

Healthy & Hearty

A meal Service by  **HEALTHY YOU**
café



Breakfast \$6

Berry Crumble Breakfast Bake - (GF)(DF)(V)

Delicious berries baked with a date crumble on top

Bacon Cheddar Quiche with a Sweet Potato Crust - (GF)*

Healthy & Wholesome French Toast Bake - (V) – using wholegrain bakery bread & coconut milk*

Chia Banana Mango Trifle - (GF)(DF)(V) - super delicious with fresh banana & mango

Mixed Berry Overnight Oats - (GF)(DF)(V)

Lunch \$10

Shrimp & Veggie Skillet - (GF)(DF)

A light & fresh lunch loaded with seasonal veggies & shrimp seasoned with a little spice and fresh lime juice (Sage FP - sub tilapia)

Tex-Mex Chicken & Zucchini - (GF)(DF)

A flavorful dish with black beans, tomatoes topped with fresh cilantro and scallions

Kimchi Power Bowl - Ground turkey marinated in a traditional korean sauce topped with Kimchi, shredded cabbage, avocado and brown rice topped with sriracha mayo (GF by eliminating mayo)

Kale & Chickpea Grain Bowl with Avocado

Dressing- (GF)(DF) (V) Veggie heavy bowl loaded with crunch & color

Dinner \$15

Almond Crusted Tilapia - (GF)(DF)

with chive/garlic mashed potatoes and sauteed spinach

Eggplant Parmesan - (GF))(V)

This version of the classic Italian favorite hits all the right cheesy, saucy notes with a fraction of the calories & fat. Served with a side salad (Sage fp served without cheese)

Chicken Cacciatore - (GF)(DF) prepared with drumsticks/thighs, tomato, mushrooms & onions served over brown rice

Turkey BBQ Meatloaf (GF)(DF) served with garlic mashed potatoes

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

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

Smoothie Kit - Triple Berry or Green Mango \$6

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

ORDER ONLINE AT

WWW.HEALTHYYOUCAFE.COM

Order by **Sunday, May 15th**, pickup on **Tuesday, May 17th** ****FREE Door Delivery for orders over \$50!**

Place your order by emailing
info@healthyyoucafe.com or call
(717)790-9657

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HEARTY BREAKFAST/SERVES 4-6

Berry Crumble Breakfast Bake - \$30 (GF)(DF)(V)

Delicious berries baked with a date crumble on top

Bacon Cheddar Quiche with a Sweet Potato Crust - \$17 (GF)*(WHOLE QUICHE)

Healthy & Wholesome French Toast Bake - \$25(V)

– using wholegrain bakery bread & coconut milk*

HEARTY LUNCH/SERVES 4-6

Shrimp & Veggie Skillet - \$35 (GF)(DF)

A light & fresh lunch loaded with seasonal veggies & shrimp seasoned with a little spice and fresh lime juice (Sage FP - sub tilapia)

Lemon & Herb Chicken - \$35 (GF)(DF)

a casserole style dish served with potatoes, carrots and onion

Kale & Chickpea Grain Bowl with Avocado Dressing

\$30 (GF)(DF)(V) Veggie heavy bowl loaded with crunch & color

HEARTY DINNERS/SERVES 4-6

Almond Crusted Tilapia - \$55(GF)(DF)

with chive/garlic mashed potatoes and sauteed spinach

Eggplant Parmesan - \$45(GF)(V)

This version of the classic Italian favorite hits all the right cheesy, saucy notes with a fraction of the calories & fat. Served with a side salad

Chicken Cacciatore - \$55 (GF) prepared with drumsticks/thighs, tomato, mushrooms & onions

Turkey BBQ Meatloaf \$45(GF)(DF) served with Mashed Potatoes

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

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

Smoothie Kit - Triple Berry or Green Mango \$6

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