

FOLLOW YOUR HEART

NATURAL FOODS

November, 2021

Market & Restaurant

NOW OPEN ON THANKSGIVING DAY

9am to 3pm



Heat and Eat Thanksgiving ?!

Some people go to a restaurant for Thanksgiving but miss the comforts of home. Some people cook all day but miss out on the festivities. Follow Your Heart is pleased to offer you the best of both worlds: Special order your Thanksgiving Dinner from us and simply heat it up when you are ready to eat.

ALL ITEMS
ARE NON-DAIRY,
EGGLESS &
VEGAN

♥ VEGAN "TURKEY" pot pie

FAMILY SIZE

SERVES 1-2 \$ 11.99

SERVES 6-8 \$ 35.99

♥ COMPLETE THANKSGIVING DINNER

PER PERSON \$ 24.99

Gf*

GLUTEN FREE and FAMILY SIZE PORTIONS AVAILABLE

SEE BACK FOR
FULL DETAILS

♥ OVEN-ROASTED ROSEMARY-BASTED VEGAN "TURKEY"

New Recipe!

\$ 10.99 LB.

BUY WHOLE ROASTS IN ONE POUND INCREMENTS (up to 6 pounds)
OR SUCED BY THE POUND ~ ONE POUND SERVES 4

Gf*

♥ GLUTEN FREE HARVEST LOAF

A SAVORY LOAF FULL OF LENTILS, KIDNEY BEANS, AND MUSHROOMS
SEASONED WITH TRADITIONAL HOLIDAY HERBS

15 OZ. ~ SERVES 2

\$ 10.99

Gf*

♥ CREAMY COUNTRY GRAVY

16 OZ. ~ SERVES ABOUT 4



\$ 8.49

♥ FRESH ROSEMARY & THYME WHOLE WHEAT STUFFING

12 OZ. ~ SERVES 2

\$ 8.99

Gf*

♥ GLUTEN-FREE FRESH ROSEMARY & THYME STUFFING

12 OZ. ~ SERVES 2

\$ 8.99

Gf*

♥ GLAZED OVEN-ROASTED ORGANIC YAMS

14 OZ. ~ SERVES 2

\$ 7.99

Gf*

♥ CREAMY ORGANIC MASHED POTATOES

1 LB. ~ 2 GENEROUS SERVINGS



\$ 7.99

♥ VEGAN CASHEW MAC & CHEESE

12 OZ. ~ SERVES 2

\$ 12.99

Gf*

♥ FRESH STEAMED ORGANIC GREEN BEANS

WITH TOASTED ALMONDS 6 OZ. ~ SERVES 2

\$ 7.99

Gf*

♥ ORANGE CRANBERRY RELISH

12 OZ. ~ SERVES 4 \$ 7.99

Gf*

*GLUTEN FREE ~ NOT MADE IN A GLUTEN FREE FACILITY

SEE BACK FOR OUR FABULOUS DESSERTS AND
DELICIOUS WINES TO COMPLEMENT YOUR FEAST



PLACE YOUR ORDERS ANYTIME BETWEEN
SAT. NOV. 1 and SAT. NOV. 20

FOR PICKUP BEGINNING AT 12 noon TUES. NOV. 23,

ALL DAY WED. NOV. 24, AND 9am-3pm NOV. 25 - THANKSGIVING DAY.

(Complete Dinners may be picked up beginning at 12 noon Tuesday, Nov. 23
& Wednesday, Nov. 24, and from 9am-3pm on Thursday, Nov. 25.)

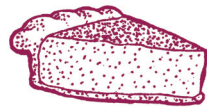
DON'T HAVE A LOT OF TIME?
SPECIAL ORDER THRU E-MAIL!

Simply send an e-mail titled "Holiday Order" to
cafe@followyourheart.com with your name, daytime phone
number, what you'd like to order, and which day you'd like to pick
up. We'll send you a confirmation e-mail and you're all set!



DESSERTS

Available for Pre-Order



♥ ALL DESSERTS ARE DELICIOUSLY VEGAN ♥

- | | | | |
|-------------------------------|-------------|----------------------|-------------|
| • CRANBERRY BREAD | \$ 12.99 | • CHERRY PIE | \$ 26.99 |
| • FRESH ORGANIC PUMPKIN PIE | \$ 17.99 | • PECAN PIE | GF \$ 26.99 |
| • GLUTEN FREE PUMPKIN PIE | GF \$ 21.99 | • CHEESECAKE | GF \$ 54.99 |
| • APPLE PIE | \$ 26.99 | • FRUIT CART | \$ 54.99 |
| • New! STRAWBERRY RHUBARB PIE | \$ 26.99 | • PUMPKIN CHEESECAKE | GF \$ 59.99 |

GF * GLUTEN FREE ~ NOT MADE IN A GLUTEN-FREE FACILITY

Complete Thanksgiving Dinner

New Recipe!

