

# Follow Your Heart's® S.O.S. Free Menu

(Sugar, Oil, and Salt Free)

All of the offerings on this menu contain no added sugar, oil, or salt. They have been designed to meet the requirements of the Engine 2 diet, Dr. Caldwell Esselstyn M.D., and cardiologist Dr. Uri Ben-Zur of Tarzana.

## Starters

### Soups

Follow Your Heart's® fresh, no salt, no oil, soup of the day.  
Bowl \$6.50 or Cup \$4.75

## Salads

Comes with your choice of Tomato Mint or S.O.S. Free Balsamic salad dressing.

### Organic Garden Salad

A daily selection of seasonal, organically-grown salad greens, shredded carrots, red cabbage, sprouts and tomato. Choice of full, half, or dinner.  
Full \$12.50 or Half \$7.95

### Kale Salad

Crunchy organic kale with organic carrots, tomato, baby bok choy, and avocado\*. Choice of half or full.  
Full \$12.50 or Half \$7.95

### Spinach Salad

Fresh organic spinach, mushrooms, onions, apples, and tomatoes. Choice of half or full.  
Full \$12.50 or Half \$7.95

## Entrées

### S.O.S. Free Steamed Vegetable Plate

A selection of organically-grown vegetables steamed to order. Served over organic brown rice, basmati rice, or quinoa. Choice of avocado\*, marinara sauce, or no salt, no oil soup to top it all off.  
\$11.95

### White Bean Kale Burger

Burger patty made from kale, brown rice, white beans and oats topped with red onion, tomato, cucumber, salsa, and wrapped in a lettuce leaf.  
\$11.50

*\*Avocado - Avocado is not recommended by Dr. Esselstyn, on the Engine 2 diet for anyone with heart disease.*

## Entrées Cont.

### Stuffed Sweet Potato

Sweet potato stuffed with black beans, steamed kale, and steamed broccoli. Topped with avocado\* and roasted tomato salsa.

\$10.25

### S.O.S. Free Tacos

Three tacos filled with sweet potato, black beans, shredded red cabbage and avocado\*. Served with a side of brown rice and roasted tomato salsa. Choice of corn tortillas or lettuce leaf.

\$12.50

### Super Green Pasta

Spiralized zucchini noodles, served with steamed kale, spinach, broccoli, and white beans. Topped with our marinara sauce and sprinkled with nutritional yeast.

\$12.50

## Dessert

### Organic Green Apples and Berries

\$3.99

### A Message From Follow Your Heart®:

There is a growing body of evidence that confirms eating an exclusively plant-based, whole foods diet, free of added salt, oil, and sugar, is optimal for human health including the prevention and healing of diabetes, heart disease, and many other health issues.

Numerous scientific studies are being presented by many of today's prominent cardiologists, physicians, and researchers which includes the esteemed Dr. Caldwell Esselstyn, M.D., cardiologist Dr. Uri Ben Zur, M.D., F.A.C.C., Dr. Michael Klaper, M.D., Dr. John McDougall, M.D., Dr. Dean Ornish, M.D., Dr. Joel Fuhrman, M.D., and T. Colin Campbell, PhD. to name just a few.

To provide a place for people who want to follow their hearts to a new lifestyle, and who are now left wondering "where can I eat?," Follow Your Heart® presents our newly developed S.O.S. free supplemental menu offerings. Please, enjoy.

Follow Your Heart® is committed to plant-based, whole foods offerings throughout our restaurant and market, not only for the optimal health benefits that are to be gained, but also for an ever-growing demand to support and protect our planet, our environment, and all the life on it. It is in this spirit of health for all life, we choose to Follow Our Hearts.

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