

Healthy & Hearty

A meal Service by  **HEALTHY YOU**
café



Breakfast \$6

Ham, Egg, Cheese Breakfast Burrito*

Chicken Sausage & Veggie Quiche*

Vanilla Blueberry Chia Pudding (GF)(V)(DF)

Strawberry Banana Baked Oatmeal (GF)(V)

Lunch \$10

Apple Cranberry Chicken Salad (GF) – with toasted pecans, celery and a light lemon mayo (Sage fp omit mayo)

Lemon Chicken Vegetable Soup (GF)(DF)

Quinoa Cucumber Salad (GF)(V)

with red onion, feta cheese, and a lemony vinaigrette dressing (Sage FP-omit feta cheese)

Taco Stuffed Sweet Potato (GF)(DF)

ground chicken stuffed sweet potato packed full of flavor

Snacks:

Cinnamon Banana Energy Balls (2) (GF)(DF)(V) - \$2

Almond Butter Baked Apple (½) (GF)(DF)(V) - \$4
stuffed with almond butter, pecans, raisins, & coconut

Energy Bites (2) - \$2 (contain peanuts)*

Dinner \$15

Hawaiian Chicken (GF)(DF)- filled with veggies & pineapple topped with a bbq sauce and cilantro. Served over cauliflower rice

Turkey Meatballs & Spaghetti Squash (GF)(DF)
flavorful and filling we replace pasta with spaghetti squash adding nutritional value!

Shrimp Jambalaya (GF)(DF)-chicken sausage, peppers, onions & shrimp Cajun style. Served over cauliflower rice

Roasted Sweet Potatoes, Chicken Sausage & Broccoli (GF)(DF)

ADD ONS

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

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

Seasoned Grilled Veggies (GF)(DF)(V)\$7.50

Grilled Chicken Breast (GF)(DF) \$5

Smoothie Kit (GF)(V) Triple Berry or Green Mango-\$6
(Sage FP - use almond yogurt)

**not an option for those following the Sage Food Plan*

ORDER ONLINE AT

WWW.HEALTHYYOUCAFE.COM

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

Order by Sunday, May 22nd, pickup on Tuesday, May 24thFREE Door Delivery for orders over \$50!**

Place your order by emailing

info@healthyyoucafe.com or call

(717)790-9657