

Healthy & Hearty

A meal Service by  **HEALTHY YOU**
café



Breakfast \$6

Fresh Fruit Parfait (GF)(V) Fresh fruit, Greek yogurt, Michele's granola (Sage-omit granola and use coconut or almond yogurt (DF))

Banana Blueberry Pancakes (GF)(DF)(V)

Denver Breakfast Casserole (GF)- filling but light-loaded with egg, ham, cheese, onions & bell pepper

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

Lunch \$9

Everything Bagel Chicken Tender Salad-

Chicken tenders breaded in everything bagel seasoning atop a light salad with a Dijon vinaigrette dressing

Chicken Sausage, Peppers & Onions(GF)(DF)

served over brown rice

Zucchini Boats(GF)(DF)- stuffed with ground turkey bell pepper and topped with a marinara sauce

Black Bean & Sweet Potato Rice bowl- (V)(DF)(GF)- this simple dish is satisfying and delicious with a sweet chili sauce to give it some spice!

Snacks

Apple Pie (GF)(DF)(V) or Peanut Butter Energy Balls(2)-\$2

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

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

Dinner-\$14

Skinny Chicken Marsala—this lightened up version cuts down on fat but not taste!*

Tilapia Baja Tacos(2 tortillas)- these food style fish tacos are light and delicious(Sage fp omit tortillas and cheese)

Winter Vegetable Medley (GF)(DF)(V) a tasty assortment served over a brown rice/quinoa blend

Philly Cheesesteak Stuffed Pepper (2-1/2's) – low carb and high protein & delicious! (Sage fp omit cheese and sub ground turkey)

ADD ONS

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

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

Quart of White Bean & Turkey Chili Soup-(GF)(DF)\$10.95

Grilled Veggies(GF)(DF)(V) or Chicken(GF)(DF)-\$4.50

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

*Not available for Sage FP

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

Order by **Sunday, January 30th**, pickup on **Tuesday, February 1st******FREE Door Delivery for orders over**

\$50! Place your order by emailing

info@heltheucafe.com or call

(717)790-9657