

Don't Skip Breakfast

Scrambled eggs & beef sausage or bacon with white cheese (add grilled onion & peppers on request)

PB \$3.99 W \$3.99
C/C Panini \$4.99

Healthy Appetizers

Fresh Hummus: \$4.89
Roasted Red Pepper, or Black Bean and Salsa Hummus with Whole Grain Baked Pita Chips or Pita Bread.

Shrimp Cocktail: \$4.89
6 Large tail-on steamed shrimp, lemon & cocktail sauce.

Veggie Dippers: \$1.89
Broccoli and Carrots with fresh ranch dip.

Desserts

Fruit Cup: \$2.89
Pineapple, mandarin oranges, Red Delicious apples, Craisins, coconut, walnuts or pecans and Granola.

Ask about our Daily Dessert Specials

KiddoKorner

Grilled Cheese Kidini
\$3.49

Double Cheese Roly Poly Wrap
\$3.49

Signature Salads

Served with Crackers or Croutons. Mini salads are smaller versions of our regular meal-sized salads. All salads feature nutrient rich fresh green leaf lettuce.

Dressings:
Low fat Buttermilk Ranch,
Avocado Ranch, House Vinaigrette,
Asian and Orange-Ginger
ADD 6 SHRIMP \$2.99
OR GRILLED CHICKEN \$1.99

Mexican Cobb \$6.25 Mini \$4.99
Red onion, tomato, black beans and corn, green & red bell peppers and cheddar cheese, with our own avocado ranch dressing.

Caprese Italian \$6.25 Mini \$4.99
Chunks of fresh Mozzarella marinated in extra virgin olive oil and basil pesto, and tomatoes with Italian Dressing.

Greek Salad \$6.25 Mini \$4.99
Tomatoes, black olives, feta cheese, dried cranberries, pepperoncini & walnuts with Classic Vinaigrette.

Island Salad \$6.25 Mini \$4.99
Mandarin oranges, pineapple chunks, dried cranberries, coconut, cucumber, tomato, red & green bell peppers, pecans, and orange ginger vinaigrette.

Asian Salad \$6.25 Mini \$4.99
Cucumber, red onion, mandarin oranges, sunflower seeds, pecans and toasted Asian noodles. Served with toasted sesame orange ginger dressing.



Pick 4 Fresh greens plus your choice of 4 toppings.
\$6.25

(mini available)
*Cheddar
*Corn & Black Beans
*Pineapple
*Pecans
*Dried Cranberries
*Feta
*Black Olives
*Boiled Eggs
*Artichoke Hearts
*Sunflower Seeds
*Mandarin Oranges
*Basil Pesto Marinated Mozzarella

*Tomato
*Bell Pepper
*Red Onion
*Broccoli
*Walnuts
*Carrots

Side Salad \$2.89
Fresh greens, tomato, cucumber, red and green bell peppers, red onion and cheddar cheese.

Garden Salad \$6.25 Mini \$4.99
Fresh tomatoes, cucumbers, red onion, red and green bell peppers, carrots or broccoli, and cheddar cheese.

Greenleaf Caesar \$6.25 Mini \$4.99
Fresh Greenleaf lettuce tossed in a classic creamy Caesar dressing, topped with fresh grated parmesan cheese, and a double dose of our seasoned croutons.

Chef's Salad \$7.25 Mini \$5.99
Green leaf lettuce, cucumber, tomato, red onion, red and green bell peppers, boiled egg, cheddar cheese, turkey ham, ranch or vinaigrette dressing.

Steaming Hot Soups

Fresh Soups prepared daily.
Ask about today's selections.

Drinks

Community Iced Tea \$1.49
Flavored Teas \$1.89
Raspberry, Peach,
Pomegranate, Peppermint, etc.
Splenda sweetened Flavors available.

Premium Bottled Water \$1.29
Fresh Squeezed Lemonade \$1.89
Fresh Strawberry Lemonade \$1.89
Herbal and Hot Teas \$1.49

Natural Bottled Sodas \$1.79
Root Beer, Cream Soda, etc.

Italian Sodas

Regular/SugarFree \$2.09
Creamy \$2.49
Peach, Orange, Pomegranate,
Blackberry, Raspberry,
Strawberry, Blueberry, Chocolate,
Vanilla, Cherry, Root Beer, etc.

See our Coffee
and Smoothie Menu

Special Orders

Sushi Trays, Hummus bowls, pots of coffee, and more available for your party, shower, wedding or meeting. Just ask. We're also available to cook ready to heat/freeze meals such as pot roast, lasagna, spaghetti, red beans & rice, gumbo, etouffee, chili and more! Sack/box lunches also available.

Get Healthy 1118 N. Pine Street in DeRidder 463-5777