

# Healthy Options Menu

## 16 OZ. SMOOTHIES \$8.49



### 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 • Flaxseed • Honey • Natural Peanut Butter  
Coconut Milk • Shredded/Flaked Coconut • Milk or Non-Dairy • Cinnamon  
Cherries • Shot of Coffee or Espresso • Yogurt

**tatnuck**  
bookseller  
Gift Gallery & Café

Westborough Shopping Center  
18 Lyman Street, Westborough, MA 01581  
[www.tatnuck.com](http://www.tatnuck.com)

**508-366-5383**

Café Hours:  
Monday - Saturday 10 am to 3 pm

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

## PROTEIN BOWL

**\$10.99**

Bed of spinach, scoop of quinoa

### CHOOSE 4:

Avocado

Broccoli

Beets

Tomato

Cukes

Seperate  
or a mix

Hard Boiled Eggs

Chicken

Kalamata Olives

Snap Peas

Sweet Potato

Dry Tuna

Egg, Tuna, or Apple

Walnut Chicken Salad

### DIPPING:

Hummus

Guacamole

Creamy Balsamic

Any Packet of

Salad Dressing

## VEGGIE BURGER

Grilled veggie patty topped with lettuce, tomatoes, onions, Swiss cheese, Dijon mustard on whole wheat or white bulky roll

Black Bean Chipotle **\$9.99**

Beyond Burger **\$12.99**

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

## GREEK SALAD WRAP

Hummus, Kalamata olives, lettuce, onion and feta on your choice of wrap **\$7.99**

## VEGAN CHICKEN STIR FRY WRAP

Vegan chicken strips, onions, peppers, and snap peas on a protein wrap **\$9.99**

## VEGETARIAN BREAKFAST SANDWICH

Farm fresh egg, American cheese, vegetarian sausage, choice of English muffin, bagel or toast **\$7.49**

### GRAB A SIDE (from the case when available)

Homemade Coleslaw • Broccoli Slaw • Red Bliss Potato Salad

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