

# The Healthy Deli

Want Something  
Really GOOD to eat?

visit **THE HEALTHY DELI**

**FRESH**  
MADE FROM SCRATCH



FRESH • NATURAL • ORGANIC



# The Healthy Deli

## Signature Wraps

MICROWAVE HEATED OR PANINI GRILLED

<b>THE GREEN GOBBLER</b>	<b>\$8.99</b>
All Natural Roast Turkey Breast, Swiss Cheese, Bac'Uns, Lettuce, Onions, and Spinach Pecan Pesto Dressing in a Spinach Tortilla.	
<b>TRIUMPHANT TUNA</b>	<b>\$7.99</b>
Tuna Salad, Cole Slaw, Fakin' Bacon, and Alfalfa Sprouts in a Wheat Tortilla.	
<b>CHIPOTLE AVOC. BLACK BEAN WRAP</b>	<b>\$5.99</b>
Avocado Black Bean Salad, Lettuce, Onions, Tomatoes, Sprouts, and Vegan Chipotle Mayonnaise in a Chili Tortilla.	
<b>HEALTH DELI VEGGIE SPECIAL</b>	<b>\$7.99</b>
Fakin' Bacon, Vegan Cheese, Pickles, Lettuce, Tomato, Sprouts, and Garlic Vegenaize in a Spinach Tortilla.	
<b>VEGAN VILLAGE CLUB</b>	<b>\$7.99</b>
Veggie Chicken Salad, Fakin' Bacon, Sprouts, Lettuce, Tomato, and Vegenaize in a White Tortilla.	
<b>THE BLACK BIRD</b>	<b>\$7.99</b>
All Natural Blackened Chicken Breast, Lettuce, Cheddar Cheese, Mushrooms, and Sesame Shitake Dressing in a Chili Tortilla.	
<b>PICNIC WRAP</b>	<b>\$6.99</b>
Chicken Salad, Cole Slaw with Dressing, Lettuce, and Tomato in a Whole Wheat Tortilla.	
<b>SOUTH OF THE BORDER</b>	<b>\$5.99</b>
Refried Beans, Salsa, Cheddar Cheese, Sweet Peppers, and Lettuce in a Chili Tortilla. SERVED WARM!	
<b>VEGGIE ZINGER</b>	<b>\$4.99</b>
Lettuce, Tomatoes, Sprouts, Mushrooms, Carrots, Pickles, and Black Bean Salsa in a Chili Tortilla.	
<b>EARLY RISER</b>	<b>\$6.49</b>
Scrambled OR Eggless Egg, Regular OR Vegan Mozzarella Cheese, Fakin' Bacon, and Salsa in a Wheat Tortilla. SERVED WARM!	

## Signature Sandwiches

TOASTED OR PANINI GRILLED

<b>TRIPLE CHICKEN CLUB</b>	<b>\$8.99</b>
Chicken Salad, Fakin' Bacon, Lettuce, Tomato, and Mayonnaise on Honey Whole Wheat Bread. Three Layers High!	
<b>CAROLINA BBQ CHICKEN</b>	<b>\$7.99</b>
All Natural Chicken Breast, Cheddar Cheese, Mushrooms, and BBQ Sauce on Jewish Rye Bread. SERVED WARM!	
<b>TLC SANDWICH</b>	<b>\$5.99</b>
Smokey Tofu, Lettuce, Cucumber, and Vegenaize on Jewish Rye Bread.	
<b>GUACA-TURKEY</b>	<b>\$8.99</b>
All Natural Smoked Turkey Breast, Guacamole Spread, Cheddar Cheese, Sprouts, Lettuce, Tomato, and Onion on Cracked Wheat Bread.	
<b>SUNRISE SANDWICH</b>	<b>\$6.49</b>
Lightly Scrambled Eggs, Black Forest Ham, Cheddar Cheese, Mushrooms, Salt, and Pepper on Cracked Wheat. SERVED WARM!	
<b>TRIPLE VEGAN VILLAGE CLUB</b>	<b>\$8.99</b>
Veggie Chicken Salad, Fakin' Bacon, Lettuce, Tomato, Sprouts, and Vegenaize on Cracked Wheat Bread. Three Layers High!	
<b>BLACKENED TOFU SANDWICH</b>	<b>\$5.99</b>
Blackened Tofu, Lettuce, Tomato, and Alfalfa Sprouts on Cracked Wheat Bread.	
<b>GRANDMA'S GRILLED CHICKEN</b>	<b>\$7.99</b>
Grilled All Natural Chicken Breast, Lettuce, Tomato, and Mayonnaise on Honey Whole Wheat Bread.	
<b>GRILLED SMOKEY RACHEL</b>	<b>\$6.99</b>
All Natural Smoked Turkey Breast, Swiss Cheese, Cole Slaw, and 1000 Island Dressing on Rye Bread. SERVED WARM!	
<b>SAY CHEESE! MEDITERRANEAN</b>	<b>\$5.99</b>
Provolone Cheese, Regular OR Vegan Mozzarella Cheese, Tomato, Olives, Oregano, and Panini Grilled on Rye. SERVED WARM!	

