

# FOLLOW YOUR HEART

NATURAL FOODS

2021

## Christmas Dinner Made Easy!

ALL ITEMS ARE NON-DAIRY, EGGLESS & VEGAN

★ with a little help from follow your heart ★

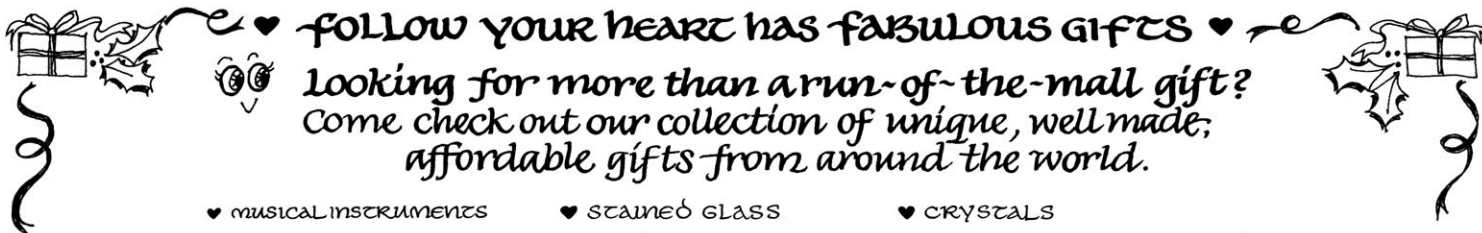
Special order your Christmas dinner from us and simply heat it up when you're ready to eat.

- ★ **COMPLETE FOUR-COURSE CHRISTMAS DINNER** \$ 27.99 PER PERSON
- GLUTEN FREE and FAMILY SIZE PORTIONS AVAILABLE - SEE BACK FOR FULL DETAILS
- ♥ **OVEN-ROASTED ROSEMARY-BASTED VEGAN "TURKEY"** \$ 10.99 LB.
- BUY WHOLE ROASTS IN ONE POUND INCREMENTS (UP TO 6 LBS.), OR SLICED BY THE POUND ~ 1 LB. SERVES 4
- Gf** ♥ **GLUTEN FREE HARVEST LOAF** 15 oz. ~ SERVES 2 \$ 10.99
- A SAVORY LOAF FULL OF LENTILS, KIDNEY BEANS, AND MUSHROOMS SEASONED WITH TRADITIONAL HOLIDAY HERBS
- ♥ **"TURKEY" POT PIE** 16 oz. SERVES 1-2 \$ 10.99 3 LB. FAMILY SIZE \$ 35.99
- ♥ **VEGAN CASHEW MAC & CHEESE** 12 oz. ~ SERVES 2 \$ 11.99
- Gf** ♥ **SWEET CORN TAMALES \*** \$ 8.99
- ♥ **GARDEIN CHICK'N TAMALES \*** \$ 9.99
- ♥ **VEGETABLE FILLED TAMALES \*** \$ 9.99
- ♥ **CHILE VERDE TAMALES \*** with F.Y.H. FIESTA CHEESE INSIDE \$ 9.99
- \* TWO TAMALES ~ APPROX 11 OZ. SERVES TWO AS AN APPETIZER · MADE WITH NON-GMO CORN MASA
- Gf** ♥ **CREAMY ORGANIC MASHED POTATOES** \$ 7.99
- 1 LB. ~ SERVES 2 OR MORE
- Gf** ♥ **MAPLE-GLAZED OVEN-ROASTED ORGANIC YAMS** \$ 7.99
- 14 oz. ~ SERVES 2
- Gf** ♥ **CREAMY COUNTRY GRAVY** \$ 8.49
- 16 oz. ~ SERVES 4
- ♥ **FRESH ROSEMARY & THYME WHOLE WHEAT STUFFING** \$ 8.99
- 12 oz. ~ SERVES 2
- Gf** ♥ **GLUTEN-FREE\* FRESH ROSEMARY & THYME STUFFING** \$ 8.99
- 12 oz. ~ SERVES 2
- Gf** ♥ **MOCK "CHICKEN LIVER" PATE** \$ 5.49
- Gf** ♥ **LEMON SAUCE** \$ 5.49
- 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 \$ 7.99
- ♥ **ORANGE CRANBERRY BREAD** \$ 12.99
- Gf** ♥ **PECAN PIE** \$ 26.99
- ♥ **APPLE PIE** \$ 26.99
- ♥ **CHERRY PIE** \$ 26.99
- Gf** ♥ **FRESH ORGANIC PUMPKIN PIE** \$ 17.99
- ♥ **GLUTEN-FREE FRESH ORGANIC PUMPKIN PIE** \$ 21.99

♥ 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.

**Gf** \*GLUTEN FREE ~ NOT MADE IN A GLUTEN FREE FACILITY



♥ FOLLOW YOUR HEART HAS FABULOUS GIFTS ♥

Looking for more than a run-of-the-mall gift?  
Come check out our collection of unique, well made,  
affordable gifts from around the world.

- ♥ MUSICAL INSTRUMENTS      ♥ STAINED GLASS      ♥ CRYSTALS
- ♥ PUPPETS ♥ TOYS      ♥ CANDLES ♥ BOOKS      ♥ CLOTHES FROM AROUND THE WORLD
- ♥ FRAMES ♥ LAMPS      ♥ BLANKETS ♥ BAGS      ♥ ORNAMENTS
- ♥ JEWELRY ♥ CHIMES      ♥ SCARVES      ♥ AND SO MUCH MORE...

NEW ITEMS ARRIVING EVERY DAY THROUGHOUT THE SEASON



## FOUR-COURSE CHRISTMAS DINNER

AVAILABLE FOR TAKE OUT BEGINNING AT 12 NOON ON DEC. 23 AND DEC. 24

Begin with our BUTTERNUT SQUASH BROCCOLI BISQUE

*non-dairy*

Next, a Salad of FRESH ORGANIC ARUGULA

with roasted beets, pine nuts, and follow Your Heart's VEGAN BLUE CHEESE CRUMBLES in a BALSAMIC VINAIGRETTE

Then a SWEET CORN TAMALES APPETIZER

*with red and green sauce*

And for our Entrée  
HOLIDAY WELLINGTON

a SAVORY-FILLING FULL OF LENTILS, KIDNEY BEANS, AND MUSHROOMS SEASONED WITH TRADITIONAL HOLIDAY HERBS WRAPPED IN PASTRY. SERVED WITH DIJON GLAZED BRUSSEL SPROUTS, ROASTED ROOT VEGETABLES AND ROASTED POTATOES.

\$ 27.99

GLUTEN-FREE OPTION AVAILABLE WITH SLICED HARVEST LOAF

Family Size Feast for Four  
FAMILY SIZE PORTIONS OF THE FOUR COURSE CHRISTMAS DINNER  
TO ABUNDANTLY SERVE FOUR

\$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 HONEY-EYED 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 GRAPPHITE. 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 GRAPPHITE, 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

♥ HOLIDAY HOURS ♥

♥ DECEMBER 23: Open 8 AM to 9 PM ♥

♥ DECEMBER 24 and DECEMBER 31: Open 8 am to 6 pm - Kitchen shuts down at 4 PM; From 4 PM to 6PM Coffee, Soup and Desserts are available.

♥ CLOSED CHRISTMAS DAY. ♥ OPEN NEW YEAR'S DAY 10 AM to 9 PM ♥ Visit our website at [www.followyourheart.com](http://www.followyourheart.com)