

## Juices

All of our veggie juices are made with fresh vegetables juiced daily served over ice

small \$4      large \$6

### Energy

Carrot, apple, broccoli, parsley, ginger

\*Antioxidants, energizing, Vitamin C, improves metabolism

### V6

Cucumber, kale, spinach, broccoli, beet, celery

\*Calcium, iron, potassium, helps build the Immune system

### Pure

100% Carrot Juice

\*Beta carotene, Vitamin A, niacin, one of the most powerful antioxidants and detoxifiers!



### Wheatgrass Shot

\*One of the most nourishing and energizing foods

A one ounce shot, ground to order      \$3.50  
Two Ounce      \$6.25

\*Juices and prices subject to change due to the availability of produce

\*No substitutions

## Smoothies

All of our smoothies are made with fresh fruit blended daily.

small \$4      large \$6

\*Add Protein powder or Acai to any smoothie \$2.00

### Protein

This blend includes banana, strawberry, cranberry, apple, yogurt and soymilk.

### Protein-n-Green

add \$1.50/\$3.00

Protein smoothie plus green drink

\*Green drink helps with energy

### Tropical Blend

This blend includes banana, pineapple, mango, orange yogurt and soymilk.

### Cran-Berry Blend

This blend includes banana, cranberry, strawberry, blueberry, raspberry, orange, yogurt and soymilk.

### POM-Berry Blend

This blend includes banana, POM juice, strawberry, blueberry, yogurt and soymilk.

\*Smoothies and prices subject to change due to the availability of produce

\*No substitutions



## To-Go Menu



Open to the public

### Hours

#### Breakfast

Mon-Fri: 6:30am - 11am

Saturday: 7am - 11am

Sunday: 8am - 11am

#### Lunch

Mon-Sat: 11am - 6:30pm

Sunday: 11am - 5:30pm

\*Limited menu after 6pm\*

5pm on Sundays

### Phone

(508) 696-7171 x222



## Breakfast

**Breakfast Burrito** \$3.50  
Eggs, potatoes, cheese, salsa and your choice of sausage or turkey bacon in a flour tortilla  
*\*substitute egg whites for extra \$1.25*

**Yogurt Parfait** \$4.99  
Yogurt with assorted berries and granola

**Grandy Oats® certified organic granola** \$4.50  
*\*Comes with whole or skim milk*

**Turbo Pita** \$5.99  
Egg whites, onions, spinach, tomato, turkey bacon and cheese in a whole wheat pita

**Cold Cereal - with whole or skim milk** \$3.99  
– without milk \$2.99

**Breakfast Sandwich** \$3.74  
Egg, cheese and choice of sausage, bacon, turkey bacon, ham or linguica

*\*Look for daily specials  
on our menu board in the Cafe*

## Simple Selections

Greek Yogurt	\$2.25	Fruit Cup	\$2.75/\$5.50
Muffins	\$2.25	Assorted Bagels	\$2.00
Croissant	\$2.00	<i>add cream cheese</i>	\$ .50
Toast	\$1.75	Coffee	\$1.50/\$2.50
Granola Bar	\$1.25	Tea	\$2.25
Protein Bar	\$3.75	Ice Coffee	\$2.50

## Lunch

### Soup/Salads

**Daily Soup Selection** Cup \$3/Bowl \$5  
**Green Salad** \$3.75  
**Caesar Salad** \$3.99  
**Spinach and Beet Salad** \$4.25  
*\*Add Shrimp \$3.99 Chicken \$3.25 Tofu \$2.99  
to any of the above salad*  
**Curry Chicken Salad** \$7.25  
with grapes and cashew over greens

*\*All salads come with choice of Caesar, Blue cheese,  
Balsamic or Fat free raspberry*

### Specialty Salads

These salads change regularly,  
Look for them in our display case

### Wraps

**Southwest** \$6.99  
Rice and black beans, cilantro, lime, roasted corn and tomato salsa, guacamole, chicken, lettuce, cheese and chipotle mayo  
**Turkey Club** \$6.99  
Turkey, lettuce, tomato, bacon and mayonnaise  
**Caprese** \$4.99  
Mozzarella, tomato, pesto, basil, lettuce, and balsamic

### For Kids

*(or the young at heart)*

Two selections daily – Look for these on the menu board in the Cafe

*\*Before placing your order, please inform your server if a person in your party has a food allergy*

*Consuming raw or undercooked foods may increase the risk of food borne related illness.*

### Panini's

**Veggie** \$6.99  
Caramelized onion, roasted red peppers, eggplant, portabella mushrooms and Swiss  
**Roast Beef** \$6.99  
Dietz and Watson Italian style roast beef Swiss cheese, horseradish and tomato

### Burgers

**Angus Burger** \$6.50  
**Veggie Burger** \$5.99  
**Turkey Burger** \$5.99  
*\*Choice of Swiss or Cheddar cheese  
\*Comes with lettuce, tomato, onion and a pickle*  
**Sliders** \$5.50  
Three, mini black angus beef burgers  
*\*Comes with cheddar cheese*

### Sandwiches

**PB&J** \$2.50  
**Turkey - Hormel** all natural turkey breast \$4.99  
**Roast Beef** \$5.25  
Dietz and Watson Italian style roast beef  
**Ham & Swiss** \$4.99  
Dietz and Watson Black Forest Ham  
**Grilled Cheese** \$3.25

### Simple Selections

Sweet Potato Fries	\$2.99/\$4.99	Bagel/Pita Chips	\$1.00
French Fries	\$1.99/\$3.99	Izze Soda	\$1.75
Fruit Cup	\$2.75/\$5.50	House Chips	\$2.00
Veggie Sticks	\$1.00/\$1.75	Chips	\$1.50
Chocolate Mousse	\$2.50	Cookies	\$1.25