)

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

Vegan Rice Krispie Treats (gf)

Consists of organic rice cereal and vegan marshmallows