



We offer
Homemade
Mango Lassi &
Vegan Cakes



Serving great vegetarian meals in Tucson for 30 years

November 2022

We offer
organic &
non gmo



Sun Mon Tue Wed Thu Fri Sat

Join us for
Thanksgiving Dinner
Thursday, Nov 24th
12 noon to 5 pm
All you care to eat
Vegan Buffet



<p>6 Sunday Brunch Pancakes, Scrambled Tofu, Fruit Salads, Home Frys & more</p>	<p>7 CLOSED</p>	<p>8 A taste of India Indian Cuisine Curries, Poories, Chutneys, Salads, Raitas & more</p>	<p>9 NEW Butternut Squash, Green Bean & Tofu*+ Vegetable Croquettes*+</p>	<p>10 Cauliflower, Snow Peas, Cashews & Coconut Creme*+ NEW Lithuanian Potato Rolls & Cranberry Sauce*</p>	<p>11 Green Bean, Broccoli & Tempeh*+ Vegetable Stuffed Shells*</p>	<p>12 Vegetarian Stroganoff+ Spinach Filo*</p>	
<p>13 Sunday Brunch Pancakes, Scrambled Tofu, Fruit Salads, Home Frys & more</p>	<p>14 CLOSED</p>	<p>15 A taste of India Indian Cuisine Curries, Poories, Chutneys, Salads, Raitas & more</p>	<p>16 Vegan Veggies & Soya Beans*+ Lentil Croquettes in Cashew Gravy*+</p>	<p>17 Lentil Squares in Tomato Broth*+ Potato & Cheese Quesadilla*</p>	<p>18 Mung Bean Croquettes & Veggies*+ Eggplant Parmesan*+</p>	<p>19 Spinach & Fresh Cheese+ Jack Fruit & Coconut Creme Gravy*+</p>	
<p>20 Sunday Brunch Pancakes, Scrambled Tofu, Fruit Salads, Home Frys & more</p>	<p>21 Feeding the homeless on Tucson's Southside. Join us at 7 am</p>	<p>22 A taste of India Indian Cuisine Curries, Poories, Chutneys, Salads, Raitas & more</p>	<p>23 Broccoli, Carrot & Tofu in Coconut Creme*+ Tex Mex Fajitas*</p>	<p>24 Special Thanksgiving Feast 12 noon to 5 pm </p>	<p>25 Peas, Tomato & Tofu*+ Nut Loaf*+</p>	<p>26 Cauliflower, Peas & Fresh Cheese+ Enchilada Casserole*+</p>	
<p>27 Sunday Brunch Pancakes, Scrambled Tofu, Fruit Salads, Home Frys & more</p>	<p>28 CLOSED</p>	<p>29 A taste of India Indian Cuisine Curries, Poories, Chutneys, Salads, Raitas & more</p>	<p>30 Manchurian Vegetables NEW Moroccan Cous Cous & Vegetables*+</p>	<p> Three Vegan Days Weds, Thurs. & Friday are 100% Vegan Top menu item is daily vege & bottom is evening entree</p>			<p>Wheat Free Items+ Vegan Items*</p>