

# SANDWICHES AND WRAPS

## SIGNATURE SANDWICHES

## PANINI SANDWAICHES

### Free Range Chicken Club...\$6.99

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

### Wild 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

### Garden Oasis.....\$6.99

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

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

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

## BETTER BURGERS

### California Whopper.....\$4.99

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

### Michigan Whopper.....\$5.99

Grilled 1/4 Pounder Michigan Grass Fed Angus with melted cheddar, topped with Guacamole, Organic lettuce, onion, pickles, mayo, and ketchup on a grilled roll.

### Applegate Turkey Ruben...\$6.99

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

### Join the Club.....\$6.99

Roasted Applegate Turkey Breast, & Turkey Bacon, Sliced Organic Tomatoes, Spinach, Honey Mustard, on a Ciabatta Bread

### Chicken Lots.....\$6.99

Roasted Chicken Breast Sliced Apple, Muenster Cheese on Whole Wheat Wrap

### Tempeh Reuben's..... \$6.99

Sautéed Tempeh, with Swiss Cheese, Sauerkraut and 1000 Island on Organic Rye Bread.

### Bacony, Tomatoey and Cheesey.....\$6.99

Applegate Turkey Bacon. Wisconsin Cheddar & Organic Fresh Tomatoes on Cracked Wheat Bread

### 4 Cheese 4 You.....\$5.99

Swiss, Cheddar, Muenster, Feta Cheese on Jewish Rye.

### Organic Garden.....\$6.99

Grilled Asparagus, Tomatoes, Grilled Onions, Guacamole, Muenster Cheese, roasted pepper sauce on a Spinach Wrap

### Portabella Bella.....\$6.99

Grilled Portabella Mushrooms, Feta Cheese, Grilled Onions Spinach, Extra Virgin Olive oil, Balsamic Vinegar on a Spinach Wrap.



## Better Tastes Better

for people who want to eat healthy, but still want great taste

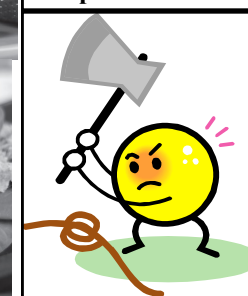
## Out to lunch?

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

That's why you'll want to head to Better Health Café for your mid-day meal instead



Chop-IT for FREE



- **Organic Salad Bar**
- **Organic Raw Juice**
- **Homemade Soups**
- **Vegetarian Sandwiches & Wraps**
- **Real Organic Smoothies from Real Food - No Mixes**

## Better Value Menu

Choose Any Two for \$6.99

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



Call: (248) 735-8100 Fax: (248) 412-1895 or Email: [novicafe@thebetterhealthstore.com](mailto: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

<b>A Friend of Bill</b>	A Liver Lover: carrots, ginger, beets
<b>Counting Sheep</b>	Relaxation: carrots, celery, parsley
<b>Orangutan</b>	Antioxidant: carrots, oranges
<b>Grateful Red</b>	Energy: honey, carrots, beets, parsley
<b>Drink Your Veggies</b>	Digestion: carrots, spinach, cucumber
<b>The Capper</b>	Cleansing: carrots, apples, parsley
<b>The Rolo Wonder</b>	Blood Regenerator: spinach, cucumber, parsley
<b>10W-40</b>	Fuel: apples, carrots, beets, garlic, ginger, parsley, and spinach.
<b>Energizer</b>	Battery Power: apples, carrots, celery, beets, ginger, spinach, red chard, cucumber, green pepper, parsley, garlic, tomato, and 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, and spinach
<u>Spun punk</u>	Strawberry, raspberry, blueberry, & spinach
<u>Hank Erin</u>	Banana, mango, pineapple, and spinach
<u>Elvis</u>	Banana, peanut butter, carob, vanilla, local honey & soy milk
<u>Carmen Miranda</u>	Banana, strawberry, & blueberry
<u>Camille</u>	Banana, strawberry, pineapple, coconut, vanilla, local honey & soy milk
<u>Berry best</u>	Strawberry, blueberry, & raspberry
<u>Pink paradise</u>	Strawberry, mango, & pineapple
<u>Million dollar man</u>	Banana, strawberry, & pineapple

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