

Good to Go meal service is freshly prepared by



GF: Gluten Free • V: Vegetarian

ORDER BY FRIDAY, September 18th BY 12PM AND - PICK UP MONDAY, September 21st 3PM-5PM

Breakfast- \$5 per meal

Whole Homemade Quiche

WE MAKE EVERYTHING FROM SCRATCH
Call café for daily quiche flavors
\$17.00

Blueberry Lemon Oatmeal Bake (V)

(242 Calories, 14g Fat, 23g Carbs, 6g Protein)

Fresh Fruit Parfait-(V)

(202 Calories, 3g Fat, 31g Carbs, 11.5g Protein)

Veggie Frittata (V) (GF)

Delicious crustless quiche loaded with fresh seasonal
veggies and herbs topped with Parmesan cheese
(198 Calories, 12g Fat, 8g Carbs, 12g Protein)

LUNCH - \$8 per meal

Buffalo Chicken Stuffed Peppers (GF)

Peppers stuffed with shredded chicken, a splash of hot
sauce, cauliflower rice and a whole lot of taste!
(341 Calories, 17.4g Fat, 15g Carbs, 31g Protein)

Taco Rice Bowl (GF)

The perfect Tex-Mex salad to please anyone! Perfect
blend of corn, black beans, tomato, red onion ground
round, spices, and so much more!
(360 Calories, 11.9g Fat, 46.7 Carbs, 21.1g Protein)

Chickpea Herb Flatbread (V)

Mediterranean inspired flatbread starts with our
homemade fat-free flatbread layered with a delicious
tahini hummus, fresh veggies, and herbs.
(210 Calories, 8.9g Fat, 41g Carbs 16g Protein)

DINNER - \$12 per meal

Maple Glazed Chicken (GF)

Maple Syrup provides a sweet coating to this protein
packed chicken dish served with sweet potatoes
(384 Calories, 7g Fat, 50g Carbs, 30g Protein)

Eggplant Garlic Pasta (V)

Whole wheat pasta, seasoned - roasted eggplant,
garlic, and fresh herbs tossed in a light olive oil, and
finished with crumbled feta and red pepper flakes
(509 Calories, 25g Fat, 64g Carbs, 16g Protein)

Ginger Shrimp & Vegetables (GF)

Large shrimp and fresh veggies tossed in an Asian
inspired marinate roasted, served with a side of rice.
(349 Calories, 9g Fat, 39g Carbs, 29g 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.healthycycafe.com/Good-To-Go

4500 Marketplace Way, Enola

www.HealthyYouCafe.com

717-790-9657

FAMILY STYLE MEALS: (SERVES 4-6 PEOPLE)

WHOLE QUICHE- \$17.00

FRESH SEASONAL FRUIT SALAD- \$45.00

BUFFALO CHICKEN STUFFED PEPPERS-\$30

FLATBREAD KIT (ANY KIND/4)- \$30.00

HOUSE SALAD- \$45.00

TACO RICE BOWL-\$30.00

MAPLE GLAZED CHIICKEN W/SWEET POTATOES -\$45.00

GINGER SHRIMP & VEGGIES- \$45.00