



TWO VEGAN SISTAS SEPTEMBER 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.

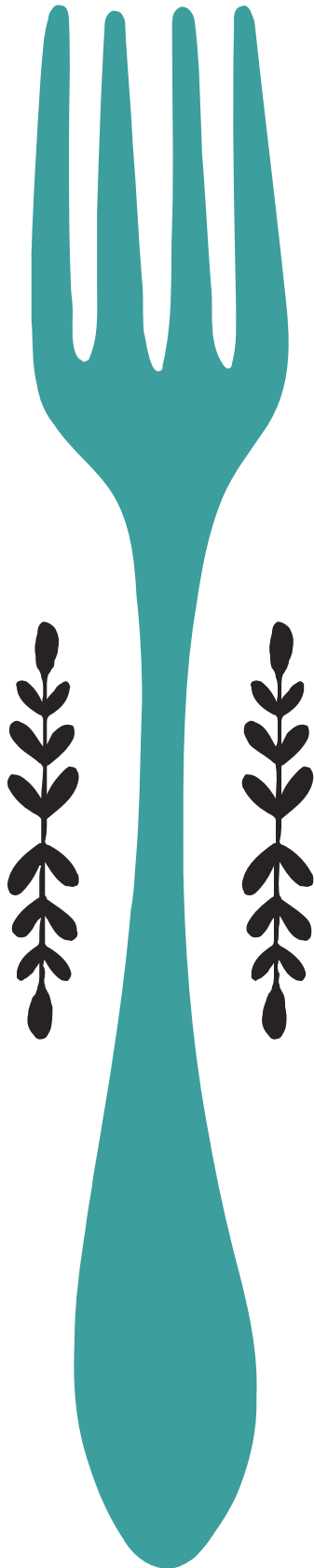
Salads and Sides

Organic Arugula Salad (live, gf)

Consists of Spring mix, arugula, tomatoes, carrots, bell peppers, avocado and salad dressing.

Organic Green bean Casserole (gf)

Consists of green beans, potatoes, onions, bell peppers, mushrooms, herbs, and spices.



Organic Sweet Potato Fries (gf)

Made from Organic Sweet Potatoes

Organic Steamed Corn (gf)

Corn, celery, onions, 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

Organic Berry Blast Smoothie (live, gf)-

consists of strawberries, blueberries, blackberries, raspberries, bananas, dates, and almond or soy milk.

Organic Cacao Protein Smoothie (live, gf)-

(Contains 30 grams of Protein) *Hemp, vanilla, cacao, bananas, dates, and almond or soy milk.*

Organic Pineapple Probiotic Soda(live, gf)-

consists of pineapple, nondairy kefir, and monk fruit

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 Meal Replacement Salad (gf, live)

Consists of spring mix, purple cabbage, bell peppers, onions, carrots, nori, cashew burger crumbles, tomatoes, zucchini/squash, cucumber, avocado, and spices.

Organic BBQ Tofu Sandwich(cgf)

Consists of tofu, barbeque sauce, herbs and spices. Comes on wheat bun, wrap bread, lettuce leaf, or pita pocket.

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 Chickpea Tuna Sandwich(cgf)

Consists of chickpea, pickles, onions, celery, vegan mayo, mustard, nori, herbs and spices. Can come on a wheat bun, wrap, pita pocket, or lettuce leaf.

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 Veggie Wrap (cgf)

Consists of avocado, tomatoes, spring mix, carrot, onion, bell peppers, herbs, mustard, vegan mayo, and spices on wheat wrap

Organic Macaroni (cgf)

Consists of macaroni noodles (wheat noodles or chickpea noodles), cashew cheese, herbs and spices

Breakfast Items

Organic Hashbrown (gf)

Consists shredded potatoes, herbs and spices

Organic Oat Waffles (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 No Bake Cheesecake (gf, live, cbf)

Consists of cashews, nutmilk, dates and vanilla. Can be topped with organic berries or organic 'oreo' cookies.

Live Organic Fruit Tart (gf, cbf, live) **(Whole Pie \$30)**

*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