

TWO VEGAN SISTAS WEEKLY MENU

6343 Summer Ave, Suite #110

Memphis, TN 38134

1-800-984-0379

www.twovegansistas.com

**WELCOME TO TWO VEGAN SISTAS, A VEGAN HEALTH FOOD
RESTAURANT OWNED BY 2 BIOLOGICAL SISTAS WHO ARE VEGAN!**

**OUR FOODS ARE FRESH, MADE FROM SCRATCH, MOSTLY
ORGANIC, HIGH IN NUTRITION, MOSTLY GLUTEN FREE, AND 100%
VEGAN (MEANING THEY CONTAIN NO ANIMAL PRODUCTS). SOME
OF OUR FOODS ARE 'LIVE' WHICH MEANS THEY ARE HEATED
BELOW 105 OR NOT HEATED- MAKING THEM EVEN MORE
NUTRITIOUS.**

**TALK TO MANAGEMENT IF YOU HAVE FOOD
ALLERGIES. OTHERWISE WE CANNOT BE
HELD RESPONSIBLE. NO REFUNDS!**

LIVE=NOT HEATED

gf=gluten free

cgf= can be made gluten free



June 17, 2018 to June 22, 2018

(NEW) Filtered Water- 50 CENT per cup comes with FREE Refills!

(NEW) FILTERED ICE-50 CENT/ ALKALINE ICE-75 CENT

GRAB AND GO CHOICES

**FOR MORE OPTIONS, ORDER 24 HOURS IN ADVANCE VIA EMAIL
TWOVEGANSISTAS@GMAIL.COM OR BY CALLING 1-800-984-0379**

SUNDAY

\$15 Special (Vegan Lasagna, Organic Arugula Salad and Orange Cake)
Organic Green Power Salad \$8
Organic High Protein and Sweet Potato Fries \$13
Stir Fry Vegetables over Brown Rice and Arugula Salad

MONDAY

\$15 Special (Vegan Lasagna, Organic Arugula Salad and Orange Cake)
Organic Meal Replacement Salad \$8
Falafel and Sweet Potato Fries \$13
Organic Spaghetti and Arugula Salad \$13

TUESDAY

\$15 Special (Vegan Lasagna, Organic Arugula Salad and Orange Cake)
Organic Green Power Salad \$8
Organic High Protein Burger and Green bean Casserole \$13
Eggplant Parmesan and Broccoli Rice Casserole \$13

WEDNESDAY

\$15 Special (Vegan Lasagna, Organic Arugula Salad and Orange Cake)
Organic Meal Replacement Salad \$8
Stir Fry Vegetables over Brown Rice and Arugula Salad
Falafel and Sweet Potato Fries

THURSDAY

\$15 Special (Vegan Lasagna, Organic Arugula Salad and Orange Cake)
Green Power Salad \$8
High Protein and Sweet Potato Fries \$13
Eggplant Parmesan and Green Bean Casserole \$13

FRIDAY BOGO SURPRISE MENU

BEVERAGES (16 OZ) \$7

(NEW) Meal Replacement Smoothie (gf)- This smoothie replaces a meal/ great for energy and weight loss; consists of blueberries, bananas, almond milk, flax seeds, pea protein, coconut, chia seeds, rice protein, kelp, stevia, probiotics, sprouts, and amla. (320 calories, 5 g fat, 20 g protein, 50% vit D/A/C/K/Folate, 40% iron, 200% vit B12, over 100% B-complex

Hibiscus Ginger Tea(gf)- This tea is high in iron and has been known to help with fibroid tumors, consists of hibiscus flowers and fresh ginger. Served hot or cold. Sweetened with maple syrup/unsweetened upon request.

Cherry Probiotic Fruit Soda (gf)- Formerly known as the 'stomach flattening soda'. We culture this non-dairy kefir ourselves with 100% cherry juice. Kefir boosts the immune system, aids in digestion, prevents colds, etc. Also, kefir is high in probiotics, enzymes and B-complex; very high in minerals. Made from nondairy kefir. Google the benefits of kefir!

