

# Try Vegan Buffet-Lecture-Partee-Roast



**Agenda:** 5:00 Doors Open Early Birds / 5:30-7 Chef Buffet / 6:30 Second Portions / Music by Rick Ryder / Sprout Me / T-Shirt Workshop / Juice Bar by Ellen Gruneison / Crystals by Gem Maven / 6:30 PowerPoint Presentation by Debra Tendrich / 6:45 Second Helpings & Late Comers Buffet / 7:00 Dessert-Cake / Roast-or-Toast VeganMan and Erthy / GiveAways / 8:45 Adjourn 'See You Next Month'



**MENU by Chef Brook Katz** Green Drink w. stevia / Kangen Alkaline Water / Appetizers(GF) / Organic mixed greens salad w. creamy Italian dressing (oil) or Sweet mustard dressing (GF, No Oil) / Braised Seitan with mushroom gravy / Potato Kugel w. applesauce (GF) / Blanched Broccoli w. garlic aioli sauce (GF) / Chocolate marble cake / Fresh fruit (GF)

***RSVP Reservations Online Today - Chef Katz  
Catering needs head counts!***

**Tamarac Community Center – seats 220**  
PARADISE BALLROOM – 8601 W. COMMERCIAL BLVD. TAMARAC 33351  
1 BLOCK EAST OF PINE ISLAND ROAD – NEXT TO LIBRARY

786-708-1028 | UPDATES > EARTHSAVEMIAMI.ORG/EVENTS | VEGTASTIC.CO/VEGTASTIC-CHARITIES  
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