

VEGAN R US, INC. MEALS ON WHEELS

Satisfy your appetite with good wholesome foods.

To Place an Order Call 773-600-4539

allow 45 minutes for your order to be prepared

MENU AND PRICES SUBJECT TO CHANGE.

DINNERS

Vegan 2 piece Riblet Dinner ...	8.99
Vegan Meat Loaf & Mash potatoes	8.99
Scramble Tofu & Vegetables over Brown Rice or Baked Potato.....	8.99
Bean Curd & Vegetables over Brown Rice or Baked Potato.....	8.99
Combo (Vegan burger, Chick Patty, & Sausage) & Vegetables over Brown Rice or Baked Potato.....	8.99
Vegan Salisbury Steak	8.99
Vegan Lasagna	8.99
Spaghetti	8.99
Stir Fry Bowl	8.99

MEALS

all sandwiches come on toasted wheat bread or bun / lettuce/tomato/ sautéed onion/ pickle/ vegan mayo/ or mustard optional.

Vegan Italian Sausage.....	5.75
Vegan Polish Sausage.....	5.75
Vegan Burger.....	5.75
Vegan Cheese Burger	5.75
Sloppy Joe	5.75

CHIPS OR POTATO WEDGES
DRINK INCLUDED

WRAPS Spinach or Tomato

Scramble Tofu.....	5.75
Vegan Sausage.....	5.75
Vegan Burger.....	5.75
Vegan Chick Patty.....	5.75
Bean Curd	5.75

Combo Wrap (any 5 of the above combined)..... 6.75

all wraps include: sauté onions, bell pepper, & spices / a bag of chips.

SIDES

Sml-2.00 / Med-3.00 / Lrg-4.50

Mashed Potatoes
Navy Bean Soup
Greens
Steamed Rice
Guacamole
Hummus
Sautéed Mix Vegetables

Samosas.....	2.00
Potato Wedges	3.00
Chili Cheese Wedges	3.00

SEEDS & NUTS

Cashews, Sesame seed Sticks	
Raisins, & Walnuts.....	2.00
Ritz Peanut Butter Crackers w/ Combo	3.00

DRINKS

Rice or Soy Beverage 32 oz.....	3.00
Almond Beverage 32 oz.....	4.00
Orange or Apple Juice.....	1.00
Natural Sodas- Cherry/Root Beer/ Raspberry/Ginger Ale/Orange Cream/ Cherry.....	1.00
Ginseng Rush.....	1.50
Natural Spring Water.....	1.00

CAKES by SLICE

German Chocolate..... 4.00
Tradition with a sweet twist.

The Mix 4.00
Mandarin Orange center with chocolate chip cake top and yellow cake bottom.

Peanut Butter Surprise..... 4.00
Smooth Peanut Butter frosting over chocolate cake

Strawberry Splash..... 4.00
Fresh Strawberry center, Yellow cake & Vanilla Frosting.

Pineapple Sun..... 4.00
Delicious Pineapple center, Yellow cake & Vanilla Frosting

RETAIL SALES OF CAKES

6 in.....	22.00
10 in.....	35.00

Also Available: Whole Sales, Catering to Businesses, Churches, Schools, Weddings, Parties, books on Martin Luther King, Marcus Gravey, Harriet tubman. DVD rentals of Farrakhan, Documentaries, and much more visit us at:

VEGAN R US, INC.

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www.tasteofvegan.com E-mail at tasteofvegan@yahoo.com

!!FREE DELIVERY!! 773-600-4539

Minimum Order \$10.00

NO ANIMAL OR ANIMAL BYPRODUCTS USED.