



# Honest Weight Café

## SANDWICHES

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|--|-----------------------|
|  | half/full             |
| <b>Vegan BLT</b>   | <b>\$3.50/ \$6.00</b> |
| Fakin' Bacon smoky tempeh strips, organic spring mix, organic Roma tomatoes & Veganaise, served on Local Rock Hill sourdough bread                                   |                       |
| <b>Awesome Chicken Salad</b>   | <b>\$4.00/ \$7.50</b> |
| Made with local free range chicken, with organic arugula, served on a Local Heidelberg ciabatta roll   |                       |
| <b>Salmon Burger</b>   | <b>\$4.00/ \$7.50</b> |
| Made with wild caught, sustainably harvested Alaskan salmon, with organic spring mix, organic tomatoes and chipotle mayo, served on a Local Heidelberg ciabatta roll |                       |

## SALADS

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|--|----------------------|
|  | <b>\$2.50/\$4.00</b> |
| <b>Sweet Potato &amp; Cranberry Salad</b>  |                      |
| Organic sweet potatoes tossed in a housemade vinaigrette with dried cranberries, bell pepper, scallion and organic sunflower seeds.                    |                      |
| <b>Organic Kale Salad</b>  |                      |
| Daily selection includes one of our Massaged Kale Salad, Moroccan Kale Salad, Kale Caesar, or Kale & Hempseed Tabouli                                  |                      |
| <b>Bean or Grain Salad</b>   |                      |
| Daily selection includes one of our Forbidden Rice, Balsamic Wild Rice, Crunchy Chickpea, or Turkish Tabouli   |                      |
| <b>House made Vegetable Salad</b>  |                      |
| Daily selection includes one of our Mexican Slaw, Sesame Broccoli, Moroccan Carrot, Sweet Ginger Tofu, or Coconut Curry Broccoli                       |                      |
| <b>Pasta or Potato Salad</b>   |                      |
| Daily selection includes one of our Vegetable Pad Thai, Lemon Caper Potato, Roasted Potato & Corn w/ Cojita, Zorbas Pasta Salad, or Sweet Potato Bakes |                      |

## ENTRÉE SALADS

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|---|---------------|
|   | <b>\$6.00</b> |
| <b>Garden Salad</b>   |               |
| Organic spring mix with carrots, cucumber, and roasted red peppers with organic vinaigrette |               |
| <b>Tuna Salad or Chicken Salad on Greens</b>  |               |
| Organic spring mix with house made tuna salad and organic cucumbers                         |               |

## HOUSE MADE SOUPS

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|--|---------------|
|  | <b>\$4.00</b> |
| Daily selection of one vegan & one no-added-gluten soup, made fresh daily with local, organic vegetables |               |
| <b>Souper Deal!</b> Add a local Heidelberg Bakery roll for only \$.75                                    |               |

## BEVERAGES

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|--|---------------|
| <b>Organic Juices</b>  | <b>\$6.50</b> |
| Made to order with only organic fruits and vegetables                |               |
| <b>Edson</b>   |               |
| Carrot, apple, orange & ginger                                       |               |
| <b>Green Dino</b>  |               |
| Kale, celery, carrot & parsley                                       |               |
| <b>Sweet Sunset</b>  |               |
| Carrot, apple & beet   |               |
| <b>Organic Smoothies</b>   |               |
| Made to order with only organic produce                              |               |
| <b>Strawberry Lemonade Smoothie</b>                                  | <b>\$6.00</b> |
| Fresh Apple & lemon juice, strawberries                              |               |
| <b>Berry-Berry Banana Smoothie</b>                                   | <b>\$6.00</b> |
| Strawberry, blueberry, banana & local, organic apple cider           |               |
| <b>Green Smoothie</b>  | <b>\$6.00</b> |
| Apple, lemon, kale & ginger  |               |
| <b>Local Vermont Water</b>   | <b>\$ .75</b> |
| <b>Blue Sky Soda</b>   | <b>\$1.00</b> |
| <b>San Pellegrino Sparkling Water</b>                                | <b>\$1.00</b> |
| <b>Organic Honest Tea</b>  | <b>\$1.50</b> |
| <b>Fair Trade Organic Coffee</b>                                     | <b>\$1.50</b> |
| Locally roasted, fair trade, organic coffee<br>Available Hot or Iced |               |
| <b>House-made Lemonade</b>   |               |
| <b>Original or Ginger</b>  | <b>\$3.00</b> |

## HOUSE MADE BAKED GOODS

Daily selection of freshly baked muffins, brownies, cookies & bars; vegan & no-added-gluten items available.  
We use only local milk & butter, & local free-range eggs

## BOXED LUNCHES \$10

**Order for your whole office!**  
These include ½ sandwich, a small salad (Kale or Potato), local whole fruit, a house-made cookie & Saratoga water. Also available as a whole sandwich for \$14 each.  
No added gluten varieties available upon request.

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