

March Specials

ENOLA

March 2nd- March 6th

SOUP: Sweet Potato Black Bean Chili

SALAD: Cranberry Almond Spinach

QUICHE: Cheesy Zucchini

WRAP: Maple Honey Turkey

SMOOTHIE: Beet Banana

March 9th – March 13th

SOUP: Apple Onion

SALAD: Tomato Avocado Cucumber Chick Pea

QUICHE: Turkey Bacon Cheddar with Sweet Potato Crust

PANINI: Chipotle Chicken 3 Pepper

SMOOTHIE: Pineapple Crush

March 16th- March 20th

SOUP: Beef and Black Eyed Pea Chili

SALAD: Kale Salad with Thai Peanut Sauce

QUICHE: Lorraine

FLATBREAD: Tomato and Peach with Basil

SMOOTHIE: Mango Green

March 23rd- March 27th

SOUP: Tortilla Turkey

SALAD: Quinoa and Crunchy Chick Pea

QUICHE: Ratatouille

SANDWICH: Pesto, Artichoke & Havarti Grilled Cheese

SMOOTHIE: Sunburst Energy



Call in your order

717-790-9657

order online

www.healthycyoucafe.com

Café Hours:

Monday- Friday

9:00am-5:30 pm

March 30th- April 3rd

SOUP:

Harvest Stew with Sausage

SALAD:

Apple, Gouda and Farro

QUICHE:

Sausage and Kale

FLATBREAD:

Turkey Taco

SMOOTHIE: Cantaloupe Peach



www.healthyyoucafe.com

order online

Take out Tuesdays are
BACK!
Free Delivery
11 a.m- 2p.m.
within 5 miles of Café.

Call in only. No online orders for this promotion For larger orders please call early.

Café menu items only. Does not apply to catering menu or catered events

Healthy You Happenings!

Our Spring/ Summer Menu will be coming out soon. We have new outside seating that will be arriving with the Spring weather.

Come in and order your favorites from our Winter Menu while we still have them, but don't worry, our new menu is just as amazingly delicious as this one!

Spiral Path Farms will once again be dropping off fresh organic produce at our café each week.

Sign up now and order your CSA share.

We use their produce for our specials starting in May through Fall. Check out their website for more information.

Events this month we are involved in:

March 2nd- Harrisburg Civic Club Tea Party

March 18th- Cooking Demo at Capital Blue (register on their website for this event)

Upcoming:

April 2nd: Taste of the Chamber

April 3rd : Youth Day of Caring @ City Island

April 5th- H2L Open House

GOOD TO GO

Have you tried our Good to Go meal prep program yet? Why not give it a go. We make it so easy to eat healthy and delicious meals each week. Menu selections change weekly, there are no subscription costs. There are several pick up locations to choose from. Ordering is available online through our app. Look for Healthy You Café and get started today!



Follow us on Facebook @healthyyoucafe or Instagram @ healthyyoucater

