

Johanna's raw foods

The Healthiest Fine Dining on Earth by Prof. Johanna Sophia:

RAW FOOD DINNER

LET THE CELEBRATIONS BEGIN!!

Thursday, December 12, 2013 from 6:00 pm to 8:00 pm at
FIFTY SOUTH Restaurant and Bar
2128 Doubleday Avenue, Ballston Spa, NY 12020

RESERVE your seats early: call 518-884-2926



First Course

Cranberry-Mango Smoothie
AND
Sweet & Salty Beet & Raisin Cookies with dips

Second Course

All American Waldorf Salad in Cashew-
Mayonnaise
OR
Peach & Cucumber Salad with Cranberry
Dressing

Third Course

T-BONE Crunch & Pate over Green & Orange
Mashed Potatoes with Gravy and Dill Peas
OR
'Roast in the Dough' with Cranberry-Olive Salsa
and Marinated String Beans

Fourth Course

Banana-Cake with Cran-Apple Glaze and
Chocolate Fudge Sauce
OR
Mint Chocolate 'Sacher' Tart and ... Coconut Icing

\$35 if reserved before December 12th - \$40 at the door

www.GreenConsciousKids.com – SILC@SophiasCenter.com – www.JohannasRawFoods.com – 518-795-5030