





# February 2023

We offer organic & non gmo



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Next Major Festival!  <b>Maha Shiva Ratri</b>            Dance, Fire Acrobats, Kid's Activities, Temple Ceremonie &amp; Free Feast,  <b>Sunday, Feb. 19th - 5- 8pm</b></p>			<p>Stir Fry w/ Tofu, 1            Broccoli, Snap Pea &amp; Rice Noodles +*             Potato + Cheese Quesadilla +*</p>	<p>Green Beans &amp; 2            Taro Root, Seitan +*             Spring Rolls &amp; Dip +*</p>	<p>Mung Bean 3            Patties &amp; Veggies+*             Vegetable Lasagna+*</p>	<p>Vegetable 4            Stroganoff+             Savory Nut Loaf +*</p>
<p><b>Sunday Brunch:</b><sup>5</sup>            Pancakes, Scrambled Tofu, Fruit Salads, Home Frys &amp; More</p>	<p><b>Closed</b><sup>6</sup></p>	<p><b>A Taste of Indian Cuisine:</b><sup>7</sup>            Curries, Poories, Chutneys, Salads, Raitas &amp; More</p>	<p>Cauliflower, Snow Peas, Cashews &amp; Coconut Cream +*             Seitan Fajita + Tortillas</p>	<p>Manchurian 9            Vegetables +*             Mung Bean Sloppy Joes +</p>	<p>Chickpea 10            Squares in Savory Gravy +*             Enchilada Casserole +*</p>	<p>Cauliflower, 11            Carrot, Pea &amp; Fresh Cheese +             Eggplant Parmesan**</p>
<p><b>Sunday Brunch:</b><sup>12</sup>            Pancakes, Scrambled Tofu, Fruit Salads, Home Frys &amp; More</p>	<p><b>Closed</b><sup>13</sup></p>	<p><b>A Taste of Indian Cuisine:</b><sup>14</sup>            Curries, Poories, Chutneys, Salads, Raitas &amp; More</p>	<p>Green Bean, 15            Broccoli, Tempeh +*             Bar-B-Q Tofu &amp; Tarter Sauce +*</p>	<p>Broccoli, Cauliflower, 16            Cashews in Coconut Creme +*             Walnut Croquettes in Gravy +*</p>	<p>Peas, Tomato&amp; 17            Tofu +*             Spinach Filo +*</p>	<p>Spinach &amp; 18            Fresh Cheese*             Jack Fruit &amp; Cashew Sauce +*</p>
<p><b>Shiva Ratri</b> 19  <b>5-8pm</b>   <b>Sunday Brunch:</b>            Pancakes, Scrambled Tofu, Fruit Salads, Home Frys &amp; More</p>	<p>Feeding the Homeless in Tucson Southside. Join us at 7am</p>	<p><b>A Taste of Indian Cuisine:</b><sup>21</sup>            Curries, Poories, Chutneys, Salads, Raitas &amp; More</p>	<p>Stir Fry Broccoll, 22            Bamboo Shoots, Pineapple +*             Bar-B-Q Tofu +*</p>	<p>Green Beans, 23            Seitan &amp; Taro Root +             Vegetable Croquettes +*</p>	<p>Green Bean, 24            Carrot, Tofu +*             Veggie Fritters &amp; Chutney +*</p>	<p>Broccoli, Almonds 25            &amp; Fresh Cheese *             Stuffed Shells +</p>
<p><b>Sunday Brunch:</b><sup>26</sup>            Pancakes, Scrambled Tofu, Fruit Salads, Home Frys &amp; More</p>	<p><b>Closed</b><sup>27</sup></p>	<p><b>A Taste of Indian Cuisine:</b><sup>28</sup>            Curries, Poories, Chutneys, Salads, Raitas &amp; More</p>		<p><b>Three Vegan Days a week</b>  <b>Weds, Thurs &amp; Friday are 100% Vegan. Top Menu item is daily vege and bottom is evening entree</b></p>	<p>Serving great Vegetarian meals in Tucson for 30 years             We offer Homemade Mango Lassi &amp; Vegan Cakes</p>	