

Healthy & Hearty

A meal Service by  **HEALTHY YOU**
café



Breakfast \$6

Fresh Fruit Parfait (GF)(V) blueberries, strawberries, grapes and kiwi with vanilla Greek yogurt and Michele's Granola (Sage fp-use coconut or almond yogurt (DF), omit granola)

Butternut Squash Chicken Sausage Hash (GF)(DF) this delicious morning hash is filled with flavor with bell pepper, onions and a potato medley

Chicken Sausage Quiche- with Jack cheese, onion and spinach-delish!*

Blueberry Lemon Chia Seed Pudding (V)(GF)(DF)

Blueberry Overnight Oats (V)(GF)(DF)

Lunch \$10

Golden Milk Smoothie Bowl (V)(GF)(DF)- this delicious anti-inflammatory bowl includes papaya, banana and lots of healing spices(turmeric/ginger)

Cilantro Lime Tuna Salad on a Bed of Greens(GF) (Sage fp omit mayo(DF))

Creamy Tortellini Soup- loaded with tender tortellini, turkey sausage & kale*

Bunless Greek Turkey Burger with a Tomato Cucumber Salad(GF) (Sage fp omit feta cheese (DF))

Snacks

Carrot Cake (GF)(DF)(V) or Peanut Butter Energy Balls(2)-\$2

Homemade Hummus & Fresh Veggies (GF)(DF)(V)-\$6

Fresh Fruit Cup(GF)(DF)(V)-\$5

Dinner-\$15

Creamy Tuscan Chicken- (GF)(DF) this creamy paleo dish is packed with flavor with spinach and sundried tomatoes

Fish Fajitas (DF)- topped with a homemade salsa and served with a side of brown rice (Sage fp omit tortillas)

Baked Chicken Capris topped with melted provolone, ricotta & tomato *

Roasted Eggplant Brown Rice Bowl with Turmeric Tahini- (GF)(DF)(V) this vibrant grain bowl is topped with chickpeas and eggplant

EXTRAS....

Salmon topped with Lemon (GF)(DF)-\$9

Brussels Sprouts with Turkey Bacon-(GF)(DF)\$7.50

Sweet Potato Ginger Soup(GF)(DF)(V) - \$10.95 a quart

Grilled Veggies(GF)(DF)(V) or Chicken(GF)(DF)-\$5.00

Smoothie Kit-(GF)(DF)(V) Berry or Green Mango-\$6

***Not available for Sage FP**

TUESDAY PICK UP UNTIL 6PM

ONLINE ORDERING NOW AVAILABLE AT :

WWW.HEALTHYYOUCAFE.COM

Order by Sunday, June 26th, pick up on Tuesday, June 28thFREE Door Delivery for orders over \$50!**

Place your order by emailing

info@healthyyoucafe.com or call

(717)790-9657

Healthy & Hearty

A meal Service by  **HEALTHY YOU** café



HEARTY BREAKFAST-SERVES 4-6

Butternut Squash Chicken Sausage Hash(GF)(DF)- also includes bell pepper, onions & a potato medley \$30.00

Fresh Seasonal Fruit Salad with Honey Lime Dressing(V)(GF)(DF)this delicious fruit salad is served with our homemade honey lime dressing \$25.00

Chicken Sausage Quiche with Jack cheese, onion & spinach *\$17.00

HEARTY LUNCH-SERVES 4-6

Creamy Tortellini Soup-loaded with tender tortellini, chicken sausage & kale* (quart of soup)\$12

Bunless Greek Turkey Burgers (4 Patties)(GF)- served with our Tomato Cucumber Salad (Sage fp omit feta cheese) \$30

Turkey Avocado Bacon Flatbread Kit-4 of our homemade Fat Free flatbreads with all the ingredients to make this delicious lunch!*\$30

Snacks

Energy Balls(2) Peanut Butter* OR Carrot Cake (GF)(DF)(V)- \$2

Homemade Hummus & Fresh Veggie (GF)(DF)(V)- \$6

Fresh Fruit Cup (GF)(DF)(V)- \$5

Rule Breaker (V)(GF) Brownie-\$2.50

Oh Snap Dili Bites (V)(GF)(DF)-\$2.00

Thunderbird Granola Bar(V)(GF)-\$3.00

1

HEARTY DINNER-SERVES 4-6

Creamy Tuscan Chicken(GF)(DF) this creamy paleo dish is packed with flavor with creamy coconut milk, spinach & sundried tomatoes served over rice \$55.00

Baked Chicken Capris topped with melted provolone, ricotta & tomato served over pasta \$55.00*

Roasted Eggplant Brown Rice Bowl with Tumeric Tahini(GF)(DF)(V) topped with chickpeas \$45.00

Kimchi Power Bowl(GF) Ground turkey marinated in a traditional Korean marinade topped with Kimchi, shredded cabbage, avocado, brown rice topped with the best ever Sriracha mayo(*Sage FP omit Sriracha mayo*) \$50.00

**not an option for those following the Sage Food Plan ORDER ONLINE AT WWW.HEALTHYYOUCAFE.COM*

Order by Sunday, June 26th, pick up on Tuesday, June 28thFREE Door Delivery for orders over \$50!**

Place your order by emailing info@healthyyoucafe.com or call

(717)790-9657

WE WILL BE OPEN ON TUESDAYS UNTIL 6PM FOR/ PICK UP.