

Healthy & Hearty

A meal Service by  **HEALTHY YOU**
café



Breakfast \$6

Apple Muffins (2)- (GF)(DF)(V)

packed full of juicy apples

Chicken Sausage & Veggie Quiche

Kiwi Dream Smoothie-(GF)(V)-kiwi, pineapple, avocado, Greek yogurt & almond milk *(Sage FP-omit Greek yogurt/replace with almond yogurt)*

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

Lunch \$9

Tuna Avocado Salad - (GF)(DF)

A riff on classic tuna salad- we use avocado instead of mayo to add creaminess

Curried Turkey Soup(GF)(DF)

The sweet flavors of apples and coconut balance the bold spices of this soup

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 (1/2)-**(GF)(DF)(V)**-stuffed with almond butter, pecans, raisins, & coconut-\$4

Energy Bites(2)-\$2*

Dinner-\$14

Chicken Piccata– This classic dish is served over brown rice *

Turkey Meatballs with Spaghetti

Squash(GF)(DF)- flavorful and filling we replace pasta with spaghetti squash to make more nutritious and GF

Tilapia Veracruz (GF)(DF)

Spanish & Mexican flavors combine this fish dish served over brown rice & sauteed spinach

Sweet Potato Chickpea Buddha Bowl

(GF)(DF)(V)Flavorful bowl served with a tahini maple sauce

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)**(\$5.00)

Smoothie Kit-(GF)(V) Triple Berry or Green

Mango-\$6 (Sage FP use almond yogurt)

*denotes not an option for Sage FP

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

Order by **Sunday, January 16th** , pickup on **Tuesday, January 18th** ****FREE Door Delivery for orders over**

\$50! Place your order by emailing

info@heltheucafe.com or call

(717)790-9657