**TWO VEGAN SISTAS**

**weekly rotating**

**MEAL PLAN Menu**

**Sept 16 through Sept 21**

*6343 Summer Ave, Suite #110*

*Memphis, TN 38134*

*1-800-984-0379*

[*www.twovegansistas.com*](http://www.twovegansistas.com)

***Hours:*** Sunday 11-7; Mon-Thurs 11-2 & 5-7 Fri 11-2; CLOSED SATURDAYS AND HOLIDAYS!

Welcome to Two Vegan Sistas! Our restaurant is 100% vegan (no animal products). Our foods are made fresh and from scratch. We specialize in meal plans and catering!

Meal plan meals consist of an entrée and a side. Beverages and desserts can be added on at a discounted fee. Meal plan meals may be used for breakfast, lunch, or dinner. Breakfast entrees can come with a small 8oz beverage as a side.

Meal Plan clients also have the option of ordering from our main menu. MEAL PLANS ARE NON REFUNDABLE/NON EXCHANGEABLE, MUST BE ORDERED AT LEAST 24 HOURS IN ADVANCE. MEAL PLANS EXPIRE WITHIN 30 DAYS, AND WE DISCOURAGE CLIENTS FROM PICKING UP ALL MEALS AT ONCE- SINCE THERE IS A 90% CHANCE THAT THEY WILL SPOIL. MOST CLIENTS ARRANGE 2 TO 3 PICK UP TIMES (THE BEST PICK UP TIMES ARE SUNDAYS 11 TO 7 AND MON THRU THURSDAY BETWEEN 5 AND 7, IF YOU CANNOT PICK UP DURING ONE OF THESE SLOTS, WE WILL STILL TRY TO WORK ACCORDING TO YOUR SCHEDULE.

IF YOU ORDER MEALS FOR YOUR MEAL PLANS AND DO NOT PICK THEM UP, THEY WILL NOT BE REMADE. THIS IS A WASTE OF TIME AND RESOURCES. SO YOU WILL BE HELD RESPONSIBLE TO PICK UP THESE MEALS BEFORE THEY SPOIL. OTHERWISE THEY WILL BE SUBTRACTED FROM YOUR MEAL PLAN TOTAL AS IF YOU HAVE PICKED THEM UP.

 PLEASE LET STAFF KNOW IF YOU HAVE AN ALLERGY, OTHERWISE WE CANNOT BE HELD RESPONSIBLE FOR ALLERGIC REACTIONS.

**The choices below are only for our meal plan clients.**

**gf=gluten free**

**cgf= can be made gluten free**



**There are additional choices for you on our main menu.**

# **sides**

Organic Arugula Salad (gf)- consists of arugula, avocado, tomatoes, bell peppers, spring mix, onions, celery.

Green bean Casserole (gf)- Consists of green beans, potatoes, portabella, herbs and spices, and onions.

Organic Steamed Corn-consists of organic corn, onions, celery, herbs and spices.

# **Entrees**

Vegan Macaroni- consists of wheat macaroni noodles and our signature cashew cheese.

Whole Vegan Pot Pie (DOES NOT COME WITH SIDES)- wheat pie crust, potatoes, green peas, carrots, portabella, vegetable broth, herbs and spices.

Hash brown (gf)- Consists of potatoes, sunflower seeds, herbs and spices

Chickpea Omelet (gf)- consists of chickpea flour, bell peppers, onions, mushrooms, kale, herbs and spices. This is a salt free, oil free breakfast.

Vegetable Soup (**cooked**) (***gf)***- potatoes, vegetable broth, portabella mushrooms, seasonal vegetables, herbs and spices.

# **Beverages (16 oz)**

*Detox Tea (gf)-* Consists of almond milk, maple syrup, detoxifying herbs such as dandelion.

*Un-chocolate Protein Hemp Smoothie(gf)-*Consists of almond milk, dates, carob, bananas, hemp. Google the benefits of ‘carob’.

*Berry Probiotic Soda*(***gf***)– Formerly known as the ‘stomach flattening soda’. We culture this non-dairy kefir ourselves with 100% 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!

Detox

# **Desserts**

Cheesecake with Berries – Made from cashews, dates, graham cracker crust, almond milk, fresh berries.

No Bake Oatmeal Cookies (gf) - Consists of oats, sunflower seeds, dates, vanilla, cinnamon, and nutmeg- comes with 2 cookies.