



## VEGAN SISTAS WEEKLY ROTATING MENU

- *All menu items are vegan, made from scratch, soy-free, refined sugar-free, and consist mostly of organic ingredients.*
- *By request, menu items can be made SOS-free (SOS-free means free of Salt/Oil and free of any type of Sweetener)*

### Prices:

Item	Size/Amount	Price
<i>Bulk beverage</i>	<i>Half Gallon</i>	<i>\$25</i>
<i>Bulk beverage</i>	<i>Gallon</i>	<i>\$45</i>
<i>Small Pan of Side (now comes in glass container for \$5 extra)</i>	<i>Six (8oz) cups of side</i>	<i>\$25/\$30 for glass</i>
<i>Small Pan of Entrée (now comes in glass container for \$5 extra)</i>	<i>Six (8oz) cups of entrée or 12 burgers</i>	<i>\$40/\$45 for glass</i>
<i>Large Pan of Side (now comes in glass container for \$5 extra)</i>	<i>Twelve (8oz) cups of side</i>	<i>\$49/\$54 for glass</i>
<i>Large Pan of Entrée (now comes in glass container for \$5 extra)</i>	<i>Twelve (8oz) cups of entrée or 24 burgers</i>	<i>\$79/\$84 for glass</i>
<i>Small Meal Plan (comes in environmentally friendly containers)</i>	<i>10 Meals (one side and one entrée)</i>	<i>\$150</i>
<i>Large Meal Plan (comes in environmentally friendly containers)</i>	<i>14 Meals (one side and one entrée)</i>	<i>\$179</i>
<i>Small Dessert Add On</i>	<i>5 single servings of dessert</i>	<i>\$30</i>
<i>Small Beverage Add On</i>	<i>5 single servings of beverage</i>	<i>\$25</i>
<i>Large Dessert Add On</i>	<i>7 single servings of dessert</i>	<i>\$40</i>
<i>Large Beverage Add On</i>	<i>7 single servings of beverage</i>	<i>\$35</i>
<i>Sampler Platter (comes in environmentally friendly container)</i>	<i>Choose any 5 items and receive 1 (8oz) cup serving of each item</i>	<i>\$35</i>
<i>Protein Poppers (freshly popped organic)</i>	<i>Gallon Ziploc Bag</i>	<i>\$10</i>



<i>pop corn with seasonings and Sprulina, vegan protein)</i>		
<i>Whole Pizza (cooked or live); cooked pizza comes on a homemade wheat crust, live pizza comes on an organic corn/buckwheat crust)/ both come with homemade sauce and homemade cashew cheese, fresh herbs, and seasonal veggies</i>	<i>About the size of a medium pizza (8 to 10 slices)</i>	<i>\$30 Cooked \$40 Live</i>
<i>Cookies</i>	<i>1 Dozen</i>	<i>\$25</i>
<i>Pie/Tart</i>	<i>Whole</i>	<i>\$30</i>

- *Live= not heated or heated at temps below 118 degrees*
- *gf=gluten free*
- *cgf=can be made gluten free*
- *cbf=can be frozen*

**Sides**

**Kale Salad (live, gf)**

*Kale massaged with avocado, lemon juice, herbs, and spices. Topped with tomatoes and other seasonal vegetables.*

**Fruit Salad (live, gf)**

*Consists of a variety of seasonal fruits can include berries, apples, pears, grapes, kiwi, pineapple, mango. Beautifully decorated and can be topped with granola or our home-made fruit bowl sauce*

**Air Fried Potato Wedges (gf)**

*Healthy Fat-Free French fries made from air fried potatoes, herbs and spices*



### **Green bean Casserole (gf)**

*Green beans, potatoes, mushrooms, onions, celery, herbs, and spices*

### **Broccoli Couscous Casserole (gf)**

*Broccoli, couscous, mushrooms, onions, celery, herbs, and spices*

### **Organic Steamed Corn (gf)**

*Organic corn steamed with herbs and spices*

### **Kale Chips (live, gf)**

*Seasoned kale dehydrated at 118 degrees. A healthy alternative to potato chips.*