## Build Your Own

CHOICE OF BREAD & TOPPINGS INCLUDED

<b>ROASTED TURKEY</b>	<b>\$8.49</b>
<b>SMOKED TURKEY</b>	<b>\$8.49</b>
<b>CHICKEN SALAD</b>	<b>\$7.99</b>
<b>TUNA SALAD</b>	<b>\$7.49</b>
<b>TURKEY MEATLOAF</b>	<b>\$7.49</b>
<b>EGG SALAD</b>	<b>\$5.99</b>
<b>VEGGIE CHICKEN SALAD</b>	<b>\$6.99</b>
<b>FAKIN' BACON</b>	<b>\$7.49</b>
<b>BLACKENED TOFU</b>	<b>\$6.49</b>
<b>BAKED TOFU</b>	<b>\$6.49</b>
<b>SMOKEY TOFU</b>	<b>\$6.49</b>
<b>EGGLESS EGG SALAD</b>	<b>\$5.99</b>
<b>HUMMUS</b>	<b>\$5.99</b>
<b>Bread:</b>	Honey Whole Wheat, Cracked Wheat, Rye, Spelt, Non-Gluten Bread
<b>Tortillas:</b>	Wheat, White, Spinach, Chili, Non-Gluten
<b>Fixin's:</b>	Cheese (extra slice \$.25), Sprouts, Lettuce, Tomatoes, Pickles, Black Olives, Mushrooms, Carrots, Onion, Celery, Cucumbers, Cole Slaw
<b>Dressings:</b>	Mayo, Ketchup, Mustard, Honey Mustard Dressing, Sesame Shitake Dressing, Goddess Dressing, BBQ Sauce

**The Healthy Grocer**

717-737-5123 • FAX: 717-737-5434

www.thehealthygrocer.com

# The Healthy Deli

Want Something  
Really GOOD to drink?

visit our  
**HEALTHY  
JUICE BAR**



AND  
**BAKESHOP**

FRESH • NATURAL • ORGANIC



# Healthy Juice Bar

## Good For You Smoothies REFRESHING AND HEALING

	12 OZ	16 OZ
<b>BANANA JAVA SMOOTHIE</b> Double Strength Coffee, Bananas, Milk, Sweetener	\$3.99	\$4.99
<b>PROTEIN POWER</b> Apple Juice, Soy Milk, Bananas, Peaches, Whey Protein	\$5.99	\$7.49
<b>SPIRULINA SURPRISE</b> Almond Milk, Bananas, Veggie Protein, Spirulina	\$5.99	\$7.49
<b>GOOD MORNING!</b> Apple Juice, Whey Protein, Ground Flax, Bananas, Lemon Juice, Cranberry Juice, Strawberries, Vitamin C 500mg	\$4.99	\$5.99
<b>ABC DETOX</b> Water, Celery, Apples, Bananas, Parsley, Lettuce, Lemon Juice	\$3.99	\$4.99
<b>HEALTHY RESTORE</b> Orange Juice, Pineapple Juice, Rice Milk, Bananas, Celery, Sea Salt	\$3.99	\$4.99
<b>CREATE YOUR OWN</b> Your Choice of any Juice, Grain Beverage or Dairy Milk, PLUS Your choice of Fruit, and Dairy or Soy Yogurt	\$6.99	\$8.99

## Fun For You Smoothies HEALTHY AND DELICIOUS

	12 OZ	16 OZ
<b>BERRY BLAST</b> Yogurt, Blueberries, Strawberries, Peaches, Apple Juice	\$5.99	\$7.49
<b>STRAWBERRY SUNSET</b> Orange Juice, Strawberries, Bananas, Yogurt	\$5.49	\$6.99
<b>BLUEBERRY GARDEN ZINGER SMOOTHIE</b> Blueberries, Apples, Cucumber, Kale, Ginger	\$5.49	\$6.99
<b>DREAMSICLE SMOOTHIE</b> Orange Juice, Almond Milk, Bananas, Carrot Juice, Vanilla	\$4.99	\$5.99
<b>CHOCOLATE COVERED BANANA</b> Chocolate Almond Milk, Bananas, Chocolate Syrup	\$3.99	\$4.99
<b>FUNKY MONKEY</b> Rice Milk, Bananas, Peanut Butter	\$3.99	\$4.99

**BOOSTERS:** \$1.49

Protein (Choice)	Spirulina	Flax Oil
Bran (Wheat or Oat)	Honey	Flax-Ground
Peanut Butter		

## Healthy Juices MADE FRESH FOR YOU

	12 OZ	16 OZ
<b>GREEN GIANT</b> Celery, Broccoli, Cucumber, Kale, Parsley	\$5.99	\$7.49
<b>CLEAN SWEEP DETOX</b> Carrots, Apples, Celery, Parsley, Kale, Lemon Juice	\$5.69	\$6.99
<b>VERY VEGGIE</b> Carrots, Red Beets, Celery, Parsley	\$4.99	\$6.49
<b>APPLE ZINGER</b> Apples, Red Beets, Ginger	\$4.99	\$6.49
<b>CARROT APPLE</b> Carrots, Apples, Broccoli, Ginger	\$4.99	\$6.49
<b>CREATE YOUR OWN</b> Choice of: Carrots, Broccoli, Beets, Celery, Parsley, Kale, Garlic, Ginger, Apples, Lettuce, Cucumber	\$6.99	\$8.99
<b>WHEAT GRASS SHOTS</b> Organic Live Wheat Grass	1 OZ \$2.49	2 OZ \$4.49



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All juices, milk (vegan and dairy), veggies and fruits are ORGANIC!

The Healthy Grocer™

# BAKESHOP



Brownies • Muffins • Scones • Pastries • Pies • Cakes • Vegan • Non-Gluten Desserts