

SMOOTHIES

Pitaya – Dragonfruit , mango, banana blended with pineapple juice and almond milk

Date Shake – Vanilla bean ice cream, dates and banana. This one speaks for itself!!

Strawberry Banana-Strawberries, banana, greek yogurt blended with apple juice.

Acai – Acai berry, pineapple, banana and apple juice. Topped with chia seeds and pineapple

Nuts for Chocolate – 7 seed nutbutter (peanut free), bananas and chocolate coconut milk. Drizzled with our cacao syrup

Goji Berry – gojiberries, bananas and pineapple juice

Healthy Rita – Spinach, pineapple, lime, orange and apple juice. Our take on a fresh margarita!

Add protein powder to any smoothie for an additional boost!!

SHOTS

Tumeric Shots – Tumeric with lemon juice and cayenne with added coconut water. Awesome anti-inflammatory !!

DRINKS

Sportea – Brewed ice tea daily

Blue Buddah Teas

Seasonal Strawberry Lemonade/Mango Ice Tea

Lemonade

Matinelli's Sparkling or regular apple juice

Sweet Grass Chocolate Milk

Boxed Water

Kombucha

Coconut Water

Blue Bottle Coffee

Seasonal Beer and Wine

Matcha Latte (Ask for coconut whip cream)

Golden Milk/Iced Tumeric Milk

Fair Trade Cold Brew/Pour Over Coffee

Know What You Eat!!! Bon Appetit'



The Healthy Habit-
799 Lincoln Way Auburn 530-823-6422'
In a Rush-Call in order

SANDWICHES

Turkey Club

¼ lb of Deisel Roasted Maple Turkey served on toasted sourdough spread w/ our aioli, jack cheese topped with mixed lettuce, tomato, bacon and avocado.

Veggie Delight

Fresh mozzarella cheese, roasted red peppers, marinated artichokes, thinly sliced red onions, fresh tomato w/ baby spinach served on a sweet brown bread spread with light cream cheese and drizzled with aged balsamic dressing.

Hot Pastrami

¼ lb of Neiman Ranch pastrami with Swiss cheese and pickles on marble rye spread with our sweet hot mustard and then grilled.

New Yorker Same as above but double the meat and cheese

Chicken Salad Sandwich

Our chicken salad sandwich is made from our grilled chicken then mixed with celery, red onions and sweet creamy aioli scooped on top of mixed lettuce and tomato on toasted Sourdough.

BLTA

The classic BLT but with avocado added. This is served on toasted 7 seed bread spread with mayo mustard aioli.

Spicy Tuna Sandwich

Wild Planet's Poll caught albacore that is mixed with celery, red onions and a spicy aioli. Served on a toasted 7 seed bread, provolone cheese, mixed lettuce and tomato. ***Try it as a melt!!***

Add Ons: Jalapenos, pickled onions, avocado, sliced pickles

For the kids

The Little Monkey-Toasted cinnamon raisin bread spread with PB, banana, sliced strawberries and honey.

Grilled Cheese/Turkey Sandwich- with choice of bread, cheese, mayo and/or mustard.

SALADS * *Add grilled chicken, tuna, bacon, turkey or pastrami to any salad*

Cobb Salad

Chopped romaine lettuce topped with sliced egg, bacon, creamy gorgonzola, diced tomatoes, green onions and sliced avocado. Served with our bali-blue dressing on the side.*

Avocado Caprese

Baby arugula drizzled with olive oil then topped with fresh tomatoes, fresh mozzarella cheese and avocado. Then drizzled with an aged balsamic vinegar*

Mixed Green Salad

Mixed greens topped with creamy gorgonzola, dried cranberries and our spicy pecans. Served with our citrus vinaigrette on the side.*

Terry's Garden

Mixed greens tossed with shredded carrots, red cabbage, red onions, tomatoes,

cucumbers and topped with raw sunflower seeds Served with our citrus vinaigrette on the side.*

Chicken Cesar Salad

Chopped romaine lettuce, grilled chicken, parmesan cheese and our homemade croutons, tossed with our homemade dressing that's sure to please. *To go Cesar, dressing served on the side.*

WRAPS

Vegan Wrap Our organic whole wheat wrap spread with our homemade hummus topped with mixed greens, cucumbers, shredded carrots, tomatoes, sliced red onions and avocado. Drizzled with an aged balsamic vinegar.

Protein Wrap Served on organic spinach wrap, spread with our spicy cashew cheese, topped with quinoa, shredded carrots, cucumbers, tomatoes, sliced red onions and mixed greens.

Add Ons: Avocado, Chicken, Tuna, Turkey, Bacon or Pastrami

TRY OUR GLUTEN FREE WRAP

We also offer:

- Daily Specials
- Soups offered October-April

SUPERFOOD BOWLS

Northshore –16oz bowl of Pure acai berry blended with strawberries, banana and pineapple juice. Then layered between hemp granola, topped with fresh strawberries, bananas, coconut shreds and honey

Choco –16oz bowl of Pure acai berry blended with Strawberries, bananas, peanut butter and chocolate coconut milk. Then layered between hemp granola, topped with fresh strawberries, bananas, coconut shreds and honey.

The Dragon – 16oz bowl of Pure dragonfruit blended with coconut oil, banana, pineapple and coconut water. Topped with hemp granola, pineapple, coconut shreds, chia seeds and honey

Pitaya PB Bowl – 24 oz bowl of dragonfruit blended with peanut butter, strawberries, bananas and almond milk. Topped with hemp granola, bananas, coconut shreds and honey.

Matcha Energy Bowl- The purest Matcha Powder blended with mango, bananas, honey and almond milk. Topped with fresh strawberries, coconut shreds and chia seeds. Drizzled lightly with more honey.

Add the following to any bowl-Seasonal fruit -blackberries, strawberries, pineapple, blueberries, bananas and kiwi, spinach, bee pollen, hemp seeds, chia seeds, raw cashews, goji berries, pumpkin seeds, peanut butter, 7 seed nut butter, chocolate chips and/ or plant based protein

FRESH ORGANIC JUICE BAR

Ravishing red – Beets, carrots, apple, celery, cucumbers, strawberries, ginger and lemon
Strawberry lemonade Cleanse – Apples, cucumbers, lemon, strawberries, carrots and celery

The Healthy Colada – Cucumber, romaine lettuce, celery and ginger. Topped with coconut water and pineapple juice

The Green Goddess – Apples, celery, spinach and lemons. Topped with pineapple juice

Back to your Roots – Beets, apples, ginger and lemons

The Energizer – Carrots, apple and ginger

Refresher-Carrot, Orange, Lemon and ginger

Tumeric Detox- Carrots, cucumbers, ginger, lime and turmeric