OW YOUR HEA

FOOD 2018

hristmas Dinner Made Easy!

* with a little help from follow your heart * Special order your Christmas dinner from us and simply heat it up when you're ready to eat.

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•	(See menu on Back page	ristmas di	mner	,		24.95 fer person
		4				

OVEN-KOASTED KOSEMAKY-BASTED VEGAN "TUKKEY" Buy whole roasts in one pound increments (up to $\tilde{6}$ lbs.), or sliced by the pound ~ 1 lb. serves 4

Gf [*] ♥	GLUTEN FREE "CURKEY"	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	3 ,	\$ 14.49
	organic herbed tempen &	k cashew loaf	16 OZ. SERVES 3~4	
•	"TUDKEY" HOT HIG	16 or service 1-0 \$10	00 21% (2001)	a \$ 30 00

curkey pot pie 3 LB. Family size vegan cashew mac & cheese 11.99 12.02. ~ SERVES 2

sweet corn tamales * 6.99 Gf*

Garbein Chick'n Tamales * 7.99

vegetable filleð tamales* 7.99 Gf*

Chile verde tamales* with first cheese inside 6.99 ★ CWO TAMALES ~APPROX 11 OZ. SERVES TWO AS ANAPPETIZER. · MADE WITH NON-GMO CORN MASA

creamy organic mashed pozatoes of 6.49 1 LB. ~ SERVES 2 OR MORE

maple-glazed ovenl-roasted organic mams 6.49 **G**f*

14 02. ~ SERVES 2 **G**f* 6.99 CREAMY COUNTRY GRAVY

16 oz. ~ SERVES 4 fresh rosemary&Thyme whole wheat stuffing 6.99

1202. ~ SERVES 2 GLUTEN-FREE*fresh Rosemary & Thyme stuffing 7.99 **G**f*

12.02. ~ SERVES 2 mock "chicken Liver" pace Gf 4.99

4.99

a delicious, fancy, non-daiky sauce that's a perfect topping for any vegetable

CRANBERRY RELISP 1202, - SERVES 4 \$ 5.99 **G**f*

OKANGE CKANBEKKY BKEAD \$ 10.99 Gf*

New pecan pie \$25.00 New apple pie \$25.00

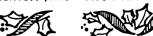
New Cherrypie \$25.00

fresh organic pumpkin pie \$ 16.99 GLUTEN-FREE FRESH ORGANIC PUMPKUL PIE \$ 19.99

🦻 Place your order any time until Dec. 20. 💖 Individual items can be picked up beginning at 12 noon on Dec. 22, and all day Dec. 23 and 24. 🛡 Individual items also available in our deli case while supplies last.

🦻 Complete, pre-ordered Christmas dinners will be available to pick up all day on Dec. 23 and Dec. 24. 😝 Christmas dinner will be served in our restaurant Dec. 23 and Dec. 24 after 12 noon.

Gf" GLUTEN free ~ NOT MADE IN A GLUTEN free facility









eggles