

# HEALTHY EATS

KETO = K | PALEO = P | VEGAN = V

## SANDWICHES

### CHOOSE YOUR BREAD

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- Gluten free bread, bun (*vegan, gluten-free*)
- NK Bagel (*paleo, keto & gluten-free*) +\$1.25

### CHOOSE YOUR TOPPING

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- Flock \$7.50  
*organic chicken, lettuce, tomato, gut-loving pesto*  
Enhancer: Organic bacon + \$3.50  
Avocado + \$2.00
- Chicken Bacon Ranch \$10.50  
*lettuce, tomato, ranch*  
Enhancer: Avocado + \$2.00
- Good Day \$6.00  
*egg salad, lettuce, tomato*  
Enhancer: Organic bacon + \$3.50  
Avocado + \$2.00
- By the Sea \$6.50  
*tuna salad, lettuce, tomato, cucumber*  
Enhancer: Organic bacon + \$3.50  
Avocado + \$2.00
- Green Goddess *V.* \$5.00  
*avocado, cucumber, sea salt*  
Enhancer: Organic bacon + \$3.50  
Hemp hearts + \$2.00
- Almond Power *V.* \$5.00  
*almond butter, banana, cinnamon*  
Enhancer: Hemp hearts + \$2.00
- Keep it Light *V.* \$4.00  
*hummus or almond butter or coconut cream cheese*

## HOLISTIC PIZZA

- Grain-free keto/vegan pizza with coconut cheese and tomato sauce \$15.00

### TOPPINGS

spinach, pineapple, broccoli, cauliflower, sweet potato, zucchini, avocado, mushrooms, olives, shaved brussel sprouts, peppers + \$1.00  
bacon, beef, chicken + \$2.00

## GRAB & GO FRIDGE PREPARED FOODS

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- Chocolate Chia Pudding *P. K. V.* \$5.50
- Protein Overnight Oats *V.* \$5.50
- Blueberry Protein Waffles *P.* \$7.00  
Enhancer: Maple Syrup + \$1.00  
Chocolate Sauce + \$1.00  
Almond Butter + \$1.00

## MEALS ON THE GO SALADS

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- Balance *P. V.* \$8.00  
*greens, avocado, sweet potato, turmeric cauliflower*
- Immortal Detox *P. V.* \$8.00  
*greens, carrots, cucumber, sea-salt broccoli, beets*
- Green Keto *K. P. V.* \$7.50  
*greens, sea-salt broccoli, zucchini, brussel sprouts*

### PERSONALIZE YOUR SALAD

broccoli, cauliflower, sweet potato, peppers, cucumber, beets, carrots, zucchini, olives mushrooms, brussel sprouts + \$1.00  
avocado + \$2.00

### CHOOSE YOUR PROTEIN

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- Free-run hard boiled eggs X2 *K. P.* \$3.00
- Certified organic chicken *P. V.* \$5.00
- Low carb tuna salad *K. P.* \$4.00
- Roasted chickpeas *V.* \$3.00
- Nuts & seed mix *V.* \$3.00

### CHOOSE YOUR SAUCE

- Gut-loving Pesto *K. P. V.* \$2.00
- Turmeric Hummus *V.* \$1.50
- Olive oil balsamic *K. P. V.* \$1.00
- Light Ranch *K. P. V.* \$1.00