



TWO VEGAN SISTAS

OCTOBER 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 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 Cauliflower Salad (live, gf)

Cauliflower, onions, bell peppers, celery, vegan mayo, pickles, mustard, herbs, and spices.



Organic Cabbage Salad (live, gf)

Cabbage, avocado, onions, celery, pickles, mustard, herbs, and spices

Organic Sauteed Cabbage (gf)

Sauteed cabbage, 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.

Baked Sweet Potato Fries (gf)

Sweet Potatoes, 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

Organic Aloe OJ (live, gf)

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

Organic Pineapple Kefir (gf)

100% Pineapple and nondairy kefir with monk fruit sweetener

Organic Pumpkin Protein Smoothie (live, gf)

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

Organic Green Smoothie (live, gf)

Berries, bananas, supergreens, flax or chia, dates, and nutmilk

Organic Turmeric Tea (gf)

Turmeric, black pepper, nut milk and maple syrup

Entrees

Organic Carrot Tuna (live, gf)

Carrots, sea veggies, vegan mayo, onions, celery, mustard, pickles- comes on lettuce leaf, wheat wrap, or pita bread



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.

Organic Burrito (cgf)

Black beans, avocado, salsa, onions, quinoa, lettuce, tomato. Olives by request. Comes on wheat wrap or collard leaf

Organic Lettuce Wrap (gf, live)

Avocado, tomatoes, bell peppers, pickles, onions, celery, spring mix, pickles, herbs spices, and vegan mayo and mustard. Jalapeno and olives by request

Organic Nori Rolls (gf)

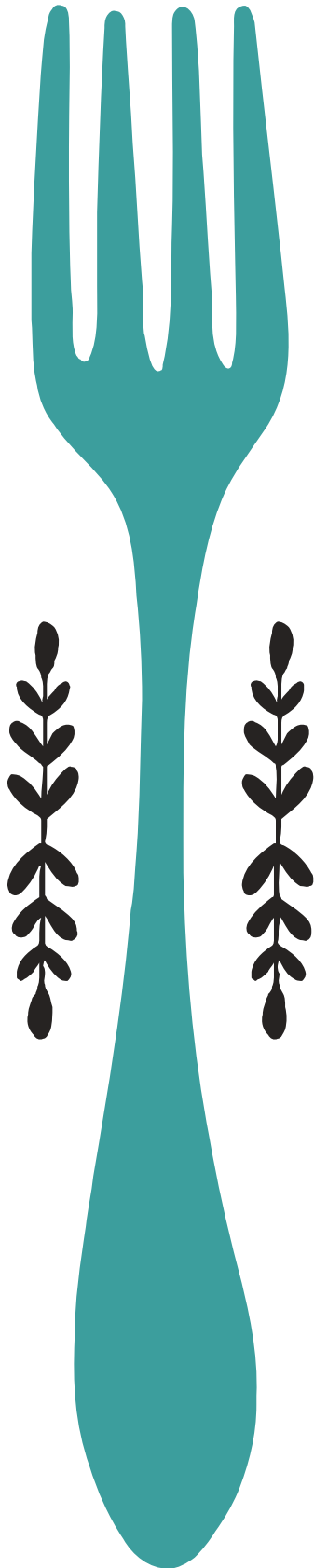
Avocado, quinoa, spring mix, celery, carrots, radish, nori sheets, wasabi sauce

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.

Organic Homefries (gf)

Chopped potatoes, herbs and spices



Organic Banana Crepe (gf, live)

Consists vanilla, cinnamon, nutmeg, banana, heated at 118 degrees. Topped with cashew whipped cream and berries

Organic Blackbean Sausage (gf)

Blackbeans, oats, onion, bell peppers, tomatoes, herbs and spices

Organic Eggplant 'Bacon' (gf)

Eggplant, herbs and spices.

Dessert

Organic No Bake Chocolate Peanut Butter Pie (gf, cbf)

Consists of cashews, peanut butter, cacao, vanilla, nut milk, dates, almonds. (Whole Pie=\$30)

Organic No bake apple pie (gf, live)

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

Organic Energy Bites (gf, live)

Consists of almonds, walnuts, carob, dates, vanilla, hemp, spices