### **Baked Sweet Potato Fries (gf)**

*Sweet Potatoes, herbs, and spices*

### **Steamed Asparagus (gf)**

*Asparagus, celery, onions, mushrooms, herbs/spices.*

### **Collard/Kale Greens (gf)**

*Sauteed collards, kale, mushrooms, onions, celery, tomatoes, herbs, and spices.*

### **Yams (gf)**

*Consists of sweet potatoes, herbs, and spices.*

### **Organic Cornbread Patties (cgf, cbf)**

*Organic cornmeal, oat flour, flaxseeds, nut milk, and nut butter .*

### **Sauteed Cabbage (gf)**

*Sauteed cabbage, onions, celery, herbs/spices.*



## Beverages

### Hibiscus Ginger Tea (gf)

*Freshly brewed hibiscus flowers with fresh ginger, and maple syrup.*

### 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*

### Ginger Tonic (gf)

*Fresh Ginger, maple syrup, and purified water.*

### Aloe OJ (live, gf)

*100% Orange juice blended with fresh aloe gel (known to enhance beauty/ancient healer). Maple Syrup available by request.*

### Aloe Pineapple (gf)

*100% Pineapple juice blended with fresh aloe gel (known to enhance beauty/ancient healer). Maple Syrup available by request.*

### Sea Moss Smoothie (gf)

*Fresh sea moss (high in minerals, good for hair, skin/nails) blended with almond milk, dates, and fruits of your choice.*

## Entrees

### Organic Taco Salad (live, gf)

*Consists of spring mix, bell peppers, tomatoes, avocados, cashew cheese, carrots, sometimes purple*



*cabbage, sunflower taco meat, and homemade tortilla chips.*

### **Organic Spaghetti (cgf)**

*Consists of your choice of wheat noodles or chickpea noodles. Topped with homemade tomato sauce, celery, onions, mushrooms, herbs, and spices. Can come with vegan meat balls by request.*

### **Zucchini Spaghetti (live, gf)**

*Consists zucchini noodles topped with homemade tomato sauce, celery, onions, mushrooms, herbs, and spices. Can come with vegan meat balls by request.*

### **Organic Meal Replacement Salad (live, gf)**

*Consists of spring mix, tomatoes, sea vegetables, purple cabbage, avocado, zucchini, bell peppers, live veggie burger crumbles, no salt seasoning, carrots, celery, and homemade vegan salad dressing.*

### **BBQ Pulled Un-Pork (cgf)**

*Consists of Jackfruit topped with homemade BBQ sauce, onions, bell peppers, celery, herbs, and spices. Comes on wheat bun or Ezekiel Bread, or as a wrap.*

### **Vegan Macaroni (cgf)**

*Consists of your choice of wheat noodles or chickpea noodles topped with cashew cheese, herbs, and spices.*

### **Organic Lasagna (cgf, live if choose zucchini)**

*Consists of your choice of wheat lasagna noodles or zucchini topped with cashew cheese, topped with homemade tomato sauce, celery, onions, spring mix or mixed vegetables, bell peppers, mushrooms, herbs, and spices.*



### **Vegan Meatloaf (gf, live, cbf)**

*Consists of almonds, walnuts, sunflower seeds or cashews, mushrooms, onions, celery, tomatoes, sundried tomatoes, bell peppers, herbs, and spices. Dehydrated at 118 degrees.*

### **Stir Fry (gf)**

*Consists of celery, onions, mushroom, mixed vegetables, herbs, and spices, over quinoa, or wheat noodles, or chickpea noodles.*

### **Red Beans and Quinoa (gf)**

*Consists of red beans, quinoa, onions, mushrooms, celery, tomato sauce, herbs, and spices.*

### **Live Falafel (live, gf, cbf)**

*Consists of sunflower seeds, cashews, tahini, herbs, and spices. Three falafel balls come on a lettuce leaf or pita bread by request. It's topped with tomatoes, Spring mix, tahini sauce, and (olives, cucumbers, and pickles by request).*

