

Breakfast of Champions

\$3.50

Bagel & Eggs Sandwich

Cream cheese & eggs on a hot & toasty bagel.

Avocado & Cheese Sandwich

Less than 300 Calories on a thin wheat bun oozing with avocado & cheese; power food without a lot of calories!

Juices

16oz: \$4.99 20oz: \$5.99 24oz: \$6.99

Happy Tummy

Lemons, oranges & apples to soothe your tummy.

Second Wheel

Carrots & apples for your Reproductive Health.

Green Gold

Green cabbage, apple & celery for your heart & your body!

Thyroboost

Acai, dulce & apples to assist your thyroid & parathyroid.

Icecream Shakes



16oz: \$4.99 20oz: \$5.99 24oz: \$6.99

Double Joe

Coffee, Mint Marble Fudge icecream & milk.

Orange Mocha

Coffee, Vanilla Orange icecream & milk.

Triple Mocha

Coffee, pure cocoa, Chocolate Velvet icecream & milk.

Kiddy Up

Any two flavors of icecream & milk.

Healthy Palate

- Holistic Health Practitioner with years of experience
- Provides helpful tips for healthy eating, food allergies & weight loss
- Provides delicious, healthy smoothies geared to specific fitness goals such as the "energizer" & the one for muscle recovery
- Unique salads, made to order sandwiches & snacks made with fresh ingredients on the spot

"We serve you the food, the whole food, and nothing but the food."



We fuel and uphold our fighters, strategists, and operations support personnel with awesomely delicious, healthy, and nutritious foods to kick the enemy's butt.

Hours of Operation:

Monday-Friday: 0600-1800

Saturday & Sunday: Closed

Telephone: 605-0079

www.healthy-palate.com

Body Balancing Smoothies



16oz: \$4.99 20oz: \$5.99 24oz: \$6.99

Aloha

Pineapple, orange and honey; packed with Bromelain, bio-flavonoids, vitamin C, and minerals.

Cocoa Berry

Cocoa, mixed berries, and honey; loaded with antioxidants, glucose to fuel your brain and power your body.

Energize

Power-packed avocado, banana, pumpkin seeds for that boost of energy that sustains you throughout your workout, don't get started without it.

Sweet Green

Banana, cucumber, kale, and pinch 'o' honey that rushes some potassium, magnesium, sulfur and calcium into your body for that extra boost.

Strawberry Peach

Strawberries, peach and honey strategically designed to provide vision supporting lutein and zeaxanthin; can you see the goodness?

Faking Colada

Coconut milk and pineapple with hint of honey to take you to the tropics as you enjoy the cellular restructuring properties of coconut and digestive enzymes in the pineapple. Who says you have to spend a lot of money on a vacation?

Beverages

16oz: \$1.99

Fresh Iced Tea

Brewed Daily

Fresh Lemonade

Pressed Daily

Weight Management and Muscle Building Smoothies

16oz: \$4.99 20oz: \$5.99 24oz: \$6.99

Acai Lite

Omega fatty acid rich acai berries, natural appetite suppressant garcinia fruit, and nutrient rich apples for the lightweight you desire.

Weigh Less

Weight Assist™ Shake Mix (our exclusive blend of weight loss mix), banana and stevia specially formulated to support weight loss

Muscle Boost

Muscle building protein, banana and peanut butter for the much needed nitrogen state to groom those brawny wide shoulders and v-taped waistline; hello, Mr. Universe!

Recover

No need to suffer after your work out, we have muscle repairing blend of protein, flax seeds and banana with some honey to the rescue.

Salads



\$5.95

Chicken Salad

Baked chicken strips with lettuce, tomato, onion, grated cheese, and sesame dressing specially commissioned to complement the chicken. It's light, it's full of nutrients, it's delicious.

House

You'll love salads all over again with our house mix of crisp romaine lettuce, tomato, olives, apples, and Goji berries, yum, yum, yum!

Cucumber Boat

Half cucumber filled with nut pate, carrots, tomato and fresh salsa, it's to live for.

Sandwiches



\$5.95

Avocado Sandwich

Lots of avocado slices served on your choice of whole wheat or multi-grain bread, with sprouts, tomato, onion, olives, cucumber and lettuce.

Tuna Sandwich

Light water packed tuna with mayo (premixed), lettuce, tomato, onion and cheese on your choice of whole wheat or multi-grain bread.

Turkey Sandwich

Generous slices of turkey with tomato, onion, lettuce, mayo and mustard on your choice of whole wheat or multi grain bread.

Nutty

Enjoy loads of protein from our nutty loaf that fills your choice of whole wheat or multi-grain bread dressed up and ready to eat with lettuce, tomato, onion.

Soups

\$3.50 per Bowl

Monday - Cream of Carrot

Carrots, lowfat non-dairy cream, mediterranean spices.

Tuesday - Veg Out

Various vegetables simmered in a delicious broth(zero fat)

Wednesday - Minestrone

Brown rice, beans, vegetables, tomatoes

Thursday - Squash Bisque

Seasonal squash in a creamy bisque that's amazing!

Friday - 3 Bean Soup

Kidney beans, Pinto beans & Blackeye peas