



TWO VEGAN SISTAS NOVEMBER 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

Most menu items are organic-depending upon availability.

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 Platers, \$10, \$20, \$30
- Individual Plates \$8.99 up to \$17.99 (see www.twovegansistas.com for details)
- Protein Poppers (see description below) \$10 per container.

Salads and Sides

Organic Yams (gf)

Yams, maples syrup, and spices.

Organic Green beans (gf)

Green beans, onions, celery, herbs, and spices



Organic Collard/Kale (gf)

Sauteed collard, kale, tomatoes, onions, celery, herbs/spices

Organic House Salad (live, gf)

Consists of raw vegetables such as carrots, tomatoes, bell peppers, avocado, squash, cucumber, sprouts with freshly made vegan salad dressing. Olives by request

Organic Fries (gf)

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

Organic Protein Poppers (gf)

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

Organic Kale Salad (gf, live)

Kale, avocado, tomatoes, bell peppers, herbs, and spices.

Beverages

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

Organic Aloe OJ (live, gf)

100% Orange juice blended with fresh aloe gel (known to enhance beauty/ancient healer), and Maple Syrup

Organic Snowball Smoothie (live, gf)

Cocoa, banana, dates, nutmilk, cayenne pepper, nutmeg, cinnamon, cardamon

Organic Pumpkin Protein Smoothie (live, gf)

Pumpkin, nutmilk, dates, bananas, cinnamon, nutmeg, vanilla, hemp

Organic Berry Seamoss Smoothie (live, gf)

Berries, bananas, seamoss, dates, and nutmilk

Organic Detox Tea (gf)

Dandelion, and a mix of several detoxifying herbs, nut milk and maple syrup

Entrees

Organic Macaroni (cgf)

Comes with either wheat noodles or chickpea noodles, cashew cheese, herbs and spices

Organic 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.

Organic 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)

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.

Veggie Delite Sandwich (cgf)

Comes on Ezekiel bread or Lettuce Leaf or Wheat bread, consists of avocado, hummus, zucchini, tomatoes, bell peppers, pickles, onions, nori, lettuce, cabbage, carrots, herbs and spices. Jalapeno and olives by request.

BBQ Jackfruit Sandwich (gf)

BBQ Jackfruit on bun or wheat bread or Ezekiel bread or wrap with lettuce and tomato

Organic Cornbread Dressing(cgf)

Cornbread, celery, bell peppers, mushrooms, onions, jackfruit, gravy

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.

Dessert

Organic Sweet Potato Pie (Lue's Pie) (gf, cbf)

Consists of sweet potatoes, date syrup, flour, nutmilk, cinnamon, nutmeg, spices **(Whole Pie=\$30)**

Organic No bake apple pie (gf, live)

Consists apples, bananas, dates, almonds, vanilla, and spices **(Whole Pie \$30)**

Organic Berry No Bake Cheesecake(gf, live)

Consists of almonds, dates, cashews, nutmilk, lemon, berries

