

Free Sandwich, Burrito or wrap
with new VIGOR membership or renewal.
VIGOR member's receive 10% off all
Backroom Deli items at the
Good Food Store.

Redeem at VIGOR Grill Rochesterfest 2008

\$6.00 Combo Meal

Combo meal includes

1 (Burger / Wrap / Burrito) +

1 (Garden Salad / Bean Salad) +

1 (Chips / Pakora Fries)

Save \$2.00 off the regular combo meal
price of \$8.00.

Redeem at VIGOR Grill Rochesterfest 2008

Free Pakora or Chips

with purchase of full size salad at regular
price

Redeem at VIGOR Grill Rochesterfest 2008

1 coupon per visit please

All items can be made GLUTEN FREE!!

Monday June 23 - Wednesday June 25

11:00AM - 9:00PM

Thursday June 26 - Saturday June 28

11:00AM - 10:00PM

Located at the north end of 3rd Avenue
next to the Post Bulletin on the west side
of the street.

Wholesome Organic Good Food



Vegetarian Information Group of
Rochester, 501(c)3



www.vigr.org

VIGOR GRILL

Rochesterfest 2008



Garden Salad



Portobello Burger on Rudi's Bun



Moong Pakora Fries



Ezekiel Bean Burrito



Southwest Black Bean Salad



Backroom Deli Cajun Tofu Wrap

Sponsored By...

Good Food Store 



Charter Baking Company Inc.

Whole Grain Milling