

Good to Go meal service is freshly prepared by



GOOD TO GO



FAMILY STYLE MEALS AVAILABLE ONLINE

ORDER BY FRIDAY, OCTOBER 9TH BY 12PM/PICK UP ON MONDAY, OCTOBER 12TH IN ENOLA B/W 3-5PM, ARCONA B/W 5:30-6:30PM

Breakfast- \$5 per meal

Whole Homemade Quiche

WE MAKE EVERYTHING FROM SCRATCH

Call café for daily quiche flavors

\$17.00

(2) Omelet Muffins (V, GF)

Baked omelet muffins stuffed with spinach, scallions, bell peppers, cheese, egg, milk, salt and pepper.

200 Calories, 12g Fat, 2g Carbs, 14g Protein

Mocha Overnight Oats (V)

Oats, Chai seeds, coffee, almond milk, hemp protein powder mixed together to keep you fuller longer!

265 Calories, 9g Fat, 25g Carbs, 26g Protein

LUNCH - \$8 per meal

Hawaiian Pizza Chicken (GF)

Marinara, mozzarella, ham, and pineapple atop of a perfectly grilled chicken breast.

Served with roasted broccoli.

269 Calories, 11g Fat, 11g Carbs, 40g Protein

Vegetarian Curry (V, GF)

Loaded with Veggies and warm spices for a beautiful, flavorful meal

295 Calories, 13g Carbs, 10g Fat, 16g Protein

Tuna Salad Lunch Box

House-made Tuna salad mixed with plain Greek yogurt, Dijon mustard, shallots, and celery -. Served lunch box style with fresh cut carrots, grapes, and crackers.

320 Calories, 14g Fat, 23g Carbs, 29g Protein

DINNER - \$12 per meal

Sweet Chili Thai Chicken Bowl (GF)

This delicious sweet chili chicken bowl is loaded with rice, carrots, cabbage, peppers, Asian Thai fusion sauce, peanuts, scallions, sesame seeds, and cilantro

420 calories, 6g Fat, 70g Carbs, 25g Protein

Vegan Cauliflower Fettuccini (V)

Cooked cauliflowers transformed into a rich - luscious sauce blended with soften cashews. Mixed with sautéed kale and topped with bread crumbs.

400 Calories, 15g Fat, 50g Carbs, 15g Protein

Chicken and Rainbow Veggies (GF)

All white meat chicken breast, seasoned and baked with seasonal rainbow vegetables. Served with a rice.

524 Calories, 11g Fat, 80g Carbs, 24g Protein

AVOCADO BROWNIE \$2.00 - 139 Calories, 8.3g fat, 15.7g carb, 3 g protein
ENERGY BITES (2) \$2.00 - 94 Calories, 5.3 g fat, 10.6g carb, 2.5g protein
MINI CHEESECAKE \$1.50 - 119.3 Calories, 4.4g fat, 14.5g carb, 6g protein

**ADD-
ONS**

Avocado \$2.00
Shrimp \$3.00

Hard Boiled Egg \$1.50
Grilled Seasonal Veggies \$2.50

Grilled Chicken \$3.00
Side Salad \$3.00

NOW Online ordering & payment at www.healthycyoucafe.com/Good-To-Go

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www.HealthyYouCafe.com

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