

MENU BB's Health Food Café



Lunch 11am - 3pm

Build Your Own:

Bowl, Panini, Sandwich , Wrap or Quesadillastart at \$8.99 (no added protein)

Bread/ Grain Choices (Friendly to All Blood Types)(choose one):

Ezekiel 4:9 (100% Sprout grains): Low Sodium, Original, Sesame Seeds or Flax (sprout obliterates the gluten lectin in wheat) (good for all Blood types)

Millet & Flax (GF)

Millet Sourdough (Naturally GF, but processed in same bakery as wheat products)

Millet & Flax Lavash (Naturally GF, but processed in same bakery as wheat products): Spinach, Sundried Tomato or Plain

Wheat Wraps (spinach or sun-dried tomato)

Organic Brown Rice, Organic Kelp Noodles or Organic Quinoa

Meat Choices: (Choose one)

Nature Nine Farms Free Range, organic Chicken, Pulled **(up charge of \$3.00) (market availability)**

Oven Roasted Chicken, Organic Free Range, no Preservative (O, A) (GF)

Oven Roasted Turkey, Organic Free Range, no Preservative (All) (GF)

Hickory Smoked Turkey, Organic Free Range, no Preservatives (GF)

Roasted Beef, All natural, no preservatives (GF) (O, B) **(up charge of \$2.00)**

Tofurkey **(varieties will vary so ask) (V) (up charge of \$1.00)**

Grilled Tempeh **(varieties will vary so ask) (V) (up charge of \$1.00)**

Hempeh **(varieties will vary so ask) (V) (up charge of \$1.00)**

Cheese Choices: (Choose one)

Provolone, organic (B)

Swiss, organic (B, AB)

Mild White Cheddar, organic (B, AB)
Shredded Mozzarella (ALL)
Pepper Jack (V)
Shredded Vegan Cheddar (V)

Goat Feta, organic (ALL)
Shredded Mozzarella (V)
Gouda (V)
Provolone, vegan (V)

Veggie Choices: (Choose up to 3/ vegans up to 5; add \$.50 for additional choices)

Artichoke Hearts, sliced (A, O)	Onions, raw or sauteed (ALL)
Avocado (A)	Spinach (ALL)
Bell Peppers, sauteed, (green, orange, red, yellow) (O,B)	Tomato (O, AB)
Cucumber (A, AB, B) (Sauteed)(All)	Portabella Mushrooms
Greens (market availability)	Kale (ALL)
Hearts of Palm, sliced	Squash, Yellow (ALL)
Jalapeno Peppers, sauteed or raw	Zucchini (ALL)

Special of The Day TBA daily, prices will vary (see menu board or display)

Dessert of The Day TBA daily/ prices vary (see menu board or display)

Sauces & Dressings:

Tamari Citrus Lime, Spicy Mayo, Peanut Sauce, Sesame Ginger Lime or any from our store stock

Hummus:

Avocado (A)
Black Bean (A, O)
Black Eyed Pea (A, O)
Soybean (All)
Spinach Artichoke (A, O)
White Bean (ALL)

Baked Stuffed Lavash (made with Millet Flour Stuffed with the following: Spinach
(V).. \$5.99 or Spinach and Feta Cheese...\$6.25

Baked Stuffed Low Carb Wheat Lavash

Spinach and Artichoke (V)..\$5.99 or Spinach and Feta Cheese..\$6.25



Drinks

Fresh Brewed Cold Teas of The Day (TBA daily).....\$2.50
 Hot Tea available All Day (any in store selections bagged or bulk)\$2.50
 Hot Coffee available All Day...small.....\$2.00, Large.... \$2.50, French Press..... \$3.50

Note: millet flour is naturally gluten free; however our pies are made in a bakery that also produces wheat products.

Note: Most Items are organic and all are non-gmo and no chemical preservatives

BB's Health Food Store & Cafe Organic Juices



Build Your Own Juice

12 oz...\$7.50

Fruit Choices: (choose up to 3)

Apples: Red or Green	Lemon
Grapes: Green, Red, Black (seasonal)	Lime
Grapefruit	Orange
Strawberries (seasonal)	Pineapple
Watermelon (seasonal)	

Veggie Choices: (Choose up to 3)

Beets	Ginger Root
Cabbage	Romaine Lettuce
Carrots	Spinach
Celery	Turmeric Root
Cucumber	Kale
Parsley	Cilantro
Collard Greens	

Cafe Favorites:

Green Detox: green apples, Lemon, Kale, Celery, Cucumber, Parsley, Cilantro, Ginger, Turmeric\$8.50

Orange U Glad: Carrots, orange, ginger.....\$7.50_____

Beet Cancer: Apples, Beets, Carrots, Kale, Lemon.....\$7.50

Free Radical Scavenger: Grapefruit, strawberries and liquid stevia.....\$7.50

The Cleanse: apples, collard greens, frozen organic cranberries, frozen pitted cherries, lemon.....\$7.50 **Hangover Helper:** apples, cranberry juice, strawberries, mango, ginger, spinach, camu powder and cayenne pepper.....\$8.50 **Happy Hydration:** watermelon, raspberries, basil, Agave, honey or stevia (optional), pomegranate juice or powder, raw cauliflower and Chia seeds.....\$8.50

Liver Lover: carrot, lemon, chard leaves, ginger, mango (optional) \$7.50

BB's Health Food Store & Cafe

Organic Smoothies



Build your own Basic....\$7.50

Fruit Choices:

Apples, Avocado, Bananas, Blueberries, Cherries, Mango, Pineapple, Raspberries, Strawberries, Watermelon (seasonal)

Veggie Choices:

Beets, Carrots, Cucumber, Kale, Spinach

Nut Butters Fresh Ground: (up charge of \$0.50) Organic

Roasted Peanuts, Almonds, Cashews

Proteins & Energy Powders: (up charge of \$1.00) Select from display

Misc. Add ons: (up charge of \$0.50)

Ground Flax Seed, Flax Oil, MCT Oil, Chia Seeds, Walnuts

Wheat Grass: (up charge of \$1.00)

Liquids: Filtered Water, Almond Milk (Vanilla or Plain Un-sweet), Cashew

Milk, Flax Milk+Protein, Macadamia Milk, Edensoy Un-sweet, Rice Milk Healthy Combos:

Chocolate Covered Cherry: choose your liquid, Cocoa, cherries, avocado or banana\$7.50

Cherry Good: Choose you liquid, Walnuts, banana or avocado, Cherries, nutritional yeast, lecithin (soy or Sunflower), agave nectar (optional).....\$8.50

Choconana: Choose your milk, Walnuts, peanut butter or almond butter, banana, cocoa or chocolate protein powder (add blueberries for added sweetness).....\$8.50

Easy Green: Organic Pineapple Juice, Romaine Lettuce and Spinach

Delightful Pink: Choose your liquid, Pineapple, strawberries, protein powder, cranberries and a hint of maple syrup and Cinnamon (optional).....\$8.50
Pick-Me-Up: Choose your liquid, pineapple, carrot, pineapple juice, ginger root, honey (optional).....\$7.99

Power Up: Choose your Liquid, pineapple, blueberries, pineapple juice, protein powder. (A, AB & O Blood types add tofu for more a more protein packed boost).....\$8.50

Super Surfer's: Organic Cherry or Pineapple Juice, mango, peach or nectarine, choose a berry (blue, straw, rasp), ground flaxseed, almond butter and greens or wheat grass.....\$8.50