

# 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](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, spinach, parsley,
<b>Energizer</b>	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