Watermelon Berry Probiotic Fruit Soda (gf)- Formerly known as the 'stomach flattening soda'. We culture this non-dairy kefir ourselves with 100% watermelon berry juice. Kefir boosts the immune system, aids in digestion, prevents colds, etc. Also, kefir is high in probiotics, enzymes and B-complex, Made from nondairy kefir and 100% fruit juice. Google the benefits of kefir!

DESSERTS

Banana Crepe with Vegan Whipped Cream (Live) (gf)- Consists of bananas, berries, coconut whipped cream. Crepe is dehydrated at 105 degrees. \$5

Peanut Butter Cup Energy Balls (live) (gf)- Consists of dates, peanut butter, chia seeds, oats, and cocoa. \$3

Orange Cake- Organic wheat flour, turbinado sugar, orange, almond milk, and coconut oil.

Organic Vegan Ice Cream (gf) – Not made in house. All ice creams are coconut, cashew, or almond based. Available flavors are: blueberry, chunky monkey, chocolate, peanut butter cookies and cream, vanilla, peanut butter cup (ONLY 100 CAL, 4G FAT, 4G SUGAR), Strawberry lemonade sorbet (ONLY 100 CAL, 0 FAT, 4G SUGAR). \$5 per serving.

Ingredients:

Sweet Potato Fries (cooked) (gf) –Seasoned Baked Sweet potatoes

Green Bean Casserole (live)(gf)- Consists of green beans, onions, celery, potatoes, mushrooms, herbs, and spices.

Broccoli Rice Casserole (cooked) (gf)- Consists of broccoli, rice, onions, celery, mushrooms, sunflower oil, herbs and spices.

Organic Arugula Salad (live) (gf) – Consists of arugula, spring mix, tomatoes, onions, avocado, carrots, bell peppers. Comes with our vegan ranch or avocado dressing.

Organic High Protein Burger (aka lentil burger) (cooked) (cgf)- consists of lentils, sunflower seeds, oats, bell peppers, onions, celery, herbs and spices. Comes on a wheat bun or lettuce leaf with tomatoes, onions, lettuce, and organic pickles. **This is a salt- free, oil-free burger.**

VEGAN MAYO IS 50 CENT EXTRA! A TOP SELLER! Ezekiel bread \$1.50 or Lydia's delicious locally baked gluten free buns \$1.50

Organic Spaghetti (cooked)-Organic wheat noodles topped with our signature tomato sauce, sunflower oil, celery, onions, mushrooms, herbs and spices. **Vegan Cashew/Almond Meatballs for \$1 extra.**

Organic Meal Replacement Salad (live) (gf)- **(DOES NOT COME WITH SIDES)** This salad is a complete meal, consisting of a wide range of vitamins and minerals. Consists of organic spring mix, tomatoes, onions, nori, cucumber /zucchini, carrots, celery, bell peppers, avocados, **almond/cashew burger** crumbles and kelp noodle, and raspberry vinaigrette or **our vegan ranch dressing.**

(NEW) Green Power Salad (live) (gf) (DOES NOT COME WITH SIDES)- This dish gives you your daily recommended intake of greens! Consists of kale, spinach, edamame, sprouts, broccoli, avocado, green onions. Dressing already mixed in.

Eggplant Parmesan (Cooked) (cgf)- Consists of eggplant (a fat burning food), cashew cheese, tomato sauce, mushrooms, onions, celery, and seasonal vegetables- similar to lasagna but gluten free and much lower in calories.

Vegan Lasagna (Cooked) -Wheat lasagna noodles topped with our signature cashew cheese, tomato sauce, herbs and spices. Also consists of mushrooms, celery, onions, and seasonal vegetables.

Live Falafel (Live) (cgf)- Consists of 3 falafel balls on lettuce leaf (or pita bread if requested); falafel balls made from cashews, sunflower seeds, herbs and spices; topped with tomatoes, onions, pickles, and tahina sauce.

Stir Fry Vegetables over Brown Rice (cooked) (gf) - Consists of brown rice, seasonal vegetables, mushrooms, onions, celery, sunflower oil, herbs and spices.