



## VEGAN SISTAS 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)*
- *[www.twovegansistas.com](http://www.twovegansistas.com) for detailed info. Menu items come as a small/large pan or meal plan.*
- *[twovegansistas@gmail.com](mailto:twovegansistas@gmail.com) to place order/special requests. Some nutrition facts available by request.*

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*

*smoothie pack (comes as seven 16 oz-servings) \$50*

*square pan of side =\$25*

*square pan of entrée= \$40*

*rectangular pan of side \$49*

*rectangular pan of entrée \$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)*



## ***Salads and Sides***

### **Organic Arugula Salad (live, gf)**

*Consists of arugula, spring mix, carrots, tomatoes, celery, bell peppers, and homemade vegan salad dressing*

### **Cucumber/Squash Tomato Salad (live, gf)**

*Consists of cucumber and/or squash, tomatoes, vinegar, lemon juice, herbs/spices.*

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

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

### **Cauliflower Salad (live, gf)**

*Cauliflower, onions, celery, vegan mayo, pickles, mustard, herbs, and spices.*

### **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*

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

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



## **Air Fried Potato Wedges (gf)**

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

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

*Organic Corn, herbs, and spices*

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

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

## **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 Protein Poppers (gf)**

*Consists of freshly popped organic popcorn, spirulina (a vegan source of protein), and herbs/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.*

## Smoothie Packs **(NEW!)** (live, gf, cbf)

- *Smoothie packs are an alternative to smoothies. We provide the ingredients for you, already frozen. All you have to do is to add water or plant-based milk of your choice and blend.*
- *Benefits of smoothie packs are that they save time, take up less space, last longer, and are fresher.*
- *Each Smoothie Pack= Seven 16 oz Servings*
- *Can also come blended as a gallon/half gal, or 16 oz add-on*

## Superfood Smoothie Pack

*Consists of banana, dates, and your choice of any 4 of the following superfoods: Irish moss, moringa, pumpkin seeds, acai, spirulina, cacao, carob, maca, wheatgrass, Brazil nut, kale, spring mix, berries of your choice, goji berries, flax seeds fresh aloe.*

## Weight Loss Smoothie Pack

*Consists of banana or mango, dates, and your choice of any 4 of the following: zucchini, squash, kale, spring mix, berries of your choice, pineapple, dragon fruit, cherries, carob, cacao, pomegranate, cranberries.*



## Protein Smoothie Pack

*Consists of banana, dates, and your choice of any 4 of the following: flax seeds, spirulina, protein powder, goji berries, peanut butter, berries of your choice, mango, dragon fruit, pineapple, kale, pine nuts, almonds, cashews, sunflower seeds, hemp seeds.*

## Beverages

*Sold as gallon, half gallon or 16 oz meal plan add-ons*

### 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.*



## Entrees

### 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 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.*

### Live Pizza (live, gf)

*Consists of organic corn crust or cashew crust, topped with homemade sundried tomato sauce, cashew cheese and seasonal vegetables such as (spring mix, avocado, purple cabbage, carrots, bell peppers, olives, sundried tomatoes, tomatoes, herbs and spices) **Whole Pizza=\$40***

### Whole Cooked Pizza (cbf)

*Consists of home made wheat crust, pizza sauce, cashew cheese, seasonal vegetables, herbs and spices. **Whole Pizza=\$30***

### Pita Pizza (cbf)

*Similar to whole cooked pizza but comes on pita bread.*



### **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.*

### **Cashew Burger (live, gf, cbf)**

*Consists of cashews, sunflower seeds, 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. 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, cashew burger crumbles, no salt seasoning, carrots, celery, kelp noodles, and homemade vegan salad dressing.*



### **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.*

### **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.*

### **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.*

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

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





### **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.*

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

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

*Consists of organic pie crust, vegetable broth, mushrooms, potatoes, celery, onions, mixed vegetables, herbs, and spices. **(Whole Pie \$20)***

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

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



## **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.*

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

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

## **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. (Whole Pie=\$30)*

### 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. (Dozen =\$25)*

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

*Consists of blueberries, dates, mulberries, cashews, mango, strawberries, pineapple, raspberries, blackberries, and sometimes kiwi, pears, apples. (Whole Pie \$30)*

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

*Consists of apples, bananas, dates, vanilla, cinnamon, nutmeg, almonds, walnuts, mulberries, nut milk (Whole Pie \$30)*

### Apple Crisp (gf)

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

### 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*