

Good to Go meal service is freshly prepared by



GOOD TO GO



GF: Gluten Free • V: Vegetarian

ORDER BY FRIDAY, September 25th BY 12PM AND - PICK UP MONDAY, September 28th 3PM-5PM

Breakfast- \$5 per meal

Whole Homemade Quiche

WE MAKE EVERYTHING FROM SCRATCH

Call café for daily quiche flavors

\$17.00

Fresh Fruit Parfait-(V)

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

Turkey Hash with Squash & Peppers (GF)

Savory and naturally paleo – topped with a fried egg!

(302 Calories, 15.3g Fat, 5g Carbs 32.3g Protein)

Healthy Cookie Dough Overnight Oats (V)

Chewy Oats, protein rich chia seeds, and nut butter

make this breakfast worth waking up for!

(352 Calories, 14.5g Fat, 43g Carbs, 9.2g Protein)

LUNCH - \$8 per meal

Garlic Beef & Zoodle Bowl (GF)

A low carb version on beef lo mein Zucchini noodles are mixed with tender strips of garlic ginger beef for an easy and flavorful meal.

(225 Calories, 10g Fat, 12g Carbs, 24g Protein)

Greek Couscous Salad (V)

Cucumber, bell pepper, tomato, feta, red onion, chickpeas, couscous tossed in Greek vinaigrette.

(379 Calories, 25.9g Fat, 32.2g Carbs, 9g Protein)

Mediterranean Tuna Salad (GF)

No mayo- Mediterranean style tuna salad consisting of cucumber, tomato, kalamata olives, artichoke, parsley, lemon, and more! Served over a bed of fresh organic greens with a red wine vinaigrette.

(255 Calories, 20g Fat, 11g Carbs, 11g Protein)

DINNER - \$12 per meal

Oven Fried Chicken Parmesan

This delicious spin on traditional Chicken Parm is baked, not fried- cuts the calories, not the taste!

(401 Calories, 16.9g Fat, 15.9g Carbs, 44.4g Protein)

Spinach Fettuccine

Fettuccine noodles tossed in a delicious homemade cream sauce mixed with spinach and topped with crispy bacon crumbles and parsley

(365 Calories, 12.2g Fat, 46.6g Carbs, 15.9g Protein)

Coconut Lime Shrimp (GF)

Coconut rice topped with a delicious lime - garlic ginger stir fry blend of asparagus, spring onion, peppers, and shrimp. Topped with coconut flakes and red pepper flakes!

(481 Calories, 20g Fat, 52g Carbs, 27g 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.healthyyoucafe.com/Good-To-Go