

September 2022

We offer organic & non gmo



We offer Homemade Mango Lassi & Vegan Cakes



Sun Mon Tue Wed Thu Fri Sat

Three Vegan Days
Weds, Thurs. & Friday are 100% Vegan




Top menu item is daily vege & bottom is evening entree



Coming in October
Diwali - Festival of Lights
Sun, Oct. 23rd from 5:00 to 8:30 pm

Now offering Vegan Cakes and Cheesecakes for Birthdays, Parties, or any special occasion. Call today for yours.

Green Beans, Tomatoes & Seitan* Chickpea squares in savory broth*	1 Broccoli, Carrot & Tempeh*+ Vegetable Fritters & Chutney*+	2 Cabbage, Carrot & Fresh Cheese+ Eggplant Parmesan*+	3
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4 Sunday Brunch Pancakes, Scrambled Tofu, Fruit Salads, Home Frys & more	5 	6 A taste of India Indian Cuisine Curries, Poories, Chutneys, Salads, Raitas & more	7 Eggplant, Peppers & Chickpeas*+ Vegetable Croquettes*+	8 Jack Fruit, Cashews & Coconut Creme*+ Vegetable Lasagna*	9 Taro Root, Green beans & Tofu*+ Vegetable Parmesan*	10 Broccoli, Carrot, Almond & Fresh Cheese+ Enchilada Casserole*+
11 Sunday Brunch Pancakes, Scrambled Tofu, Fruit Salads, Home Frys & more	12 	13 A taste of India Indian Cuisine Curries, Poories, Chutneys, Salads, Raitas & more	14 Stir Fry Broccoli, Baby Corn & Rice Noodles*+ Bar-B-Que Tofu*	15 Green Bean, Broccoli & Tempeh*+ Lentil Croquettes in Tomato Gravy*+	16 Peas, Tomato & Organic Tofu*+ Baked Vege Rigatoni*	17 Vegetarian Stroganoff+ Spinach Filo+
18 Sunday Brunch Pancakes, Scrambled Tofu, Fruit Salads, Home Frys & more	19 Feeding the homeless on Tucson's Southside. Join us at 7 am	20 A taste of India Indian Cuisine Curries, Poories, Chutneys, Salads, Raitas & more	21 Taro Root, Spinach, Cauliflower & Cashews*+ Walnut Croquettes*+	22 Sweet & Tangy Tofu & Veggies*+ Potato & Veggie Cutlets*	23 Mung Bean Patties & Veggies*+ Mock Crab Cakes & Ranch*+	24 Spinach & Fresh Cheese+ Savory Nut Loaf*+
25 Sunday Brunch Pancakes, Scrambled Tofu, Fruit Salads, Home Frys & more	26 	27 A taste of India Indian Cuisine Curries, Poories, Chutneys, Salads, Raitas & more	28 Cabbage, Corn & Mock Ham* Baked Tofu Sticks & Tarter Sauce*	29 Manchurian Balls in Tomato Broth* Tex Mex Fajitas*	30 Cauliflower, Snap pea, Cashews & Coconut Creme*+ Vegan Veggie Pizza*	New Inventory in the boutique coming end of September. Clothes, Jewelry, Statues & more