

Plant Based Meals

by Bronte Simms

Jenny's Vegetarian Soul



Introduction

Jenny's Vegetarian Soul is about changing people's health through healthy eating full of flavor. You can still eat tasty foods but without the negative effects.

Contact Me for all inquiries @ 323-490-0611 or brontesimms1@aol.com

Dishes

Veggie Gumbo \$7.25(1 bowl)

Spicy creole style veggie gumbo

(carrots,broccoli,cauliflower,peppers,brown rice, vegan cream of mushroom)

Vegetarian Burrito \$8.00

Perfectly seasoned burrito spicy/non spicy

(peppers,onions,veggie meat/ black beans,spinach,diced tomato,vegan cheese)

Vegetarian Taco \$4.00

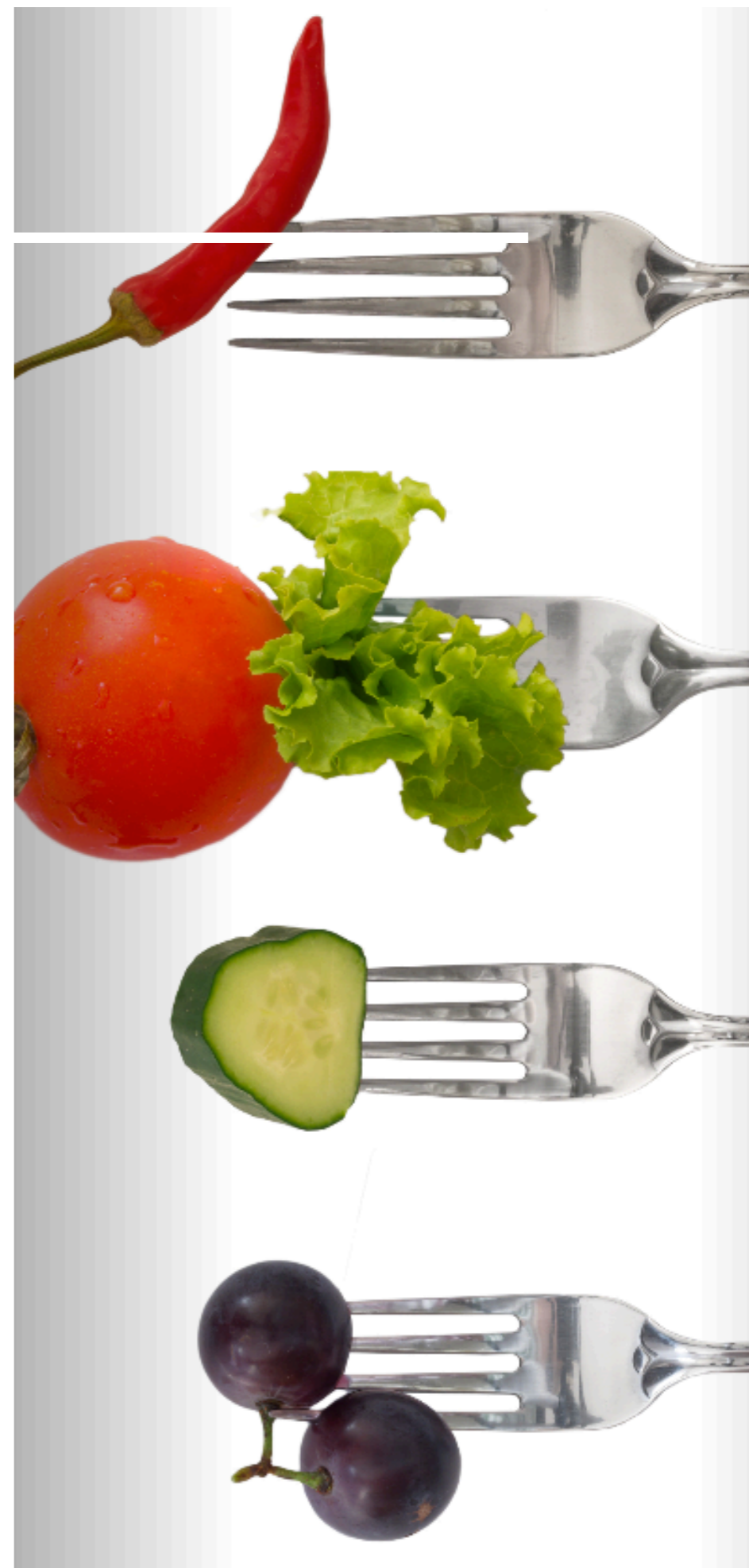
Perfectly seasoned vegetarian taco

(onions,peppers,vegan meat/or black beans,tomatos, lettuce,vegan cheese)

Loaded Vegetarian Taco (the works) \$8

(onions,peppers,vegan meat, tomatoes,spinach/lettuce,

vegan cheese, guacamole, vegan sour cream)



Dishes

Vegetarian Chili \$5(1 bowl)

(chili powder, garbanzo beans, red beans, black beans, onions, peppers, diced tomatoes, filtered water).

Vegetarian 100% wheat bread Breakfast Sandwich \$5

Easy light tasty breakfast (your choice of wheat/sprout bread, eggwhite or whole egg, grilled tomato, avocado)

Vegetarian Loaded Chili Cheese Sweet Potato \$12

One of the most ordered items. (vegetarian chili, guacamole, vegan sour cream or veganaise, sweet potato, vegan cheese)

Vegetarian Collard Greens \$4 (1 bowl)

Spicy soul vegan collard greens (collard greens, garlic, peppers, veggie broth)

Meal Prep

Meal Preparation

3 dinner meals \$45

5 dinner meals \$75



Vegetarian meal preparation differs from fast food menu. However, if requested food off menu will be included.

Desserts

Whole Vegan Pies \$13

Slices \$4

Lemon, Key Lime, Banana Pudding Pie, Sweet Potato Pie

Vegan Cookies \$2 (ea)

Lemon, Oatmeal, Oatmeal Raisin, Oatmeal Peanut Butter