### **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. Can add pickles and onions by request.*

### **Live Veggie Burger (live, gf, cbf)**

*Consists of almonds, cauliflower or zucchini, 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.*

### **Live BBQ (cgf, live, cbf)**

*Consists of cashews, sunflower seeds, homemade BBQ sauce. Comes on a lettuce leaf, or wheat bun, or Ezekiel Bread topped with tomatoes, and spring mix. Also can be made into a wrap*

### **Jackfruit Taco (cgf, cbf)**

*Consists of jackfruit, tomato sauce, onions, celery, bell peppers, herbs, and spices. Comes on an organic tortilla with cashew cheese, avocado, spring mix, and tomato.*

### **Blue Chickpea Taco (gf, cbf)**

*Consists of chickpeas, tomato sauce, herbs and spices. Comes in blue taco shell, topped with spring mix, tomatoes, cashew cheese, avocado*

### **Veggie Delite Sandwich (cgf, live)**

*Consists of your choice of mustard, tahini sauce, spring mix, nori, tomato, zucchini, bell peppers, pickles, celery, avocado, herbs, and spices. Comes on Wheat bun, or Ezekiel Bread, or Pita bread, or lettuce leaf, or wrap bread.*

### **Live Mock Chick (live, cbf, cgf)**

*Consists cashews, tahini, sunflower seeds, celery, onions, pickles, herbs, and spices. Comes on lettuce leaf, wheat bun, Ezekiel Bread, or Wrap Bread, topped with spring mix and tomatoes.*



### **Vegan Potpie (cbf)**

*Consists of organic pie crust, vegetable broth, mushrooms, potatoes, celery, onions, mixed vegetables, herbs, and spices. Comes as a whole pie!*

### **Cauliflower Not Wings (gf, can be made live)**

*Consists of cauliflower, Homemade vegan 'wing' sauce, sundried tomatoes, bread crumbs or nut flour if live, herbs and spices. Dehydrated at 118 degrees.*

### **Chickpea Tuna (cgf, bf)**

*Consists of chickpeas, onions, celery, pickles, vegan mayo, mustard, nori, Irish moss, herbs, and spices. Comes on a wheat bun or Ezekiel bread, pita, or lettuce leaf topped with tomatoes and spring mix.*

### **Hashbrown (gf)**

*Consists shredded potatoes, herbs and spices*

### **Chickpea Omelet (gf)**

*Consists of chickpea flour, tomatoes, onions, celery, mushrooms, herbs, and spices.*

### **Oat Waffles (gf, cbf)**

*Consists of oats, dates, nutmilk, vanilla, cinnamon, nutmeg, banana. Topped with date syrup and berries*

### **Banana Crepes (gf and live)**

*Consists of bananas, flax seeds, vanilla. Dehydrated at 118 degrees. Topped with berries and cashew whipped cream*





## Dessert

### No Bake Cheesecake (gf, live, cbf)

*Consists of cashews, nutmilk, dates, vanilla, lemon juice, almonds. Topped with berries or organic cream filled cookies.*

### Cookies (cbf, gf)

*Consists of oat flour, flax seeds, dates, and your choice of carob chips, or chocolate chips, or peanut butter, or vanilla/cinnamon/nutmeg.*

### Apple Crisp (gf)

*Consists of apples, apple sauce, cinnamon, nutmeg, vanilla, and granola*

### Fruit Tart (gf, cbf, live)

*Consists of blueberries, dates, mulberries, cashews, mango, strawberries, pineapple, raspberries, blackberries, and sometimes kiwi, pears, apples.*

### No Bake Apple Pie (gf, live)

*Consists of apples, bananas, dates, vanilla, cinnamon, nutmeg, almonds, walnuts, mulberries, nut milk*

### Energy Balls (gf, cbf, live)

*Consists of almond flour OR oat flour, dates, coconut, carob, protein powder*

### No Bake Brownies (gf, cbf, live)

*Consists of almonds, walnuts, coconut, cashew, cacao, dates, vanilla*