

FOLLOW YOUR HEART

NATURAL FOODS

2019

Christmas Dinner Made Easy!

ALL ITEMS
ARE NON-DAIRY,
EGGLESS &
VEGAN

★ 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.

- ★ ♥ **COMPLETE FIVE-COURSE CHRISTMAS DINNER** \$ 24.95
(see menu on back page) PER PERSON
- ♥ **OVEN-ROASTED ROSEMARY-BASTED VEGAN "TURKEY"** \$ 9.99 LB.
BUY WHOLE ROASTS IN ONE POUND INCREMENTS (UP TO 6 LBS.), OR SLICED BY THE POUND ~ 1 LB. SERVES 4
- Gf ♥ **GLUTEN FREE STUFFED ACORN SQUASH** SERVES 1 \$ 10.99
HEARTY ROASTED ACORN SQUASH HALF STUFFED WITH A DELICIOUS BLEND OF WILD RICE, LENTILS AND VEGETABLES
- ♥ **"TURKEY" POT PIE** 16 OZ. SERVES 1-2 \$ 10.99 3 LB. FAMILY SIZE \$ 32.99
- ♥ **VEGAN CASHEW MAC & CHEESE** 12 OZ. ~ SERVES 2 \$ 11.99
- Gf ♥ **SWEET CORN TAMALES *** \$ 7.99
- ♥ **GARDEIN CHICK'N TAMALES *** \$ 8.99
- ♥ **VEGETABLE FILLED TAMALES *** \$ 8.99
- ♥ **CHILE VERDE TAMALES *** *with Fyh Fiesta cheese inside* \$ 7.99
★ TWO TAMALES ~ APPROX 11 OZ. SERVES TWO AS AN APPETIZER • MADE WITH NON-GMO CORN MASA
- Gf ♥ **CREAMY ORGANIC MASHED POTATOES** \$ 6.49
1 LB. ~ SERVES 2 OR MORE
- Gf ♥ **MAPLE-GLAZED OVEN-ROASTED ORGANIC YAMS** \$ 6.49
14 OZ. ~ SERVES 2
- Gf ♥ **CREAMY COUNTRY GRAVY** \$ 6.99
16 OZ. ~ SERVES 4
- ♥ **FRESH ROSEMARY & THYME WHOLE WHEAT STUFFING** \$ 6.99
12 OZ. ~ SERVES 2
- Gf ♥ **GLUTEN-FREE* FRESH ROSEMARY & THYME STUFFING** \$ 7.99
12 OZ. ~ SERVES 2
- Gf ♥ **MOCK "CHICKEN LIVER" PATE** \$ 4.99
- Gf ♥ **LEMON SAUCE** \$ 4.99
A DELICIOUS, FANCY, NON-DAIRY SAUCE THAT'S A PERFECT TOPPING FOR ANY VEGETABLE
8 OZ. ~ SERVES ABOUT 4
- Gf ♥ **CRANBERRY RELISH** 12 OZ. ~ SERVES 4 \$ 5.99
- ♥ **ORANGE CRANBERRY BREAD** \$ 10.99
- Gf ♥ **PECAN PIE** \$ 25.00
- ♥ **APPLE PIE** \$ 25.00
- ♥ **CHERRY PIE** \$ 25.00
- Gf ♥ **FRESH ORGANIC PUMPKIN PIE** \$ 16.99
- ♥ **GLUTEN-FREE FRESH ORGANIC PUMPKIN 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