



A Taste of

Wellness Forum Foods

\$99 Specials For The Month of June 2008

Two servings of each of the following dishes and one quart of Tomato Vegetable Soup

Spicy Black Bean Cakes

Organic black beans, red and green bell peppers, green onion, garlic, cumin and chile powder shaped and rolled in cornmeal then baked crispy. Served with a roasted red pepper sauce, brown basmati rice, and a mixed greens salad.
(AWL)

Hoppin' John

A Southern favorite with black-eyed peas seasoned with onion, celery, green pepper, garlic, and thyme. Served over brown rice, with corn and pepper succotash. (AWL)

Spicy Chickpea Cakes

Organic garbonzo beans, cooked then mashed with jalapeno peppers, cumin, garlic and onion, baked golden brown and served with a curried tomato coulis, brown rice and a vegetable medley.

Ethiopian Lentil Stew

A rich and hearty stew made with organic red lentils and tomatoes with a spice blend called berbere. (AWL)

Dominican Rice And Beans

Traditionally, a Caribbean Chicken and Rice dish, made here with red kidney beans, stewed with organic brown rice, onion, green bell peppers, mushrooms, saffron, lime juice and rum. Served with a vegetable medley.

A note about ordering: Please make sure to send you order by email to sroufed@wellnessforum.com.
You will receive an email verification letting you know that we have received your order.

**Wellness Forum Foods
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