

SANDWICHES AND WRAPS

Made to Order

MEAT & SEAFOOD SELECTION

Free Range Chicken Club...\$6.99

Amish chicken breast, Applegate Farms turkey bacon, lettuce, tomatoes, and vegenaise on a warm whole wheat wrap.

Applegate Turkey Ruben...\$6.99

Applegate Farms oven roasted turkey, sauerkraut, melted swiss, and thousand island on grilled rye.

Chef Mark's Monte Cristo...\$6.99

Applegate Farms black forest ham, swiss, honey mustard, lettuce, and tomatoes on grilled rye.

Wild Caught Albacore Tuna Melt

.....\$6.99
Our better health tuna with celery, onions, vegenaise, fresh dill, and lemon served on grilled rye with melted swiss, lettuce and tomatoes



VEGETARIAN SELECTION

California Whopper.....\$4.99

Grilled veggie burger with melted cheese, topped with avocado, lettuce, onion, pickles, vegenaise, and ketchup on a grilled roll.

Vegan Spring Roll-up.....\$6.99

Bean sprouts, cucumbers, lettuce, tomatoes, onions, avocado, with vegan cream cheese on a spinach flatbread.

Garden Oasis.....\$6.99

Tabouleh, hummus, onions, feta cheese, with balsamic vinaigrette on whole wheat flatbread.

Ultimate Grilled Cheese.....\$4.99

Cheddar cheese with grilled onions, avocado, tomatoes, on cracked wheat bread.

All Natural PB & J with Bananas

.....\$3.99
Peanut butter, fruit preserves, and organic bananas, on grilled cinnamon bread.



Fast food for lunch?

Whoa...there's a better alternative. It's the Better Health Café inside the Better Health Market

Out to lunch?

Most restaurants are when it comes to serving quality foods that promote healthy living.

That's why you'll want to



- **Organic Salad Bar**
- **Organic Raw Juice – made to order**
- **Fresh Organic Wheat Grass Juice**
- **Gluten Free Available**

- **Homemade Soups**
- **Vegetarian Sandwiches & Wraps**
- **Real Organic Smoothies from Real Food - No Mixes**

Call: (248) 735-8100 Fax: (248) 412-1895 or Email: novicafe@thebetterhealthstore.com it in advance!

42875 Grand River Ave., Novi, MI 48375

Hours; Monday thru Saturday 9am to 9 pm, Sunday 11am to 7 pm

ORGANIC JUICE BAR

REFRESHING THAN FRESH SQUEEZED JUICE!
CHOOSE FROM OUR SIGNATURE DRINKS OR PICK THREE

12 OZ. \$5.49 16 OZ. \$6.49 20 OZ. \$7.49

*NOTE: SOME ITEMS ARE SEASONAL

SIGNATURE JUICES

A Friend of Bill	A Liver Lover: carrots, ginger, beets
Counting Sheep	Relaxation: carrots, celery, parsley
Orangutan	Antioxidant: carrots, oranges
Grateful Red	Energy: honey, carrots, beets, parsley
Drink Your Veggies	Digestion: carrots, spinach, cucumber
The Capper	Cleansing: carrots, apples, parsley
The Rolo Wonder	Blood Regenerator: spinach, cucumber, parsley
10W-40	Fuel: apples, carrots, beets, spinach, parsley,
Energizer	Battery Power: apples, carrots, celery, beets, spinach, red chard, cucumber, green pepper, parsley, garlic, tomato, lemon

...OR CHOOSE 3 TO MAKE YOUR OWN BLEND

CARROT	GINGER	ORANGE	BEET	CELERY
APPLE	SPINACH	LEMON	PARSLEY	CUCUMBER

ORGANIC WHEAT GRASS

1 oz:\$3.00 2 oz:\$4.50 3oz:\$5.75

ORGANIC SMOOTHIES

12 oz: \$5.49
16 oz: \$6.49
16 oz: \$7.49

<u>Pina colada</u>	Pineapple, coconut, vanilla & soy milk
<u>Spun monkey</u>	Banana, strawberry, pineapple, spinach & peach juice
<u>Spun punk</u>	Banana, strawberry, raspberry, blueberry, spinach & peach juice
<u>Hank Erin</u>	Banana, mango, PINEAPPLE, spinach & peach juice
<u>Elvis</u>	Banana, peanut butter, carob, vanilla, local honey & soy milk
<u>Carmen Miranda</u>	Banana, strawberry, blueberry, & peach juice
<u>Camille</u>	Banana, strawberry, pineapple, coconut, vanilla, local honey & soy milk
<u>Berry best</u>	Strawberry, blueberry, raspberry & peach juice
<u>Pink paradise</u>	Strawberry, mango, pineapple & peach juice
<u>Million dollar man</u>	Banana, strawberry, pineapple, wheatgrass, Echinacea, rice protein & peach juice **add \$2.00**

Add any of these supplements to your smoothie for \$2.00 each

Goji: Happy Berry. Good for energy!

Flax oil: full of Omegas, brain food

Acai: Energy and Immune Support

Ginseng: energy, energy, energy!

Wheatgrass: purify and rejuvenate

Acidophilus: digestion & immune support

Healthy supplements! Enjoy alone or add one to your smoothie! \$2.00 each

<u>Protein Punch</u>	This liquid shot contains thirty grams of protein! (Contains lactose free dairy)
<u>Night on the Town</u>	The perfect blend of Goji and ginseng for energy and libido support
<u>Hype</u>	Acai and ginseng team up for an energy boost
<u>Stay Chill</u>	Stressed? Relax with a blend of melatonin, noni, tart cherry & more
<u>Burn It Up</u>	Wheatgrass & acidophilus come together for weight loss support
<u>Have Heart</u>	Support your cardiovascular health with Noni & Pomegranate