**TWO VEGAN SISTAS main Menu**

*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, but you are welcome to dine in if you would like. Let us know if you would like your food warmed up or if you just want to take it to go. We are not a fast food restaurant. Fresh vegan foods take time to make. For your convenience, we have a grab and go refrigerator that is constantly replenished with fresh foods throughout the day. The purpose of this is to reduce your wait time.**

**NO REFUNDS! NO EXCHANGES! IF YOU NEED HELP ORDERING OR HAVE QUESTIONS BEFORE PLACING AN ORDER, TALK TO A STAFF MEMBER. PLEASE LET STAFF KNOW IF YOU HAVE AN ALLERGY, OTHERWISE WE CANNOT BE HELD RESPONSIBLE FOR ALLERGIC REACTIONS.**

**gf=gluten free**

**cgf= can be made gluten free**



The grab and go is filled with random items from the main menu. We **try** to keep it filled with all of the main menu items, but have a difficult time keeping it filled due to the demand of our foods as well as our small staff.

# If you want a different combination of sides or to purchase items separately, order 24 hours in advance.

# FOR FASTER SERVICE, to guarantee choices, AND for MORE OPTIONS, ORDER 24 HOURS IN ADVANCE.

# FOR CHEAPER PRICES AND EVEN MORE OPTIONS**, CHECK OUT OUR MEAL PLANS! The meal plan menu is a weekly rotating menu. Both menus can be found on** [**www.twovegansistas.com**](http://www.twovegansistas.com)

**Filtered Water (0.50) Comes with FREE REFILLS!**

**$8 (New and Improved) Organic Meal Replacement Salad(*gf*) CHECK FOR AVAILABILITY-**

This salad is a complete meal, consisting of a wide range of vitamins and minerals. Consists of organic spring mix, purple cabbage, tomatoes, onions, nori, cucumber /squash, carrots, celery, bell peppers, avocados, portabellas, beans, **almond/cashew burger** crumbles and kelp noodle, and **vegan ranch dressing. DOES NOT COME WITH SIDES.**

# **$15 PLATE**

# **comeS with entréeS below and 2 random sides. check for availability.**

# **CHECK GRAB AND GO TO SEE WHICH SIDES ARE AVAILABLE FOR THAT entrée.**

High Protein Burger (**cooked**) (***cgf)***- consists of beans, sunflower seeds, oats (sometimes quinoa), bell peppers, onions, celery, herbs and spices. Comes on a wheat bun or lettuce leaf with tomatoes, onions, lettuce, mustard, ketchup, 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 Meatballs for $1 extra.**

Red Beans and Rice (cooked)(gf) -Consists of red beans, brown rice, onions, celery, mushrooms, vegetable broth, herbs and spices.

Stir Fry Vegetables over Brown Rice (cooked) (gf)- Consists of sautéed seasonal vegetables, portabella, herbs and spices over California Brown rice.

Purple Cabbage Burrito (gf) (not heated/not cooked)-More like a salad burrito/a popular seller! Consists of sunflower burrito ‘meat’, cashew cheese, bell peppers, spring mix, carrots, herbs and spices, tomatoes, onions in a purple cabbage leaf.

Chickpea ‘Tuna’ (cooked)(cgf) Consists of chickpeas, vegan mayo, mustard, nori, onions, celery, organic pickles, herbs, spices and comes with lettuce, tomatoes on a wheat bun. **Ezekiel bread $1.50 or Lydia’s delicious locally baked gluten free buns $1.50**

Pita Pizza (cooked) -Pita pocket topped with tomato sauce, cashew cheese, seasonal vegetables, portabellas, herbs and spices.

# **The random sides below are already placed on the $15 plates**

Sweet Potato Fries(cooked) (***gf***) –Seasoned baked sweet potatoes.

Organic Tossed Salad (gf)- Consists of seasonal vegetables such as spring mix, tomatoes, carrots, onions, bell peppers, and avocado. Comes with our vegan ranch.

Sauteed Collard/Kale (cooked) (gf)- consists of kale, collards, sunflower oil, tomatoes, onions, celery, mushrooms, herbs, and spices.

# **Beverages (16 oz) $7**

# **(You can order 1 gallon of these beverages 24 hours in advance for $30)**

*Mighty Green Machine Smoothie (gf)-* Consists of bananas, almond milk, seasonal fruits, and kale.

*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.

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

No Bake Energy Balls (gf) – Made from oats, cashews, dates, sunflower seeds, cocoa and hemp. $3

No Bake Cookies and Cream Cheesecake (gf) - Consists of cashews, lemons, vegan cream filled cookies, almond milk, and dates. $5

Gluten Free Chocolate Cupcakes (cooked) (gf) – Consists of 2 cupcakes made from rice flour, turbinado sugar, cocoa, almond milk, coconut oil $5