

The Better Health Cafe

Menu

Welcome to The Café. We are pleased to serve you the finest organic fare in town, using the freshest produce possible. We make sure that our meats are hormone and antibiotic free, that our coffee is always organic and fair trade, that most of the foods we serve avoid the process of any genetic engineering, and that your experience here becomes a highlight of the day.

So join us, relax, and have a peaceful day. We hope you enjoy your visit with us and continue on the road to Better Health.

Organic juice bar

12 oz. \$4.50

16 oz. \$6.00

20 oz. \$7.50

Choose up to three items for a delicious fresh juice! Additional items will cost \$1.00 each.

- ◆ Carrot
- ◆ Apple
- ◆ Ginger
- ◆ Spinach
- ◆ Cucumber
- ◆ Orange
- ◆ Lemon
- ◆ Beet
- ◆ Parsley
- ◆ Celery

theBetterHealthstore

305 North Clippert Street

Lansing, MI 48912

517-332-6892

www.thebetterhealthstore.com

ESPRESSO MENU

ESPRESSO

The secret to great espresso is finding the right bean. We use only authentic Robusta and Arabica beans to create a true Italian Espresso, and the result is a delightful shot of soulful espresso with a rich crema.

Single: \$1.59
Double: \$1.89

Con Panna:
(with Whipped Cream)

Single: \$2.09
Double: \$2.49

Con Crème:
(with 1oz. cream)

Single: \$2.09
Double: \$2.49



Café Latte

Espresso & steamed milk, topped with a dollop of foam
Sm. \$2.55
Lg. \$3.10

Cappuccino

1/3 espresso, 1/3 steamed milk, and 1/3 foam.
Sm. \$2.55
Lg. \$3.10

Caramel Latte

Espresso & steamed milk, caramel syrup, topped with whipped cream
Sm. \$2.90
Lg. \$3.50

Mocha Latte

Espresso, steamed milk & chocolate syrup, topped with whipped cream
Sm. \$2.90
Lg. \$3.50

Wintermint Latte

Espresso, steamed milk, chocolate syrup, a shot of Irish Cream & whipped cream
Sm. \$2.90
Lg. \$3.50

Americano

Espresso & Hot Water
Sm. \$1.75
Lg. \$2.10

Chai Latte

Oregon Chai & Steamed Milk,
Sm. \$2.90
Lg. \$3.50

Steamers

Steamed Milk & your choice of flavoring
Sm. \$2.90
Lg. \$3.50

Hot Chocolate

Steamed Milk, Hot Cocoa Mix & Whipped Cream
Sm. \$2.55
Lg. \$3.10

Extras:

Extra Shot: \$.59 Whipped Cream: \$.39
Caramel or Chocolate: \$.49 Extra Syrup: \$.59

All of our ingredients are organic unless otherwise noted.

Organic Sandwiches

Choose
Any Two
\$7.00

- ◆ Any Half Signature Sandwich
- ◆ A slice of Quiche
- ◆ 1/2 lb. Salad Bar
- ◆ Bowl Soup De Jour
- ◆ 12 oz. Smoothie
- ◆ 16 oz. Espresso Drink

Dietary Notations

Look for the following symbols to determine which foods are available for your needs:

- ♥ = Organic
- ♣ = Vegan
- ☆ = Gluten Free
- ❖ = No Refined Sugar Added

The Hummer \$6.49
Oven Roasted Turkey, Hummus, Lettuce, Tomato, Onion and Caesar Dressing on Grilled Wheat. ❖

The Reuben's \$6.49
Choose Turkey or Sautéed Tempeh, with Swiss Cheese, Sauerkraut and 1000 Island Dressing on Grilled Rye.

Bull Feathers \$6.49
Grilled Turkey, Roast Beef, Tomato, Onion, Alfalfa Sprouts, Swiss Cheese, Horseradish Sauce and Caesar Dressing on Rye. ❖

B.A.L.T. \$6.95
Crispy Tempeh "Bacon", Ripe Avocado, Fresh Romaine, Tomatoes & Veganaise on Grilled Whole Wheat Bread. ♥♣❖

The Big Queso \$6.95
Cheddar Cheese, Tomato, Onions, Avocado and Salsa Grilled in a Whole Wheat Tortilla Wrap. ♥❖

*side of sour cream available upon request. \$.39

Humming Bird-less \$6.95
Sautéed Tempeh, Hummus, Tomato, Onion, Spinach and Balsamic Dressing on a Grilled Whole Wheat Wrap. ♥♣❖

Cucumber Sprout \$6.49
Cucumber, Alfalfa Sprouts, Tomato, Onion, Avocado and Vegan Cream Cheese on Grilled Wheat. ♥♣

Tempeh Deluxe \$6.49
Sautéed Tempeh, Rice Pepper Jack Cheese, Lettuce, Tomato, Onion, Avocado and Veganaise on Grilled Wheat. ♥♣❖

Mediterranean Wrap \$6.95
Hummus, Tomato, Onion, Green Pepper, Black Olives, Feta, Lettuce and Balsamic Vinegar on a Whole Wheat Wrap. ❖

Peanut Butter & Jelly \$3.95
◆ All Natural Peanut Butter with Organic Jelly
◆ on Grilled Wheat. ♥♣
◆

* Check our To Go Case for more Options!

Organic Smoothies

<u>Pina Colada</u>	Pineapple, coconut, local honey & vanilla soy milk. ♥♣❖
<u>Spun Monkey</u>	Banana, strawberry, mango, spinach & apple juice ♥♣❖
<u>Spun Punk</u>	Strawberry, raspberry, blueberry, spinach & apple juice ♥♣❖
<u>Hank Erin</u>	Banana, mango, spinach, pineapple & apple juice ♥♣❖
<u>Elvis</u>	Banana, peanut butter, carob, local honey & soy milk ♥♣❖
<u>Carmen Miranda</u>	Banana, strawberry, blueberry, & apple juice ♥♣❖
<u>Berry Best</u>	Strawberry, blueberry, raspberry & apple juice ♥♣❖
<u>Million Dollar Man</u>	Banana, strawberry, mango, wheatgrass, Echinacea, brown rice or whey protein & apple juice **add \$2.25** ♥♣❖
<u>Camille</u>	Banana, strawberry, pineapple, coconut, local honey & vanilla soy milk ♥♣❖
<u>Mango Tango</u>	Mango, banana, vanilla soy milk & local honey ♥♣❖

12 ounces

\$4.00

16 ounces

\$5.00

20 ounces

\$6.00

EXTRAS

\$2.00 each

Wheatgrass:

Detoxifies, Purifies, and Rejuvenates



Ginseng:

Super Energy Booster



Flax oil:

Full of Omegas!



Rice or Whey Protein:

A big boost of protein




Echinacea

Immune Support



Organic Wheatgrass

Did you know that One ounce of wheatgrass juice has the nutritional equivalent of 2 1/2 pounds of fruits and vegetables?!?!


1 oz: \$2.25

2 oz: \$3.95

8 oz: \$15.49 (will stay fresh up to 5 days!) ♥♣❖