

Well Body Menu

Breakfast

Served M-F till 10:45 * Sat. till 11:45 Sun till 1:00

Green Chili Omelet	\$6.19
farm fresh eggs, jack cheese, green chillies, onions, tomatoes	
Vegetable add-ons	
Well Body Club Omelet	\$6.19
farm fresh eggs, turkey, avocado, tomatoes, jack cheese	
Quesadillas	\$5.00
organic whole wheat tortilla, jack cheese, scrambled eggs, diced jalapenos, cilantro,	
Served with Well Body salsa on the side	
Sunrise Burrito	\$5.31
farm fresh eggs, jack cheese, potatoes	
Vegetable add-ons	
Maple Nut Waffles	\$4.38
Granola With fresh fruit	\$5.63
Drinks	
Tea - Iced or Hot	\$1.25
Chai - Iced or Hot	\$3.13
Coffee regular or decaf	\$1.25
Italian Sodas	\$3.13

Fresh Juices

Carrot Juice –organic	\$4.38
Tango Carrot - organic carrot, pineapple, orange,	\$4.69
Wellness Carrot - organic cant, apple, ginger	\$4.69
Red Delight organic carrot, apple, beet,	\$4.69
Cleanser- organic carrot, beet cucumber	\$4.69
Popeye's - organic carrot, spinach, celery	\$4.69
Zesty -organic carrot, lemon,	\$4.38
Well Body Veggie - organic carrot, tomato, parsley, celery, spinach, beet	\$6.56
Super Green - organic carrot, parsley, celery, spinach, shot of wheatgrass	\$5.31

Smoothies

Digestive Aid - organic banana, pineapple, papaya juice, powdered ginger	\$4.06
Berry Very Energy - banana, strawberry, raspberry, blueberry, apple juice, energy shake powder	\$4.99
Wellness - banana, pineapple, blueberry, apple juice, and "Wellness Formula"	\$4.99

Acai Energy - Acai, strawberry, banana, apple juice	\$4.99
Mango/Orange - mango, banana, orange juice	\$4.38
Piña Colada - pineapple, coconut milk, apple juice	\$4.06
Flax and Go - strawberry, orange juice, flax seed	\$4.38
Maple Nut - banana, nuts, maple syrup, apple juice	\$4.06
Strawberry - banana, strawberry, apple juice	\$4.06
Blueberry - banana, blueberry, apple juice	\$4.06
Peach - banana, peach, apple juice	\$4.06
Raspberry - banana, raspberry, apple juice	\$4.06

Add on:

bee pollen, protein powder, lecithin, green energy powder
.44 .44 .44 \$1.25

herbal formula, ginseng, yogurt
.94 .44 .44

Build your own juice or smoothie:
each additional juice .44

Southwestern 1/2 Whole

Guacamole Soft Taco \$4.94 \$7.81
wheat tortillas, guacamole, jack cheese, tomato
onion, olives, sprouts w/ pinto and/or black beans

Bean and Cheese Nachos \$4.69 \$5.31
cheese, black beans, pinto beans

Deluxe Nachos \$4.94 \$6.88
cheese, black olives, pinto beans, onion,
tomato, guacamole, black olives

Beans and Rice
pinto beans and black beans over brown rice Cup \$2.19
Bowl \$4.38

Sandwiches

We use organic 7 grain bread for all sandwiches
(served with chips and dessert muffin)

	Half	Whole
Avocado	\$4.69	\$7.19
avocado, jack cheese, tomato, sprouts, mayo		

Chicken Salad	\$4.69	\$7.19
chicken salad, tomato, sprouts, mayo		

Hummus	\$4.69	\$7.19
hummus, avocado, tomato, sprouts, mayo		
Turkey	\$4.69	\$6.56
turkey breast, tomato, sprouts, mayo		
Veggie Delight	\$4.69	\$6.56
brown mustard, guacamole, cucumber, red onions, tomato, lettuce, sprouts, roasted red bell peppers		
Well Body Club	\$4.94	\$7.44
turkey breast, avocado, jack cheese, tomato, sprouts, mayo		
Tuna	\$4.38	\$6.88
tuna salad, sprouts, tomato, mayo		

Sandwiches on whole wheat bun

Garden Burger	\$7.44
Well Body veggie patty, ketchup, mustard, pickles red onion, lettuce	
Grilled Tofu Sandwich	\$7.50
lettuce, tomatoes, red onions, pesto dressing, mayo	
Southwestern Grilled Chicken Sandwich	\$7.19
grilled chicken, guacamole, lettuce, salsa	
Grilled Chicken Sandwich	\$7.44
grilled chicken, lettuce, tomatoes, avocado	

Wraps

Hummus Wrap	\$6.88
tahini dressing, hummus, guacamole, sprouts lettuce, diced tomatoes, shredded carrots and cabbage, kalamata olives, roasted red bell pepper wrapped in a whole wheat tortilla	
Turkey Wrap	\$6.56
ranch dressing, turkey, grated cheese, sprouts, avocado slices, roasted red bell pepper wrapped in a whole wheat tortilla	
Grilled Tofu Wrap	\$6.25
tahini dressing, grilled tofu, green onions, lettuce, sprouts, olives, roasted red bell peppers. shredded carrots and cabbage, wrapped in a whole wheat tortilla	

Grilled Chicken Wrap \$7.19
roasted red bell pepper dressing, grilled chicken,
lettuce shredded carrot and cabbage, jack cheese,
wrapped in a whole wheat tortilla

Salads

(Served with crackers and apple spice muffin)

Well Body Salad \$7.81
greens, onion, tomato, jack cheese, avocado,
sprouts, fresh vegetables

Taco Salad \$7.19
greens, chips, beans, jack cheese, onion, tomato,
olives, sour cream

Dinner Salad \$4.38
greens, tomato, sprouts

Chicken Salad Plate \$6.88
chicken salad served on a bed of lettuce with
avocado slices, sprouts

Tuna Salad Plate \$6.88
tuna salad served on a bed of lettuce with
avocado slices, sprouts

Grilled Chicken Salad \$7.81
greens, cheese, pintos, onions, tomatoes, black
olives, grilled chicken, chips, sour cream,
guacamole sprouts

Hummus Salad \$7.44
lettuce, shredded carrots and cabbage, tomatoes,
kalamata olives, green onions, sprouts, hummus.
lentils, feta cheese

Tempeh Taco Salad \$7.44
lettuce, chips, tempeh, tomatoes, avocado.
olives, green onions

Grilled Tofu Salad \$7.44
lettuce, sprouts, grilled tofu, beans, tomatoes,
olives, green onions, guacamole

Soups

An ever changing variety of homemade tastes

cup \$2.19

bowl \$4.38

Baked potatoes

with butter or margarine \$3.13

each add-on .35

The works (chives, bacon bits, cheese & sour cream or yogurt) \$3.69

Sides

chips and salsa \$2.19

chips and guacamole \$2.19

chips and hummus \$2.19

slice of bread .63

wheat tortillas .63

Salsa

(8oz) \$2.50 cup

(16oz) \$5.00 bowl

Dressings

(8oz) \$2.50 cup

(16oz) \$7.00 bowl

Kids Menu

Peanut Butter - n - Jelly Sandwich \$3.69

Grilled Cheese Sandwich \$3.69

Cheese Nachos \$3.69
with beans

Baked Potato w/ butter \$3.13

The works (sour cream, chives & bacon bits) \$3.69

each add on: .25

Bean Burrito \$3.69

bean, rice, and cheese burrito on whole wheat tortilla

Kids eat FREE every Friday evening!! VISIT OUR BAKERY FOR WONDERFUL CHOICES

