

Living Well Means Eating Well!

Linda's Herbal Connection

Presents

"Linda's Free Monthly Health Talk"

2nd Monday - 10:00 am - 12:00 noon

Restaurant Hours 2nd Monday following Herbal Hour

*12:00 pm - 5:00 pm - 2nd Monday **Only***

www.Lindasvegetarianvillage.net

You will have the opportunity to learn how to take care of your body, through Diet, Exercise, and Herbs!!

We will be discussing Allergies, Acid Reflux, High Blood Pressure, Arthritis, Diabetic, Weight, Female, and Male Problems, and More.

For an immediate start on the road to "Healthy Living" Vegetarian Food, Books and Literature available for Purchase!

Date: Every 2nd Monday of the Month

Time: Begins 10:00am sharp

Cost: "FREE" That's Right Free!

Location: Linda's Vegetarian Village

6381 Germantown Avenue

Philadelphia, PA 19144

Also available to present Seminars at your location

Contact: Linda Cell @215-704-6878

Email: lindasmith09@comcast.net

Website: www.lindaherbalconnect.mynsp.com

Remember: Mark Your Calendar for Every 2nd Monday of the Month



6381 Germantown Avenue
Corner of Germantown Avenue and Johnson Street
Philadelphia, PA 19144

(215) 438-2500

www.Lindasvegetarianvillage.net

vegetarian6381@gmail.com

Wed – Sat - 10:00 am - 6:00 pm

*2nd Monday **Only** 12:00 pm - 5:00 pm*

Herbal Hour: 2nd Monday -10:00 am - 12:00 noon

Sun - Tues – Closed

Dine In or Take Out

"Our Food Should Be Our Medicine and Our Medicine Should Be Our Food".

Visa, MasterCard, Discover Accepted

Linda's Vegetarian Village
www.Lindasvegetarianvillage.net

Vegetarian and Vegan Delights
(Some Foods Contain Nuts)

Kale Salad (**Vegan**)
Small\$6.00
Large.....\$12.00
Flax Seed Crackers (Plain & Spicy).....\$8.00

Leo's World Famous Southern Beans (**Vegan**).....\$5.00
Leo's World Famous Southern Beans with Rice. (**Vegan**)....\$6.00
Cous Cous (**Vegan**).....Small \$5.00....Large \$10.00
Raw Nut Meatloaf (**Vegan**).....\$8.00

Vegetarian Platters

(Kale Salad, Carrot Salad, Chic'n (Soy) Salad, and Cous Cous)

Eat-in.....\$10.00

Take Out...\$15.00

Special Platters.....\$20.00

Steamed Vegetables over (Cous Cous or Brown Rice)

Eat-In.....\$10.00

Take Out...\$12.00

Sandwiches

Raw Avocado on Seaweed, or Wrap (**Vegan**).....\$9.00
Vegetarian Chic'n (Soy) Salad Wrap\$9.00
Carrot Salad Wrap (**Vegan**).....\$9.00
Vegetarian Chic'n (Soy) Salad Hoagie.....\$15.00
Steamed Veggie Hoagie.....\$15.00
Carrot Salad Hoagie (**Vegan**).....\$15.00
Vegan Burgers (**Vegan**).....\$8.00
Falafel Vegan Burger (**Soy Free**).....\$9.00

Extras

(Avocado.....\$2.00)

(Vegan cheese \$.1.00 extra per slice)

(Special Wraps.....Priced accordingly)

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Sides

Raw Kale Chips (Plain, Spicy, or Garlic) (**Vegan**).....\$8.00
Quinoa Salad (**Vegan**).....\$6.00
Brown Rice (**Vegan**).....\$3.00
Chic'n (Soy) Salad
Small.....\$7.00
Medium.....\$12.00
Large.....\$25.00
Carrot Salad
Small.....\$7.00

Smoothies

Smoothies.....\$5.00

Assortment of Beverages

Bottled Water
Bottled Ginger Drink
Hot Herbal Tea
Hot Roma Roast
(Better Than coffee and Caffeine Free)
Other Beverage Choices Available

Desserts

Raw Cheese Cake (contains raw cashews) (**Vegan**).....\$8.00
(Blueberry, Strawberry, or Mango Toppings)
Just Banana Whip (**Vegan**).....\$6.00
Raw Ice Cream (contains raw cashews) (**Vegan**).....\$7.00
Carob Balls (contains raw cashews) (**Vegan**).....\$6.00

Other Specialty Desserts Available

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. Genesis 1:29 KJV