SLICED VEGAN TURKEY

FRESH ROSEMARY & THYME WHOLE WHEAT BREAD STUFFING
CREAMY ORGANIC MASHED POTATOES WITH CREAMY COUNTRY GRAVY
FRESH STEAMED ORGANIC GREEN BEANS WITH TOASTED ALMONDS
GLAZED OVEN-ROASTED ORGANIC YAMS ♥ ORANGE CRANBERRY RELISH

OR

Gluten Free Option in Place of Turkey

GLUTEN FREE HARVEST LOAF

A SAVORY LOAF FULL OF LENTILS, KIDNEY BEANS, AND MUSHROOMS
SEASONED WITH TRADITIONAL HOLIDAY HERBS
AND GLUTEN-FREE STUFFING SUBSTITUTED FOR THE REGULAR

Complete your meal with soup for \$3.00

\$24.99

Family Size Feast for Four

A FAMILY FEAST FIT FOR FOUR OF ALL YOUR FAVORITES
FROM OUR TRADITIONAL THANKSGIVING DINNER
PLUS A QUART OF OUR FAMOUS BUTTERNUT BROCCOLI BISQUE!
CONVENIENTLY PACKED TO WARM AND HEARTILY SERVE FAMILY STYLE

\$109.99

Delicious Sustainably Farmed and Naturally Made Wines

Add on a Bottle or Two to Complement Your Meal

OUTWARD ~ 2020 CHARDONNAY \$45

WHITE CITRUS FLOWERS, A SALINE MINERALITY, GRAPEFRUIT, PEAR, AND BANANA NOTES ALL WAFT FROM THE GLASS. ON THE PALATE THE WINE OFFERS GENEROUS FRUIT CHARACTER AND IS HELD TOGETHER BY A CORE OF SALINITY AND BRIGHT ACIDITY.

riding monkey ~ 2020 CHENIN BLANC \$50

ORGANIC AND DRY FARMED, THIS CHENIN BLANC HAS AROMAS OF FRESH CITRUS BLOSSOM AND SALTY OCEAN BREEZES. ZIPPY POMELO AND HONEYDEW MELON WITH A SILKY CITRUS PEEL AND WARM HONEYDEW FINISH.

riding monkey ~ 2020 ROSÉ \$35

AROMAS OF INTENSE STRAWBERRY JAM STEWING AWAY ON THE STOVE GREET YOUR NOSE. CRUSHED GRAVEL AND SOUR RASPBERRY ON THE PALATE. TOTALLY THIRST-QUENCHING. POOLSIDE CONSUMPTION NOT NECESSARY BUT HIGHLY ENCOURAGED.

PRESS GANG ~ 2016 ALISOS VINEYARD GRENACHE \$55

THE NOSE OF THIS GRENACHE OFFERS UP GRILLED RED PLUM, DRIED HERBS, AND SPICE. THE PALATE IS LIGHT BODIED BUT SILKY AND SEDUCTIVE WITH NOTES OF CHOCOLATE, AND RASPBERRY BACKED WITH DELICATE TANNINS AND A BLOOD ORANGE FINISH.

PRESS GANG ~ 2018 KIMSEY VINEYARD SYRAH \$55

AROMAS OF BOYSENBERRY, TART BLACKBERRY JAM, AND TOBACCO SMOKE. THE WINE COATS YOUR TONGUE IN DEEP DARK FRUIT, THEN MOVES ON TO GREEN PEPPERCORN, SOUR PLUM, AND GRAPHITE. THIS WINE TAKES YOUR SENSES ON A ROLLERCOASTER OF PLEASURE HITTING ALL THE SENSES WITH RICH DEEP FRUIT, ACID, AND EARTH.

OUTWARD ~ 2019 CABERNET FRANC \$55

NICE VARIETAL AROMAS OF GREEN PEPPERCORN, BLACK CURRANT, AND GRAPHITE, COMPLEMENTED BY A PUNCH OF BRIGHT BLUE FRUIT FROM THE WHOLE CLUSTER CARBONIC PORTION. THE WINE IS SAVORY AND SPICY ON THE PALATE WITH A BURST OF BLUE AND BLACK FRUITS, RICH TANNINS, AND A LENGTHY FINISH.

21825 SHERMAN WAY, CANOGA PARK, CA 91303 ♥ (818) 348-3240

♥ OPEN MON. ~ SUN. ♥ 8 am to 9 pm ♥ MARKET AND CAFE ♥

♥ OPEN THANKSGIVING DAY 9 am~3pm

visit our website at www.followyourheart.com

♥ PRINTED ON RECYCLED PAPER ♥