

# Healthy Options Menu

## 16 OZ. SMOOTHIES \$6.99



### TROPICAL BLEND

Strawberries  
Diced Pineapple  
Diced Mango  
Banana

### TRIPLE BERRY

Blueberries  
Raspberries  
Strawberries  
Pomegranate Juice

### STRAWBERRY BANANA BLEND

Strawberries  
Banana  
Orange Juice

Scoop of Whey – \$1.00

Scoop of Organic Plant Based Protein – \$1.50

**ADD TWO at No extra cost (50¢ for each additional)**

Spinach or Kale • Flaxseed • Honey • Natural Peanut Butter  
Coconut Milk • Shredded/Flaked Coconut • Almond Milk • Cinnamon  
Cherries • Shot of Coffee • Yogurt

**tatnuck**  
bookseller  
Gift Gallery & Café

Westborough Shopping Center  
18 Lyman Street, Westborough, MA 01581  
www.tatnuck.com

**508-366-5383**

Café Hours:  
Monday - Saturday 9 am to 3 pm

Before placing your order, please inform your server if a person in your party has a food allergy

## PROTEIN BOWL

**\$8.99**

Bed of spinach or baby kale  
Scoop of quinoa

### CHOOSE 4:

Avocado  
Broccoli  
Beets  
Tomato  
Cukes  
Hard Boiled Eggs  
Chicken  
Kalamata Olives  
Snap Peas  
Sweet Potato  
Dry Tuna  
Shrimp (when available)

### DIPPING:

Hummus  
Guacamole  
Creamy Balsamic  
Maple Balsamic

## VEGGIE BURGER

Choice of black bean chipotle or Beyond Meat. Grilled veggie patty topped with lettuce, tomatoes, onions, cheese, Dijon mustard on a whole wheat roll. **\$7.99**

\*\*onions or peppers cooked with patty upon request

## GREEK SUMMER WRAP

Hummus, tabouli, lettuce, onion and feta on a wheat wrap **\$5.99**

## VEGAN CHICKEN STIR FRY WRAP

Vegan chicken strips, onions, peppers, and snap peas **\$7.99**

## VEGETARIAN BREAKFAST SANDWICH

Farm fresh egg, American cheese, vegetarian sausage, choice of English muffin or bread **\$6.79**

### GRAB A SIDE (from the case)

Homemade Coleslaw • Broccoli Slaw • Red Bliss Potato Salad

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